



“Where Do You Want to Eat?”

Dr. Charles Shaffer

Where, or what, people want to eat has been a main topic of conversation for years, probably even centuries. Recently two women were discussing on where they planned to eat at the checkout window and one mentioned the popular chain, Taco Bell, as a choice while they were walking out. I put a note in their charts so I could ask them about their weight the next time they came in. At their next appointment, they were up a combined total of five pounds. When I asked them more about their week and if they had changed anything, they were somewhat evasive.

Why is it that when we want to try to help someone, they become evasive about their eating habits? I guess it is to stop feelings of guilt.

WHAT YOU'LL FIND INSIDE:

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Recent articles in the Obesity Journal show children ages 3 – 5 years old who commonly ingested carbohydrates, sugars, and grains had a tendency to eat more of that as they grew older. They also pointed out the sedentary lifestyle of today's children, such as sitting in front of the television and playing videogames, significantly alter their eating habits.

Sometimes I catch conversations of my kids talking to their friends. Oddly enough most of their conversations revolve around food. When they come home, I casually ask them where they ate and what they had. Sometimes I shudder that they live under the same roof as Terri and I.

A new development in the pathogenesis of obesity with the onset of hypertension showed that the interaction between the genotype in the environment involving social, behavioral, cultural, and physiological factors increase the risk of type II diabetes, hypertension, cardiovascular disease, muscle disorders, cancer, and chronic kidney and pulmonary problems. Although obesity is clearly associated with an increased in the prevalence of hypertension, many of these individuals may not develop hypertension. Protecting factors may exist that we are not quite ready to understand.

However, a decrease in just 20 pounds will offset blood pressure by 20 to 40 mmHg, which is significant. Also, it found that the injustice of large carbohydrate meals raises blood pressure.

The Obesity Journal discussed the impact of eating disorders in adolescents. It has been shown that most adolescents who develop eating disorders have obesity. However, some teenagers in an attempt to lose weight, may then develop an eating disorder.

Recent clinical reports reveal the prevention of obesity and eating disorders in teenager and provides the pediatrician or family physician with evidence-informed tools to help and identify their behaviors that predisposes these children and young adults. Trying to help them understand a healthy lifestyle and achieve it is crucial.

The next time someone asks you where you would like to eat, try to make a decision beforehand or at least have an idea of what you want. This way you can review your options, look at the menu, and be sure of picking the right place even before you walk through the door. This method will save you from a lot of problems later on.

Hopefully you have learned a few things over the years from the Weigh Station's newsletters. Plan before you go out to eat. Make good choices and you will not have any problems later on your weight.

The Amish invite people over to work, not necessarily to eat; maybe you should start inviting others over to work before you go out to eat? Just a thought.

Be Blessed,
Chuck Shaffer MD

Sweetened Sick

Tricia Foley, MS, RDN, CLT

Imagine sitting down for a cool glass of water and someone adds 7 to 10 teaspoons of sugar to it, would you drink it? Sadly that is what American's are consuming in sugar everytime they pop open a can of soda.

A recent study showed that just ½ cup of juice daily increased risk of obesity by a whopping 16%. Added sugar is also associated with many health problems including; lower immunity, slow healing in those with diabetes, autoimmune diseases, heart disease, increased diabetes risk, increased inflammation, irritable bowel syndrome, ADD, chronic fatigue, and candida. Sugars also stimulate insulin release in the pancreas, which then tells the liver to make triglycerides. Triglycerides are linked to stroke, heart disease and obesity.

When it comes to our health, we know cutting out added sugars is a key part of getting to and maintaining our weight at a healthy level. We also understand the struggle many face with sugar addiction. We know that sugar works the addiction and reward pathways in the brain much like many illegal drugs. We use something sweet to feel better and many use food to self medicate to temporarily boost our mood or energy levels. So how do we correct this?

Decrease sugar cravings with the following tips:

- **Choose whole foods.** Food in its natural form, especially vegetables, are packed with nutrients and provide the nutrients our bodies need, especially when consumed in variety.
- **Have a breakfast of protein, fat and phytonutrients to start your day off right.**
- **Try to incorporate protein and/or fat with each meal.** This helps control blood sugar levels.
- **Add spices.** Coriander, cinnamon, nutmeg, cloves and cardamom will naturally sweeten your foods and reduce cravings.
- **Take a multivitamin, Vitamin D3 and omega 3 fats.** Nutrient deficiencies can make you crave more and the fewer nutrient deficiencies, the fewer cravings. Certain nutrients seem to improve blood sugar control including chromium, Vitamin B3 and magnesium.
- **Move More:** Exercise is a wonderful way to decrease stress which can sometimes cause cravings for sugar.
- **Get enough Rest:** Sleep is essential to reset hormones and make sure our bodies are renewed.

- **Explore emotions around your sugar addiction.** Many times our craving for sugar is an effort to fill another emotional void.
- **Learn to read labels.** Avoid words that end in -ose, other words for sugar.

If a sugar craving does arise, these tips may come in helpful:

- **Take a deep breath:** To increase dopamine and decrease stress. After a few minutes of this, the craving will pass.
- **Distract yourself:** Go for a walk. Cravings usually last for 10 minutes, if you can do something else, it often passes.
- **Drink lots of water:** At least half your body weight in ounces.
- **Have a piece of Weigh Station recommended fruit.** If you give in to your cravings, have a piece of fruit, it should satisfy a sweet craving and allow you to stay in ketosis

The Recipe of the Month

Berry Mousse

Makes 8 servings, 1 fruit serving

Ingredients

- 1/4 C boiling water
- 1/3 package unflavored gelatin
- 1 C heavy whipping cream
- 4 packets Truvia
- 2 C berries of choice, pureed in blender
- 1 package strawberries (no sugar added if frozen)

Directions

Blend 2 cups of berries in a blender and mix until pureed; set aside. Pour boiling water on gelatin in cooking pot and allow to boil until gelatin is dissolved.

Beat heavy whipping cream and Truvia in chilled large bowl on high speed until stiff while adding gelatin.

Continue to add berry puree to whipped cream.

Refrigerate about 3 hours until serve. To serve, dollop 2 tablespoons mousse over 3 large strawberries.

Enjoy!



**Light, Fluffy,
Delicious.**

