

# DIETITIAN'S DISH

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



## ARE YOU EATING WITH YOUR BODY'S RHYTHM?

Understanding the importance of timing  
our nutrition with our circadian rhythm

### THE EXPERTS WEIGH IN: WHAT TO EAT AND WHEN

Eat with the  
Rhythm of your Body

Social Scene

Fiber Flips

Happy Halloween

Fall Recipe

# EAT WITH THE RHYTHM OF YOUR BODY

WHILE MOST OF US HAVE GIVEN DEEP THOUGHT AND CONSIDERATION AS TO **WHAT WE EAT**, IT IS BECOMING MORE EVIDENT THAT **WHEN WE EAT** IS AN IMPORTANT FACTOR AS WELL.



Why is that? Our body's secretion and response to insulin appears to be linked to our circadian rhythm, which is the body's internal clock that sends hormonal signals telling us the best times to sleep and eat most consistently and efficiently. Studies show that the same meal at night may spike our blood sugar higher than if we had it in the morning. Our hunger and fullness cues are affected as well, leaving you craving sweet, starchy and salty foods at night. The efficiency that our body burns energy may be affected as well (1,2).

**Is your biggest meal dinner?**

**Are you snacking late at night? While watching TV?**

**Have you built the habit of eating at night?**

**Do you find yourself feeling bored, stressed in the evening?**

If you answered yes to any of these questions, try to give your body consistency. Having consistent eating and sleeping patterns will ensure our metabolic processes take place when and how they should. That means aiming to eat at similar times, and sleeping roughly around the same time daily - even weekends!

## Steps to take to avoid late night eating:

- **Don't starve yourself during the day!** Meal structure and eating well-balanced meals throughout the day are key! Keep a healthy snack available in case meetings run over schedule! Don't forget to stay hydrated!
- **Pause, and ask yourself, why are you eating?** Are you hungry, bored, stressed?
  - Physically hungry, grab a nutritious fiber and protein rich snack!
  - Bored, get busy with a project and occupy your hands.
  - Stressed or anxious, build the habit of going on a walk after dinner or practice meditation. Make yourself a warm, decaf and sugar-free tea!
- **Remind yourself of your goals and practice self-care.**
  - Get to bed earlier and get a good night's rest of 7-8 hours
  - Read a book, write a journal, keep yourself busy with a home project.

(1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6893547>  
 (2) <https://onlinelibrary.wiley.com/doi/10.1002/oby.20351>

## SOCIAL SCENE

### Tips on navigating social gatherings while losing weight

Ask yourself "what would I feel good about eating at this event?" and make a plan. Consider allowing a small taste of foods that are special to the occasion.

Visualize being your version of successful at the event and how you will feel leaving-guilty and exhausted or proud and satisfied?

Avoid arriving ravenously hungry. A hungry brain lowers our healthy decision making ability. Eat a small snack prior to arriving.

Consider filling the first plate with healthy options such as vegetables, fruit, and lean proteins. Then, fill the second plate with tasting-sized portions of special foods such as birthday cake or a holiday-themed dish.



Move away from the food. Out of sight, out of mind. Enjoy socializing!

Carry around a non-caloric beverage to occupy your hands. Avoid consuming calories through beverages.

Plan a short response to questions about what you are eating or how much you are eating in case the topic comes up. Most of the time, people do not notice what others are eating.

Participate in social events and don't avoid them when adapting a healthier lifestyle. The more practice, the more confident you will feel.

### GARLIC "BUTTER"

#### Ingredients:

- 3 heads fresh garlic
- Foil
- 1 pinch dried Italian seasoning
- Salt and pepper to taste

#### Method:

- Preheat oven to 400F.
- Cut off the garlic heads to expose each clove.
- Wrap each head in foil, tightly. Place on baking dish.
- Bake in oven for 40-45 minutes. Remove from oven and allow to cool.
- Squeeze cloves out of skin into bowl by pressing on the root end of each clove.
- Mash cloves together with a fork, add Italian seasonings, pepper, and salt.
- Spread on bread, stir into sauces, toss into vegetables.
- Store refrigerated for 7-10 days.



## FIBER FLIPS!

Try swapping out ingredients in your favorite recipes for a high-fiber version! Fiber helps increase fullness, lowers cholesterol and blood sugar levels, and helps with bowel regularity! Take a look below at the increase in the **total grams of fiber** with one easy swap!

