

DIETITIAN'S DISH

A QUARTERLY NEWSLETTER FROM
MASSACHUSETTS GENERAL HOSPITAL WEIGHT CENTER



March is National Nutrition Month!

EAT RIGHT BITE BY BITE

SNEAK PEEK OF WHAT'S INSIDE:

STEPS TO BUILDING A HEALTHY PLATE

3 QUICK, EASY, AND HEALTHY BREAKFAST IDEAS

HEALTHY SNACKING 101

NUTRITION MYTH BUSTER

MEET THE WEIGHT CENTER DIETITIANS

The theme of this year's National Nutrition month is ***Eat Right Bite By Bite***. Here are some tips on how to do just that!

Steps to Building a Healthy Plate:

Step 1: Fill up about half of your plate with veggies FIRST. Add about 1-2 cups of non-starchy vegetables. Fresh, frozen, or low sodium canned - it doesn't matter what form as long as you include them! Non-starchy vegetables include salad greens, asparagus, brussels sprouts, green beans, eggplant, tomato, onion, peppers, artichokes, broccoli, cauliflower, carrots, celery, cucumbers, tomatoes, zucchini, and more.

Step 2: Add a protein. The proper protein serving size is about 4-6 oz or roughly about the size of the palm of your hand. Lean protein sources include: chicken, turkey, fish, seafood, eggs, soy, nuts, seeds, beans, and legumes, and low-fat dairy like cheese and greek yogurts!

Step 3: Add a starch. Try to include whole grains! The appropriate starch serving size is 1/2 cup - 1 cup or about the size of a closed fist. Your starch food sources include bread, pasta, rice, and starchy vegetables like potatoes, winter squash, corn, and peas.

Be sure to vary your veggies and include all different colors which offer different vitamins and minerals! Build a plate this way and you're sure to get in plenty of fiber and lean protein to help keep you feeling full and satisfied.

3 Quick, Easy, and Healthy Breakfast Ideas

Overnight Oats. *An easy way to prepare multiple breakfasts for the week that provide you with fiber, vitamins, and minerals.*

Combine 1/2 cup plain rolled oats, 1 cup of skim or unsweetened nut milk, and 1 tsp cinnamon in a mason jar. Mix and refrigerate overnight. In the morning, top with 1/2 cup of berries and 1 tbsp of nut butter. Enjoy!

Smoothies. *Start your day off right with this delicious strawberry banana smoothie!*

Add 1 cup of strawberries + 1/2 banana + 1 cup unsweetened almond milk + 1 cup of plain Greek yogurt or 1 scoop of protein powder in a blender. Blend with ice and enjoy!

Egg Muffin Bites. *Whip up these mini egg cups to help get your veggies in early!*

Whisk 8 eggs in a bowl, chop veggies (peppers, onion, spinach, tomato or whatever you like). Add eggs to muffin tin and add veggies to eggs. Add 1 oz skim mozzarella cheese on top. Bake for 20 min at 350. (Makes 12 servings to re-heat. Enjoy for the week)



Snack Hack

Combine protein and carbohydrates and colorful fruits and vegetables for a satisfying and healthy snack! Get as creative as you want!

- 1 tbsp peanut butter + 1 slice whole grain toast + 1/2 cup sliced strawberries
- 1 string cheese + 1/2 cup grapes
- 1/4 cup nuts + 1 whole fruit of your choice
- 1 Greek yogurt + 1 tbsp chopped nuts or seeds
- 1/4 cup hummus + 1 cup baby carrots
- 1 1/2 tbsp cashew nut butter + 2 whole grain graham crackers
- 1/2 cup cottage cheese + 1/2 cup pineapple
- 1 oz turkey jerky + 1 apple
- 1/2 cup edamame
- 1 1/2 tbsp almond butter + 1 sliced apple
- 2-3 slices deli turkey roll ups + 1 string cheese
- 1 oz cheese + 1 serving whole grain crackers
- 1 grass fed beef snack stick + 1 cup veggies
- 1/4 cup home made trail mix

Nutrition Myth Buster

Is coconut oil a heart healthy oil?

Coconut oil is a type of oil that is very high in saturated fat – having about 50% more saturated fat than butter. Saturated fat is a type of fat that can raise bad cholesterol (LDL) and increase the risk of heart disease. Although coconut oil can also increase good cholesterol (HDL), there are many other beneficial oils to try out! Olive, sesame, sunflower, avocado and peanut oil are just a few of the many oils that contain mostly unsaturated fats and have many heart healthy properties.

Bottom Line:

If you choose to consume coconut oil, moderation is key!

Tip:

If an oil contains saturated fat, it will be solid at room temperature.

If an oil contains unsaturated fat, it will be liquid at room temperature. This

is an easy visual to see if your oil is heart healthy!

Meet the Weight Center Nutrition Team

Get to know your Weight Center Registered Dietitians!



Abeer Bader, Lead Clinical Nutrition Specialist

Abeer is a dietitian nutritionist, educator, culinary enthusiast and mom of two young children. She has been working in the field of obesity since 2009 and is very passionate about helping her patients achieve a healthy lifestyle through disease prevention and management. Abeer is a board certified specialist in obesity and weight management. She completed both her Bachelor of Science and Master's degree from McGill University in Montreal, Canada. Prior to joining the Mass General Weight Center, she was working as a Certified Diabetes Educator in Ontario, Canada, helping patients manage their diabetes. Abeer enjoys a great laugh and loves to share some of her favorite Mediterranean recipes.



Ariana Wood, Clinical Nutrition Specialist

Ariana completed her Master of Science in Nutrition and Dietetic Internship at the University of Saint Joseph in West Hartford, Connecticut. During her graduate studies, she specialized in weight management, sports nutrition, and nutrition in women's health. She completed her undergraduate degree at the University of Connecticut in Storrs, CT where she obtained her B.S. in Nutritional Sciences. In her free time, you can find Ari either in the kitchen experimenting with recipe development or at the gym trying out a new workout class!



Kathleen Wright, Clinical Nutrition Specialist

Kathleen completed her B.S in Clinical Nutrition from Long Island University. From there, she completed her Dietetic Internship and Culinary Medicine Nutrition Fellowship at New York-Presbyterian Hospital (NYPH) - Weill Cornell and Columbia University Medical Center. During her time at NYPH, she developed a Whole Food Plant Based cookbook which sparked her interest for using plant-based nutrition in practice to combat disease and improve patients' quality of life. In her free time, you can find her cooking in the kitchen or listening to country music!



Colleen Johnson, Clinical Nutrition Specialist

Colleen completed her Master of Science in Nutrition from the College of Saint Elizabeth in Morristown, New Jersey. During her graduate program, Colleen focused in Entrepreneurial Nutrition Practice as she went on to complete her registered dietitian training program at various sites including Morristown Medical Center, BASF Corporation, and Overlook Family Practice. Prior to entering her graduate program, she earned her Bachelor of Science degree through the University of Massachusetts Amherst. Topics of study for Colleen include nutrition and metabolism, long-term weight management with diet, ketogenic diet, diabetes and weight loss, and more.