



SNaC Bytes™
Developed for you by **Sensible Nutrition**

March 27, 2008

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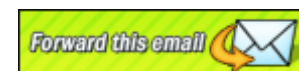
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SN Healthy Recipe

Hello Friends,

Many clients come into the office mentioning to me (and the other RDs in our practice) that they have included nuts in their diet because of the heart health benefits. And I must say the research does show that nuts are healthful; they contain healthy fats, protein, fiber and Omega 3s...all shown to promote health. But, as you can see from the chart below, they can be very caloric. So, while including a small amount of nuts can be very healthful in your diet, for those people who are trying to lose weight, the best thing you can do for your heart is to reach an ideal weight.

If you are one of those people that can measure a small amount of nuts and just add a ½ ounce to your salad, and can account for the calories in your daily meal plan, then go ahead. For the rest of the world (I am exaggerating), who just can't stop with a small amount of nuts or peanut butter (2 Tbsp = 180 calories or more!), then hold off on the nuts, get down to your ideal weight and THEN when you need to add calories to maintain your ideal weight, let's add back the calories from nuts!

Calories in 1 ounce

Almonds-	170
Cashews-	165
Peanuts-	165
Walnuts-	185
Pecans-	200

Have a healthy week!

-Debra



Berry Bonanza Smoothie

Ingredients

½ cup blackberries, frozen
 ½ cup strawberries, frozen
 ½ cup blueberries, frozen
 ½ cup raspberries, frozen
 1 cup lowfat vanilla yogurt
 1 cup cherry juice



Directions

Combine all ingredients in a blender and puree on high until smooth

Yields: 2 tall glasses

Nutrition analysis (for entire smoothie):
 Calories 220; Fat 2g;
 Protein 6g; Fiber 5g;
 Carbohydrate 48g

Source:

www.stoneyfield.com

The Buzz About Probiotics

According to the World Health Organization probiotics are live microorganisms similar to those naturally found in people's guts. Certain foods contain these bacteria (e.g. live cultures in yogurt) and can improve our health if we eat them frequently. Studies have shown that regular consumption of probiotics may produce health benefits like enhanced immune function, decreased likelihood of getting an intestinal infection, down-regulated allergic response, and improved digestion and elimination.

What Are Probiotics?

Most probiotics are bacteria similar to those naturally found in people's guts, especially in those of breastfed infants (who have natural protection against many diseases).

Most often, the bacteria come from two groups, Lactobacillus or Bifidobacterium. Within each group, there are different species (for example, Lactobacillus acidophilus and Bifidobacterium bifidus), and within each species, different strains (or varieties).



Where Can I Find Probiotics?

Probiotics are available in foods and dietary supplements (for example, capsules, tablets, and powders) and in some other forms as well. Examples of foods containing probiotics are:

- yogurt
- fermented and unfermented milk
- miso
- tempeh
- some juices
- soy beverages

In probiotic foods and supplements, the bacteria may have been present originally or added during preparation.

Uses for Health Purposes

When considering the health effects of probiotics, it is important to recognize that different strains and species of bacteria may have different effects. For the most part, specific clinical studies on probiotics are done with one defined strain or a defined blend of strains.

There are several reasons that people are interested in probiotics for health purposes. First, the world is full of microorganisms (including bacteria), and so are people's

bodies--in and on the skin, in the gut, and in other orifices. Friendly bacteria are vital to proper development of the immune system, to protection against microorganisms that could cause disease, and to the digestion and absorption of food and nutrients. Each person's mix of bacteria varies. Interactions between a person and the microorganisms in his body, and among the microorganisms themselves, can be crucial to the person's health and well-being.

This bacterial "balancing act" can be thrown off in two major ways:

1. By antibiotics, when they kill friendly bacteria in the gut along with unfriendly bacteria. Some people use probiotics to try to offset side effects from antibiotics like gas, cramping, or diarrhea. Similarly, some use them to ease symptoms of lactose intolerance--a condition in which the gut lacks the enzyme needed to digest significant amounts of the major sugar in milk, and which also causes gastrointestinal symptoms.
2. "Unfriendly" microorganisms such as disease-causing bacteria, yeasts, fungi, and parasites can also upset the balance. Researchers are exploring whether probiotics could halt these unfriendly agents in the first place and/or suppress their growth and activity.

Bottom Line - Including foods containing probiotics may improve your intestinal health, especially if you suffer from lactose intolerance or antibiotic associated diarrhea. For more information on probiotics and the products that contain them visit www.usprobiotics.org.

Source: Journal of the American Dietetic Association
2008;108:510-521

Exercise Helpful for Reducing Symptoms of Menopause

Menopause can be a difficult time for women with symptoms like hot flashes, depression, stress, anxiety, trouble sleeping and headaches. Many women seek alternative therapy or hormone replacement therapy during this time to help alleviate some of the symptoms. However, according to a new study, getting sufficient exercise may help alleviate some of the symptoms as well.

For 8 years researchers, followed a diverse group of over 400 women living in the



Philadelphia area to determine if exercise decreased any of the symptoms of menopause. Researchers met with the



women every two years and the women self-reported both the symptoms that they were experiencing and how much they were exercising each week. The women were then placed into three groups based on the number of calories they burned by weekly exercise. The top group burned over 1450 calories (that's the equivalent of walking for 90 minutes, 5 times each week) a week, the middle group burned between 644 and 1450 calories and the bottom group burned less than 644 calories a week through exercise.

The group of women who exercised the most reported fewer symptoms of anxiety, stress, and depression compared to the group of women who exercised the least.

Bottom Line - Exercising has numerous health benefits, including maintaining cardiovascular fitness and burning excess calories in order to stay trim. It also appears that women who exercise during menopause have fewer complaints of stress, anxiety and depression than women who exercise very little. While exercise does not seem to alleviate all of the symptoms of menopause, considering the other health benefits of exercise it is certainly a worthwhile daily activity.

Source: *Medicine & Science in Sports & Exercise* 2008; 40:50-58

About Sensible Nutrition

Metabolism Measurements

Ever wonder if your metabolism is what is keeping you from reaching your weight goals?

Let a Sensible Nutrition RD measure YOUR metabolism and tell you the truth! Call 781-741-5483 or send an email to nutritionist@sensiblenutrition.com to schedule your appointment.



About Sensible Nutrition

Sensible Nutrition (SN-www.sensiblenutrition.com) is a consulting firm established in 1994 that provides nutrition and fitness services to individuals, universities, corporate wellness programs and nonprofit groups. SN's client list includes The United States Coast Guard, Blue Cross Blue Shield, EMC, Putnam Investments, Arnold Worldwide, Harvard Business School, Boston Ballet and Children's Hospital.

SN services: One-to-one counseling, fitness counseling and training, group lectures, metabolism measures and more! Let the Sensible Nutrition staff develop a nutrition program to help you finally reach your health and weight goals! Gift Certificates are available!

Debra Wein, MS, RD, LDN, SN President and Co-Founder writes a regular nutrition column for the National Strength and Conditioning Association's *Performance Journal*, has been quoted in *Family Circle*, *Shape*, *Self*, *Men's Health*, *Allure* and *Prevention* and has appeared on Fox 25, Channel 56 and Channel 5 news.

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