

# Nutrition Tidbits

A Monthly Newsletter for patients at  
Family Medical Center at North  
Garland **JANUARY 2010**

## Tips for Setting Goals

- Start small. Little changes have a big impact!
- Stay focused. Even partial attainment is an accomplishment.
- Be persistent. Goal attainment for most people is not a linear process. There are starts, stops and movement back. Be prepared for them, and determined to pick back up with your goal.

**FOCUS:** Select 1-3 behaviors that you want to focus on. Choose something that will have the maximum benefit if achieved. Create **SMART** objectives:

**S**pecific: As much detail as possible.

**M**easurable: Identify quantitative targets for tracking your progress and results.

**A**ttainable: Be sure it is possible to get the results you desire.

**R**ealistic: Set goals you can reach even if small

**T**imely: Specific deadlines



## Make It Happen in 2010!

Change is in the air! This new decade brings with it opportunity for positive life change – new relationships, new business opportunities, great new family memories and yes, new opportunities to make positive moves forward on your healthy lifestyle.

Each one of us is rolling into 2010 with our own life situations. When it comes to healthy lifestyle, you may need to start from ground zero. Past attempts may have failed and you need renewed vigor. Or, maybe you've been doing this healthy lifestyle thing for awhile and you are in a rut and need to change things up in order to stay on track. Maybe you're living with a diagnosis or disease that has forced you to focus on your health and you need direction on how to do just that. At PNT, we are here to support you with a variety of nutrition services. With a new website rolling out this quarter and new, cutting edge nutrition therapies, we are your one stop shop!

## Key Health Strategies for a New Decade

We posed the following question to our PNT network of Registered Dietitians: "Based on the latest in research, what things will you be focusing on in your own life in order to maintain good health?" Here are the responses, straight from the experts:

**Donna Israel, PhD, RD, LPC ► Nutrigenomics.** Donna has been extremely interested in nutrigenomics for some time - genetic testing along with an interpretive nutrition program that fits the individual's specific genetic make-up. She is excited that PNT is embarking on this amazing practice with a brand new, comprehensive, physician monitored program called *Genergy*. Donna and her husband will be taking the genetic test and following PNT coaching this year as we engage in a "buddy" support system. They will report their progress on the PNT website blog along with others who have renewed commitment to Energy for Life, a sister PNT weight management program. (Find out more about *Genergy* on page 2, and more on nutrigenomics in the March 2009 issue of *Nutrition Tidbits*).

### **Carol Ireton-Jones, PhD, RD, LD ► Targeted Nutrition**

**Supplementation.** Two specific things: the first is to make sure she is taking 1000IU of Vitamin D daily. Vitamin D has so many benefits (see April 2009 issue), not only in improving bone health but in disease prevention. It is important to know your body's baseline Vitamin D level – the most accurate test is for 25-hydroxyvitamin D. A Vitamin D level greater than 30 ng/mL is desirable. A level of 40-60 ng/mL may be associated with disease prevention. For example, emerging science links these higher levels of vitamin D with decreased risk of cancers such as colon, breast and prostate. If your level is low, you may have to take in some higher levels of Vitamin D for a few weeks before taking the "maintenance" levels listed above. Secondly, this year Carol will add an Omega 3 supplement. She'll start with 500 mg/day which is an acceptable level. There are liquid and pill forms of Omega 3's. Another option is eating oily fish 2-3 times per week. She says, "I do love salmon so that won't be hard!

In order to make sure I take this stuff, I have purchased a small pill box  
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Angela Lemond, RD, CSP, LD  
Nutrition Therapist & Editor  
Professional Nutrition Therapists

marked with the days. I have now stocked it with my 1000IU of Vitamin D (it is a really small pill) as well as my OTC allergy medicine and a baby aspirin. I am buying my Omega 3's soon! By the way, I am also doing this for my loved ones - both my high school and college daughters (minus the baby aspirin and allergy meds) and my husband (who gets the same as me!!)"

**Erin Carter, RD, LD ► Back to the Basics.** As a dietitian, nutrition is always a focus in the forefront of Erin's mind, but as a human she sometimes needs help finding new ways to remain interested in eating well or simply encouragement to continue on with current healthy habits. She's the type of person always thinking of ways to improve or new things to try and she says if she listed them all we would get a novel the size of the *Twilight* series so she chose to list a few instead. In no particular order:

1. *Veggies! Fruit!* In order to hit the recommended 5 or more servings, Erin tries a new fruit or vegetable most weeks of the year. "It can be a completely new to me produce star or an old favorite just prepared a different way. Make healthful eating a fun experiment instead of time logged in a culinary dungeon."
2. *New Hobbies.* Mental health professionals often recommend engaging in a hobby or two, especially something involving creating with your hands. Erin's new hobbies in 2010 will be making jewelry and piano lessons! She says, "By December 31<sup>st</sup> of this coming year I'll be pounding out melodies on my old grand piano and enjoying carrot sticks between turning pages."
3. *Time management.* We all have 24 hours in each day but let's face it; some make better use of that time than others. Learning even more ways to manage my time wisely will allow life balance and goal achievement.

**Martha McHenry, RD, CDE, LD and Angela Lemond, RD, CSP, LD ► Sports Nutrition.** A calf injury caused Martha to lose 3-4 pounds in muscle in 2009 and her love of cycling decreased. In 2010, she plans to gain that back. Studies show that loss of muscle mass is associated with poor balance and injuries so it's important to her to get that back. She'll be using PNT's Futrex to track her progress. Angela and her husband are planning a trip to Tanzania to climb Mount Kilimanjaro. In order to increase endurance and add her goal of 5-7 pounds of muscle, proper nutrition for performance and recovery will be key in meeting those goals. Angela's cardio training will consist of an alternate schedule of cycle training on her new bike (thanks to Santa!) and long distance running. Pre-workout food for cardio will be a small meal consisting of whole grains and protein such as a peanut butter and banana sandwich on whole grain bread or slow cooked oatmeal. Strength training such as Pilates and traditional weights will require a combination of protein and carbohydrates within 90 minutes to assist in muscle recovery. As Martha and Angela accumulate additional muscle, they will have higher calorie needs that must be met each day. Staying properly hydrated for all of their workouts will be a big focus before, during and after.

## **Genergy**

*Targeted Weight Management*  
*Designed by your Genes*

- Combine your individual genetic profile of body weight and responsiveness to diet and exercise with a personalized – genotypic – nutrition plan!
- It's easy and it's about you!! Five variations in four genes are included in the Weight Management genetic test panel to assist you and your PNT dietitian with effective management of body weight by guiding diet and exercise programs based on genetic differences in metabolism and fat absorption. The steps are as follows:

**Step 1** – A confidential genetic test is performed by gently swabbing the inside of your cheek. Results are received within about 2 weeks.

**Step 2** – Using your test results and an analysis of your specific nutritional status, you and your dietitian meet to develop a specific plan of action for you based on your genotype.

**Step 3** – 2 follow up appointments are included in the initial program which can be done in-person or telephonically

*Additional testing for metabolic rate, body composition or additional follow up appointments are always available!*

**Contact PNT at 972-238-1811. Mention this newsletter ad and you will receive a special introductory pricing package for this new program!**