

JANUARY 2024 | WINTER EDITION | VOLUME 5 | ISSUE 1

DIETITIAN'S DISH

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



MINDFULNESS IN THE NEW YEAR

**MASTERING NUTRITION WITH WEIGHT-LOSS
MEDICATIONS**

PLATE UP DEFENSE: NUTRITION & IMMUNITY

HARVESTING HEALTH WITH HEARTY SOUPS

Mindfulness in the New Year

What is mindfulness?

Mindfulness can be a lot of different things. It can be remembering to eat your lunch at the dining room table instead of at your desk or remembering to pack an extra snack for the commute home because you are always



hungry. It can also be unrelated to food, like remembering to schedule a 10 minute break into your work day to avoid burn out or making sure you start your day with a 5-10 minute stretch. Whatever it may be to you, mindfulness is awareness and being mindful of what helps you feel your best both mentally and physically.

Ways to practice mindfulness this new year

1. **Slow down!** Whether that be slowing down your meal times or slowing down your day. We live in such a fast paced life and by creating more space for ourselves we can make intentional decisions such as deciding on meals or building movement into your day.
2. **Write down your goals.** Set a timer for 10-15 minutes. Sit down and think about where you are now and where you want to be tomorrow, 3 months, 6 months and 1 year down the road. Jot down short and long term goals to help you get there. Keep this list near by and check off your goals as you achieve them.
3. **Think about structure.** Often times creating structure within your days and weeks helps reduce stress and gets you closer to your goals. One example is creating a menu for the week and basing your grocery list off of your menu. This guide can help reduce the stress of making weeknight meals.

More about goal setting...

Try not to get wrapped up in unrealistic new year's resolutions. Follow the S.M.A.R.T goal setting framework. By using this you are making sure your goals are **s**pecific, **m**easurable, **a**ttainable, **r**ealistic and **t**imely. Also by setting short term goals, the journey to your long term goals may feel more enjoyable and rewarding because you've hit milestones along the way!

Mastering Nutrition with Weight Loss Medications

*What to know about **Zepbound™**, the latest FDA approved weight loss medication*

Zepbound™ is an FDA-approved prescription medication that may be used alongside diet and exercise for weight management in adults with overweight or obesity. Zepbound™ contains the active ingredient tirzepatide, which is also sold under the brand name Mounjaro™ for diabetes management.

How it works

Zepbound™ targets two hormones that are involved in appetite and blood sugar regulation. By activating these hormones, Zepbound™ can help lower hunger and promote healthy blood sugar levels.

What does the research say?

In clinical trials, Zepbound™ has been found to result in significant weight loss in those with overweight or obesity, regardless of diabetes status. For example, in one study, participants taking the highest dose (15 milligrams) lost on average 21% of their weight after 72 weeks.

Zepbound™ may have other health benefits in addition to weight loss. For instance, in clinical trials, participants taking Zepbound™ showed improvements in waist circumference, blood pressure, blood sugar, insulin, and lipid levels.

Speak with your Weight Center physician or PCP to learn more about Zepbound™ and whether weight loss medication may be right for you.

<https://www.fda.gov/news-events/press-announcements/fda-approves-new-medication-chronic-weight-management>

<https://www.nejm.org/doi/full/10.1056/NEJMoa2206038>

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)01200-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)01200-X/fulltext)

Nutrition Tips While on Weight Loss Medication



Eat consistently throughout the day

While on weight loss medication, you may find that your appetite is low. However, it's important to continue eating regularly to meet your nutritional needs. Attempting small, frequent meals throughout the day may help if you find that you feel full quickly. Try to avoid going longer than 5 hours without nutrition!



Prioritize protein

Protein is essential for weight management, muscle strength, and general health and well-being. Aim to consume at least 60 grams of protein every day. Recommended protein quantities may vary depending on your unique needs. For reference, a 3-4 ounce serving of protein (about the size of a deck of cards) provides 20-30 grams.



Stay hydrated

Drinking plenty of fluids throughout the day is crucial to prevent dehydration and support weight management. This is especially important if you are experiencing vomiting or diarrhea. Aim for at least 8 cups of fluids every day. Recommended hydration quantities may vary depending on your unique needs.

