

MARCH 2022 | SPRING EDITION | VOLUME 3 | ISSUE 2

DIETITIAN'S DISH

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY:
YOUR MGH WEIGHT CENTER REGISTERED DIETITIANS



**OBESITY AND
COVID-19**

**PLATES FROM
AROUND
THE WORLD**

**CONSULT A
REGISTERED
DIETITIAN**

**WEIGHT CENTER
NUTRITION
PROGRAMS**

MGH Weight Center RD Team

Left to Right: Standing: Agatha Tam, Megan Mirgorodsky, Leah Hurley, Isabella Herdocia, Yasmeeen Makhoulf. Seated: Laura Bantle, Abeer Bader.

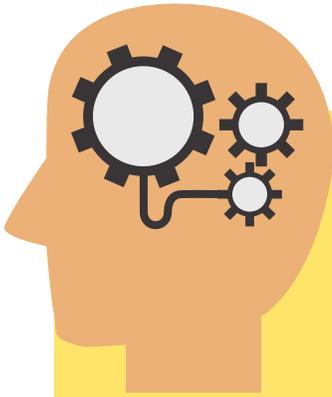
Photo Credit: Sierra Mendoza-Flores

"CELEBRATE A WORLD OF FLAVORS"



TRYING OUT NEW FOODS AND RECIPES FROM DIFFERENT CULTURES IS A GREAT WAY TO INCLUDE VARIETY AND FLAVORS INTO A HEALTHY EATING ROUTINE.

The content presented in this newsletter is to provide information on health and nutrition for information purposes only. This newsletter is not an attempt to provide specific medical/nutrition advice. Always consult with your health care provider, and follow their advice with regards to your individual care.



OBESITY AND ITS COMPLEXITY

IT IS NOT DUE TO LACK OF WILLPOWER

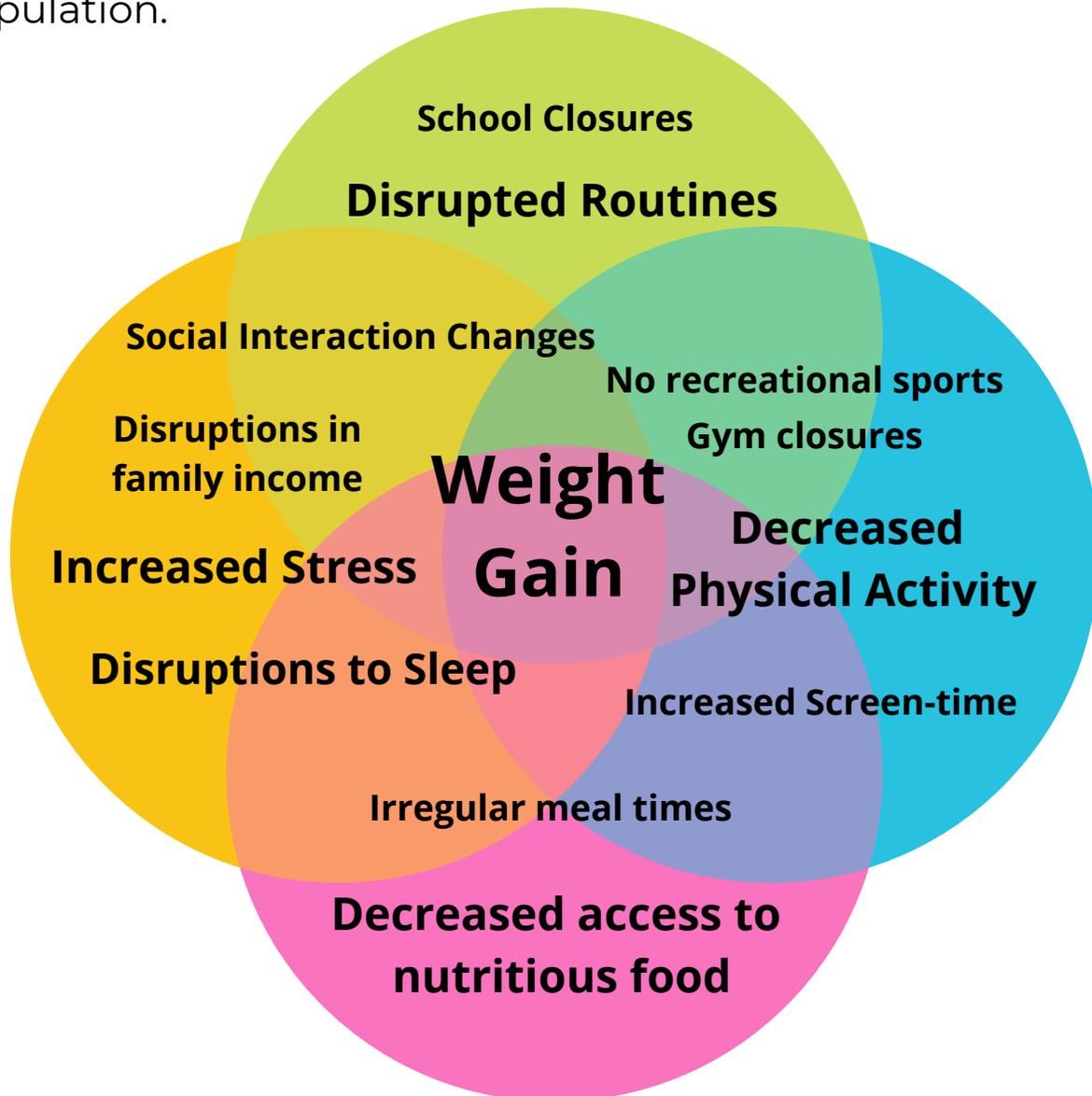
Obesity is caused by a variety of factors including: genetics, environment, food choices, physical activity, stress, sleep hygiene, weight promoting medications and developmental stages in one's life. Eating less and moving more in itself does not always treat obesity.