Daily Recommendations: 25 grams for women and 38 grams for men

<b>1 cup pasta (2.5g)</b>	→	<b>1 cup Banza chickpea pasta (5g)</b>
<b>1/2 cup oil in baking (0g)</b>	→	<b>1/2 cup applesauce (3g)</b>
<b>1 cup white flour in baking (3.4g)</b>	→	<b>1 cup whole wheat flour (13g), chickpea flour (10g)</b>
<b>1 cup potatoes (1.8g)</b>	→	<b>1 cup of parsnips (7g), carrots (3.1g)</b>
<b>1/4 cup granola (1-3g)</b>	→	<b>1/4 cup chia seeds (11g)</b>
<b>1/2 cup dry white rice (0.6g)</b>	→	<b>1/2 cup dry barley (16g)</b>
<b>2 TBSP mayonnaise (0g)</b>	→	<b>3/4 mashed avocado (5g)</b>
<b>1/2 cup honey (0g)</b>	→	<b>1/2 cup pureed raspberries (4g)</b>

# HAPPY HALLOWEEN

## TREATS CAN BE HEALTHY AND DELICIOUS!

You can make spooky recipes with kids and taste the fruity goodness!

- **Candy Corn Strawberries:** Dye white chocolate with orange food coloring and dip strawberries to look like classic Halloween candy
- **Apple Chompers:** Spread peanut or almond butter between two apple slices. Use mini marshmallows for teeth and strawberry slices for tongues. Edible googly eyes make a fun addition!
- **Kiwi-Stein:** Peel kiwis aside from the top. Cut in half and use pretzels sticks and mini chocolate chips to create Frankenstein.
- **Banana Ghosts:** Use two mini chocolate chips for eyes and one original sized chocolate chip for the mouth.

**Tip:** use lemon or lime juice on apples and bananas to preserve white color.



## ENJOY THESE CREEPY NON-FOOD TREATS

- Glow-in-the-dark vampire teeth
- Bookmarks
- Slinkies
- Glow bracelets
- Stickers
- Spooky-shaped erasers
- Bubbles
- Temporary tattoos
- Key chains
- Bouncy balls





## Mini Apple Crisps

### A LOW-SUGAR TAKE ON THE FALL CLASSIC

#### Ingredients:

- 6 Tbsp Earth's Balance butter, melted
- 1/3 c brown sugar
- 1/3 c whole wheat flour
- 2/3 c rolled oats
- 1/2 tsp cinnamon dash of nutmeg and salt
- 4 large baking apples, washed

#### Instructions:

1. Preheat oven to 375F. Combine melted butter, brown sugar, flour, oats, cinnamon, nutmeg, and salt.
2. Cut apples in half through the stem. Use a spoon to remove the core.
3. Place apples skin-side down on greased baking sheet & stuff with oat mixture. Bake covered for 20 minutes then uncovered for 30 more minutes. Cool & serve!

Adapted from: <https://cookingwithcarlee.com/mini-apple-crisp-baked-apples/>

## Pumpkin Chickpea Soup

### HIGH-PROTEIN & VIBRANT SOUP

#### Ingredients:

- 15 oz can chickpeas
- 1 Tbsp olive oil
- 1 Tbsp soy sauce
- 2 tsp sriracha
- 1 tsp maple syrup
- 1 tsp smoked paprika
- 2 shallots, diced
- 2 garlic cloves, minced
- 2, 15 oz cans pumpkin puree
- 1/2 c roasted bell peppers, chopped
- 1.5 c vegetable stock
- 1/2 c skim milk or plain almond milk
- 1/2 tsp each salt, pepper, cinnamon

#### Method:

**Chickpeas:** Preheat oven to 400F.

Dry chickpeas with paper towels and toss with olive oil, soy sauce, sriracha, maple syrup, and paprika. Spread onto parchment-lined baking sheet, bake for 20 minutes or until golden brown.

**Soup:** Bring olive oil to medium heat. Add shallots, cooking until translucent, then add garlic. Stir in pumpkin, roasted bell pepper, vegetable stock, milk, and seasonings.

**Puree:** Blend soup until smooth with immersion blender or countertop blender.

**Serve:** Ladle soup into bowl and top with desired amount of chickpeas. Optional: top with thyme and crumbled feta cheese.

Note: Tbsp= tablespoon, tsp = teaspoon, c = cup, oz = ounces