Managing Side Effects

While on a weight loss medication, you may experience side effects that can affect nutrition. Below are examples of common side effects and ways to help manage them.

Side effect	Nutrition tips
Nausea and vomiting	<ul style="list-style-type: none"> • Attempt small, frequent meals • Choose bland foods and clear liquids • Avoid greasy, high-fat, and highly seasoned foods • Avoid foods with strong odors
Diarrhea	<ul style="list-style-type: none"> • Drink plenty of fluids throughout the day • Incorporate high-fiber binding foods like oats, barley, bananas, and pears • Avoid sugar alcohols and foods high in added sugar
Constipation	<ul style="list-style-type: none"> • Drink plenty of fluids throughout the day • Add fiber rich bulking foods like vegetables, whole grains, and nuts/seeds • Aim to get in regular physical activity

Consult your prescribing physician for any individual concerns/ recommendations needed to manage any side effects from weight loss medications.

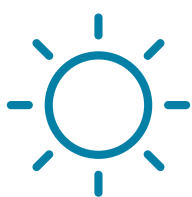
Get Ahead of the Flu Season with your Fork

Fueling your body with a diverse, nutrient-rich diet is key to boosting immunity. Colorful fruits and vegetables provide essential vitamins, while lean protein supports antibody production. Whole grains, nuts, and seeds contribute to a healthy gut, and probiotics enhance the immune system. A well-balanced diet, combined with a healthy lifestyle, helps strengthen your body against infections and promotes overall well-being.

Key Nutrients to Include in your Diet:



Vitamin C: This essential vitamin found in fruits and veggies like berries, citrus fruits, red peppers, broccoli, and leafy greens. It makes our white blood cells strong, helps absorb iron, reduces swelling, and plays a key role in making collagen.



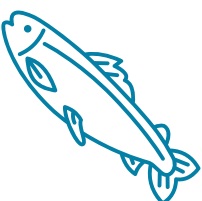
Vitamin D: During the colder months we receive less sunlight, which helps our body produce Vitamin D. It helps our immune system, fights germs, reduces swelling, and makes our body defenses stronger. You can find Vitamin D in foods like fatty fish, mushrooms, egg yolks, and cod liver oil.



Zinc: This essential mineral helps your body's defense team, the immune system. It helps make immune cells, works with defense cells called T-Cells, stops certain viruses from making more copies, helps heal wounds, and keeps inflammation in check. You can find zinc in tasty foods like oysters, shellfish, red meat, chicken, beans, nuts, seeds, milk, whole grains, and eggs.



Protein: This macronutrient is crucial because it makes antibodies for your immune system, helps heal wounds, carries nutrients around your body, and helps repair and maintain muscle. You can get protein from foods like lean meats, chicken, fish, eggs, milk/yogurt, beans, soy, nuts, and seeds.



Omega-3: This fatty acid helps decrease inflammation, promotes brain, heart, and eye health and has a positive impact on mood disorders. You can find Omega-3 in foods like fatty fish, flax seeds, chia seeds, walnuts, and products made from algae.

Myths & Facts for a Healthy Immune System

During the colder months and flu season, some may look to supplements and special foods to boost immunity. However, our immune system is complex and many factors, not just one diet or nutrient, can affect our health.

A balanced diet with a variety of nutrients in addition to physical activity, sleep, and reduced stress are integral in supporting your immune system.

Myths	Facts
I need to take supplements for my immune system	<ul style="list-style-type: none"> • Eating a <u>balanced diet</u> with vegetables, fruit, lean proteins, whole grains, and plenty of water is the best option • If a balanced diet is not available, taking a <u>multivitamin</u> with the <u>RDA for several nutrients</u> may be taken to ensure adequate nutrition
Supplementing zinc will help protect my immune system	<ul style="list-style-type: none"> • Moderate benefit on shortening length of common cold • Megadose supplements (many times RDA) can be harmful or even suppress the immune system
Supplementing vitamin C can help with disease prevention	<ul style="list-style-type: none"> • Trials have not associated vitamin C supplementation with disease prevention • Supplementation at the start of a cold may reduce duration by 8-10%. • High dose Vitamin C supplementation may contribute to kidney stones and iron overload in susceptible individuals
Supplementing vitamin E can help prevent respiratory illnesses for all ages	<ul style="list-style-type: none"> • Supplementation has improved indices of immune function in <u>healthy elderly individuals</u> • Supplementation shortened duration of respiratory illness in <u>nursing home residents</u>

Consult your physician or health care professional before consuming any vitamins and supplements.