Obesity treatment is challenging and no one practitioner can provide all the skills necessary. At the Weight Center, we work collaboratively among an interdisciplinary team to ensure your health and quality of life are optimized.

Obesity is a medical disease defined as excessive fat accumulation. It is measured by body mass index (BMI), a calculation utilizing one's height and weight and is defined as $BMI \geq 30 \text{ kg/m}^2$. The greater one's BMI the increased risk for health concerns. A comprehensive assessment by obesity specialists is recommended as there may be limitations to the use of BMI as it does not account for body composition (waist circumference, body fat percentage, muscle mass etc).

EFFECT OF COVID-19 ON PEDIATRIC OBESITY

Obesity affects more than one in six children and has increased as a result of the COVID-19 pandemic - from 19% pre-pandemic to 22%, post-pandemic. The rate of BMI during the pandemic has approximately doubled in children between ages 2 and 19. Multiple factors noted below have contributed to the weight gain seen in the pediatric population.



The Academy of Nutrition and Dietetics celebrates National Nutrition Month throughout the month of March. This year's theme "Celebrate a World of Flavors" embraces global cultures and cuisines. We appreciate the diversity of our team and would like to share our favorite and easy to prepare recipes!

Did you know that eggs are one of the few dietary sources of vitamin D?



Image and recipe adapted from:
<https://www.eatthis.com/tortilla-espanola-recipe/>

Spanish Tortilla Española

Ingredients:

- 3 medium Yukon Gold potatoes (diced 1/3" cubes)
- 2 Tbsp olive oil
- 1 large yellow onion, diced
- 8 eggs, beaten

Instructions:

1. Fill a large cast-iron skillet or sauté pan with water, add potatoes and bring to a boil.
2. Cook 10 mins, until potatoes soften. Then drain.
3. Return potatoes to the pan, add olive oil and onion, cook over medium-low heat, stirring occasionally, for about 5 mins, until the onions begin to brown and potatoes are cooked through. Season with salt.
4. Add the eggs to the pan, cover, and cook for about 10 mins, until most of the egg is set.
5. Uncover, place pan 6" under broiler for 3 to 4 mins to brown the top of the tortilla. Let stand for a few mins.

Chinese Stir Fry Bok Choy

Ingredients:

- 8 oz bok choy
- 2 garlic
- 1 Tbsp cooking oil
- 1 Tbsp oyster sauce
- 1 tsp cornstarch

Did you know that 1 cup of bok choy provides over 50% of the daily value of vitamin C?

Instructions:

1. Wash the bok choy and blanch in boiling water about 2 minutes; Drain.
2. In a small bowl, combine oyster sauce, 1 tsp salt, cornstarch, and 2 tsp water to make the sauce.
3. Heat cooking oil, sauté chopped garlic for one min
4. Add blanched bok choy and bowl of sauce to wok.



Image and recipe adapted from:
<https://www.chinasichuanfood.com/quick-fry-bok-choy/>

Traditional Middle Eastern Hummus

Ingredients:

- 1/2 cup roasted tahini
- 1/4 cup extra virgin olive oil
- 2 garlic cloves, roughly chopped
- 2 (15-ounce) cans of chickpeas (garbanzo), drained
- 1/4 cup lemon juice, freshly squeezed if able
- Optional garnish: Sprinkle of paprika, swirl of olive oil, toasted pine nuts, and chopped parsley

Instructions:

1. In a food processor, combine tahini and olive oil and pulse until smooth.
2. Add garlic, garbanzo beans, lemon juice, 1/2 cup water and 1/2 tsp salt. Process until smooth.
3. Add more salt or lemon juice to taste.
4. Spoon into serving dish, swirl a little olive oil over the top and sprinkle with garnishes as desired—paprika, toasted pine nuts, chopped fresh parsley.

Not sure what to dip in hummus?? Try out: sliced carrots, celery, red bell pepper, cucumber or try some jicama, radish or pickled turnips!

Did you know that the word hummus means chickpeas in Arabic?



Image and recipe adapted from: <https://www.simplyrecipes.com/recipes/hummus/>

Did you know cauliflower comes in yellow, orange, green and even purple? Keep your eyes peeled for the purple cauliflower, it's a great source of anthocyanins!



