



NEWSLETTER

A partnership between the
Heart Institute & Diabetes Education
at Marquette General Hospital

VOLUME 1 ISSUE 7 JANUARY/FEBRUARY 2010

PUBLISHED BIMONTHLY BY:

MARQUETTE GENERAL HOSPITAL • 580 W. COLLEGE • MARQUETTE, MI 49855-2711

January 2010 February

GETTING IN SHAPE FOR WEIGHT LOSS

by Jeffrey Kinnunen, MS,
Registered Clinical Exercise Physiologist

For the last twenty years, Americans have been spending somewhere between \$30 and \$50 billion dollars per year on weight loss products; including various equipment, supplements and medical procedures. At the same time, Americans are gradually becoming heavier. Currently, more than 66% of adult Americans are overweight or obese. So why isn't there more success. Isn't it a simple matter of moving more and eating less?

What I encourage is a very patient approach. For effective weight reduction, it is frequently necessary to first increase your fitness to a degree that is conducive for weight loss. Yes, you indeed read that correctly, it is very likely that when you have been sedentary, the intensity of exercise you are capable of performing isn't expending enough energy for reducing body fat. Unfortunately, it is common to look at your effort as wasted, because you aren't seeing changes on the scale. This can be made worse by another common pitfall, the tendency to over-estimate the energy expended during exercise, and under-estimate the energy taken in from the diet.

We measure food energy in kilocalories. A kilocalorie is a measurement of heat. Specifically, one kilocalorie is the amount of energy required to raise the temperature of one kilogram of water by one degree Celsius. It is considered acceptable to refer to a kilocalorie as a Calorie (note the capitalized "C"). It is commonly indicated incorrectly as a calorie with a small "c" on food labels.

For weight reduction, the American College of Sports Medicine recommends an energy expenditure of over 2,000 kilocalories per week. If you are highly fit, you can reach the recommended level of energy expenditure quickly, because while you may be sustaining a "comfortably hard" intensity, you are working at a much higher intensity than someone with a low level of fitness. If you have a low to moderate level of fitness, you can expect that it is going to take 50% more time to reach the recommended level of energy expenditure. For example, if a 170 lb person walks on a treadmill at 3.0 mph for 45

minutes, they will expend about 200 kilocalories. If the same person walks on a treadmill at 3.5 mph with a 6% grade for 45 minutes, they will expend about 400 kilocalories. In five sessions, the 3.0 mph walk versus the 3.5 mph with a 6% grade will result in an expenditure of 1000 kilocalories and 2000 kilocalories respectively. Highly fit individuals are capable of expending 1000 kilocalories an hour. That's why they seem to eat so much without gaining weight.

The bottom line is that you need to be patient. When you initially begin an exercise program, you should allow yourself eight to twelve weeks of gradually progressing to a weekly energy expenditure of 2,000 or more kilocalories per week. Need more guidance? Call us at the heart and health program, 225-4755.



by Kim Hantz, RD, Diabetes Educator

We are in soup season with the temperatures below freezing, a common occurrence this time of year in our location. Soup can warm us up as we watch the falling snow outside. It seems there's nothing quite as comforting as a bowl of soup.

The long cooking of soup enables nourishment to be drawn from small quantities of fish and meat often too bony or tough, allowing certain animal parts, particularly bones not to go to waste because boiling them extracts flavor. In tough economic times, dumping various ingredients into a pot to boil is inexpensive and filling.

Soups can save us time in our busy rushed days. Making a big batch of soup on the weekend and then freezing or canning smaller portions makes for a quick supper, at a later date. Soup is portable so you can bring it to work and reheat in a microwave. When you make your own soup you get to decide on the ingredients therefore you have a choice to reduce the sodium content compared to store canned soups. It can be

~ Continued on reverse

SOUP SEASON *Continued~*

used as a vehicle to get your veggies in. It can be pureed to make quick sauces. Soup is a great weight-loss food because it is filling and satisfying. Depending on what you put in your soup it can help you feel more satisfied, eat less, avoid spikes in blood sugar and insulin, the benefits go on and on.

Barley is a wonderful grain substitute for rice or pasta in soups. Whole, hull-less barley has the best nutrient profile, but pearl barley (which is softer and less chewy) still has less of an impact on blood sugars than other grains. Barley's fiber – the item that makes you feel satiated and moderates blood sugar spikes, its protein, and low glycemic index help too. Less spiking means less insulin means less fat storage around your middle. Try cooking barley in a lower sodium broth to add increased flavor over cooking it in plain water and serve it as a side dish all on its own.

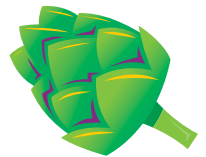
Some other nutrient-dense foods (foods that have a lot of nutrients relative to the number of calories) to try as ingredients in your soups are as follows:

Chard, collard greens, kale, mustard greens, spinach
Artichokes
Bell peppers
Brussels sprouts
Mushrooms (crimini and shiitake)
Sweet potatoes
Dried beans (garbanzo, kidney, navy, pinto, black)
Lentils and peas
Barley, oats, quinoa, brown rice
Salmon, halibut, cod, scallops, shrimp, tuna
Lean beef, venison
Chicken, turkey

Think outside the box when it comes to soups! I've included an interesting recipe for an artichoke soup with roasted hazelnuts. The artichokes are at the top of the fiber list, promoting blood sugar moderation and satiety. The fiber is teamed up with monounsaturated fats from the olive oil and hazelnuts, along with the vitamin D from the milk.

Artichoke Soup with Hazelnuts

- 1 Tbsp Extra virgin olive oil
- ½ cup Fresh chopped onion
- 1 med clove Garlic, crushed
- 8 to 12oz can Artichokes hearts, drained, and chopped (or frozen package, thawed)
- 2 cups Low sodium chicken or vegetable broth
- ½ teaspoon Ground oregano
- ½ cup Chopped hazelnuts, roasted
- 3 Tbsp White whole wheat flour
- 1½ cups Canned Evaporated Milk
- ½ cup white wine (or vermouth)
- 2 Tbsp Garlic and herb feta crumbles (optional)



Directions:

1. Heat oil over medium heat in a 3 quart pot and sauté the onion and garlic until soft.
2. Add artichokes, broth, oregano, and hazelnuts, and cook until tender, about 5 minutes.
3. Blend the flour in with the milk and vermouth.
4. Add flour mixture to pot and cook, stirring until slightly thick, about 5 to 7 minutes.
5. Garnish with feta cheese.

Additional information

To lower the sodium, eliminate the feta cheese garnish.

Total Nutritional Facts: Serving Size: 6

Calories:	218
Total Fat:	12.6 gm
Saturated Fat:	4 gm
Cholesterol:	6 gm
Sodium:	316 mg
Total Carbohydrate:	12 gm
Dietary Fiber:	4 gm
Protein:	6 gm