Turkey Chili

Serves 6

INGREDIENTS

- 1 tablespoon olive oil
- 2 pounds ground turkey
- 2 onions
- 2 cloves of garlic
- 1 large red bell pepper
- 1 celery stalk
- 1 tbsp fresh oregano, chopped, or 1 tsp dried
- 2 bay leaves
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 3 cups canned diced tomatoes
- 1 cups chicken broth, fresh or canned
- ½ teaspoon coriander
- ½ teaspoon cinnamon
- Salt and black pepper to taste
- 2 (15-ounce) cans red kidney beans
- 1/2 cup shredded Cheddar (optional)
- Sliced lime, for garnish (optional)
- 1 jalapeño, cored, finely chopped (optional)
- 1 cup shredded carrots (optional)



PREPARATION

1. Prepare vegetables by finely chopping onions, garlic, red bell pepper, jalapeño, celery. Set aside.
2. Heat the oil over high in a large heavy pot and add onions. Cook until color changes. Add celery, red bell pepper and (jalapeño if desired). Cook for about 2-3 minutes. Add spices and then add garlic. Cook until fragrant, then add turkey meat. Cook until lightly browned, about 5 minutes, and stirring occasionally to rotate meat.
3. Add the tomatoes, chicken broth, salt and pepper to taste. Bring to a boil, reduce heat and simmer, stirring occasionally for 15 minutes.
4. Add the beans and cook, stirring occasionally for 10 minutes longer. Serve in bowls with cheddar cheese and lime wedges on top, if desired.

Hearty and nutrient-rich, turkey chili is a quick, lean protein-packed recipe abundant in fibrous vegetables, offering essential nutrients. The low saturated fat in turkey supports heart health, providing high-quality protein, B6, B12, and zinc. The diverse vegetable mix not only enhances flavor but is rich in vitamins like C, making this turkey chili a delicious choice for health-conscious goals.

Veggie Lentil Soup

INGREDIENTS

- 1 ½ cups green lentils
- 2 tbsp Extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 large carrot, chopped
- 2 celery stalks, chopped
- 1 russet potato, small diced
- 3 to 4 garlic cloves, minced
- 1 small zucchini squash, diced
- Kosher salt, a pinch
- Black Pepper, a pinch
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon turmeric powder
- ½ teaspoon ground cinnamon
- ½ teaspoon cayenne pepper, optional
- 1 (28 ounce) can diced tomatoes
- 2 ½ cup water or low-sodium broth
- 1 cup chopped fresh parsley, stems removed
- juice from half a lemon or lime



Try this quick, delicious, and cost-effective vegetarian soup with protein-rich lentils, a variety of nutrient dense non-starchy and starchy vegetables for a well-balanced weeknight meal! A bang of protein, fiber, and loaded in nutrition - all in one pot!

PREPARATION

1. Place the lentils in a bowl and cover with water. Wash and soak for about 10 minutes. Drain well.
2. In a large heavy pot or Dutch Oven set over medium high heat, add 2 tablespoons of extra virgin olive oil. Once the oil is hot, add diced onions, carrot, celery, and potatoes. Cook over medium-high heat for 4 to 5 minutes, stirring regularly.
3. Add garlic and zucchini. Sauté for another 5 minutes, stirring regularly.
4. Add lentils, salt, pepper, coriander, cumin, turmeric, cinnamon, and cayenne. Toss to combine, then add the tomatoes and water (or low-sodium broth, if you prefer.)
5. Bring everything to a boil for 5 minutes, then reduce heat to low. Cover and let simmer for 20 minutes or so until the vegetables are tender and lentils are well cooked (stir occasionally and watch to add water or liquid, if needed.)
6. Remove from heat and stir in parsley and lime juice (or lemon juice). Transfer to serving bowls and enjoy!