Image and recipe adapted from: <https://www.delish.com/cooking/recipe-ideas/a25238365/aloo-gobi-indian-cauliflower-recipe/>

Indian Vegetarian Aloo Gobi

Ingredients:

- 2 Tbsp vegetable oil
- 1 red chili, diced
- 2 cloves garlic, minced
- 1 Tbsp minced ginger
- 1 tsp garam masala spice
- 1/2 tsp dried turmeric
- 1/4 tsp cayenne pepper
- 3 russets, peeled and chopped into 1" pieces
- 1 medium head cauliflower, cut into florets
- 1 cup low-sodium vegetable broth
- Freshly chopped cilantro, for serving

Instructions:

1. In a skillet over medium-high heat, heat oil.
2. Add chili, garlic, and ginger and cook 1 min until fragrant. Add garam masala, turmeric, and cayenne, cook 1 more min.
3. Add potatoes, cauliflower, and vegetable broth and season with salt/pepper. Reduce heat and cover, cook 15 mins, until potatoes and cauliflower are tender. Garnish with cilantro to serve.

Consult a Registered Dietitian



At the MGH Weight Center, Registered Dietitians (RD's) are available for private consultations and group classes. There are many reasons why seeing an RD can benefit you and the following are a few:

Evidence-based recommendations:

RD's provide answers to food-related questions using science as guidance.

Individualized plans: Every person is different and deserves a unique plan. RD's take into consideration one's medical conditions, lifestyle, culture, schedule, and more when developing recommendations for clients.

Lose more weight: Studies show that individuals working closely with RD's lose more weight than those not working with RD's.

Accountability: Meeting regularly with an RD can help keep you on track with lifestyle changes you are making.

Goal setting: What do you want to achieve? RD's set specific goals for each client, starting with short-term goals, working towards long-term outcomes.

WEIGHT CENTER NUTRITION PROGRAMS

Structured group programs are an efficient way to disseminate evidence-based lifestyle information and affect change for patients with overweight or obesity. Our nutrition programs, reviewed below, address the knowledge, skills, attitudes and thoughts that drive behaviors related to eating and activity. We work towards influencing lifestyle-related factors that are closely associated with chronic disease risk.

Healthy Habits for Life (HHL) is 12-week group education and support program. The format utilizes lectures, slide presentations and interactive group activities. Weight loss is only one of the few important goals for this program. Healthier eating and activity are also main goals. Participants are helped to make a personal commitment to behavior change

Medically Intensive Nutrition Therapy (MINT) is 12-week education and support program combined with structured meal replacements for improved weight loss and health outcomes. Under Medical guidance, participants will be given access to the Weight Center eStore and will be following a low-calorie dietary intake.

eNutrition is a 16-week individual accountability program. This is an interactive online program which includes daily tracking of food intake, physical activity and weight. Participants also have access to online educational videos, goal setting features and frequent communication with their Weight Center dietitian.

For additional details, please reach our office at 617-726-4400 or discuss your interest with your Weight Center Provider.



"Coming into the program, I was at a low point and feeling discouraged. What I had done for years wasn't working and I did not know what else to do. But now, I have found a way to work towards changing my set point, lose weight and feel better about myself and the process. I thought I knew a lot about nutrition before the program but learned so much more. The mindful eating and recognizing hunger are something I'm focusing on now. I'm also thinking about why I am eating and how I feel after I eat. The second area of learning that is invaluable, is about goal setting. Love the smart way. Setting an attainable goal makes anything a better experience! I do not need to feel hopeless again." - **HHL Participant**

"My partner and I are doing the MINT program for a second time. We have been learning about portion sizes, volumetrics, and the high protein diet. Having started right before Halloween we have been able to lose 40 pounds and 25 pounds each having celebrated Thanksgiving, Christmas and Valentine's Day. My partner has been able to lower their Hgb A1c from 6.4 to 5 this month. Thank you for helping us get healthier." - **MINT Participant**

"I have learned so much the past 16 weeks that I know that I will be able to continue to at least maintain my current weight and hopefully lose a few more pounds. I have never felt like I was on a 'diet' while following this program. I need to commend this program for what it has taught me over the weeks. It is set up so well. I liked that I got a little more info each week, so I wasn't overwhelmed with everything. I must also thank you for your support throughout this journey. Having you check-in on me each week added to my motivation. You have been a great teacher and guide for me. My BP is stable, and my endurance is stronger." - **eNutrition Participant**

Findings from our HHL data, published in Clinical Nutrition ESPEN :

- 142 participants were adherent to the HHL program (attended 9 out of 2 classes) and on average, lost 6.4 kg (14.1 lb), representing a percent total body weight loss of >5%.
 - 7% of participants lost over 5% of their body weight, and 18% lost over 10%.
- Significant improvements in total cholesterol, triglycerides, and A1C, as well as improvements in physical function, self-esteem, and sexual life were also seen.
 - Total QOL (Quality of Life) scores improved by a significant 5.79% on average.
- Our study suggests that group-based structured programs are an effective treatment for obesity, health related clinical parameters, and quality of life.

Original Journal Article: <https://clinicalnutritionespen.com/article/S2405-4577%2820%2931047-0/full-text>