

# March

International


**Hamburger and  
Pickle Month**

## International Hamburger and Pickle Month

Yes, there is an entire month dedicated to hamburgers and pickles, but that doesn't mean you get to eat one every day! Even in moderation, hamburgers can pose serious health problems.

### McDonald's Cheeseburger

**Calories** – 290  
**Total Fat** – 11g  
**Carbohydrates** – 33g  
**Protein** – 15g  
**Sodium** – 680mg

While this might not seem like much, it doesn't factor in the soda, fries, or other sides that are also eaten with burgers. And the sodium content? That's **30%** of your daily intake! Take a look at these other fast food brands' burgers:

### Burger King's Cheeseburger

**Calories** – 270  
**Total Fat** – 12g  
**Carbohydrates** – 27g  
**Protein** – 11g  
**Sodium** – 630mg

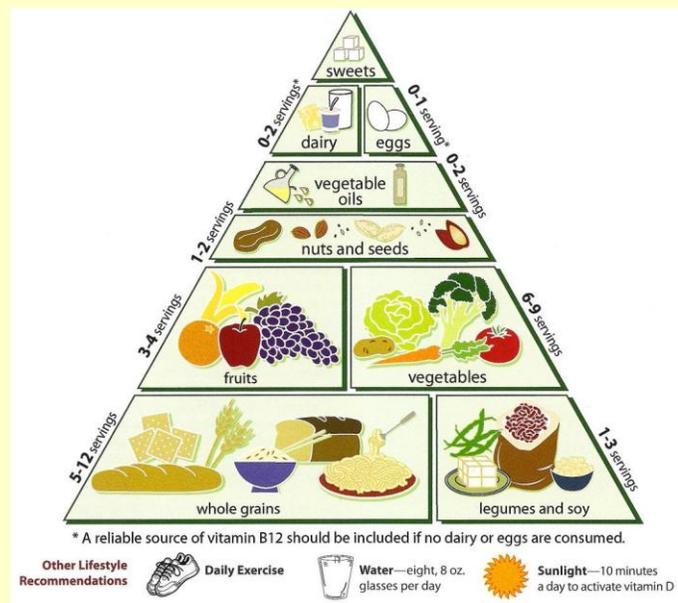
### Hardee's Cheeseburger

**Calories** – 670  
**Total Fat** – 36g  
**Carbohydrates** – 56g  
**Protein** – 28g  
**Sodium** – 1660mg

So why are these numbers considered "bad"? It's because they're empty calories. They have almost no nutritional value when you consider the vitamins and minerals your body needs to work efficiently! There are much better ways to get your protein without all the salt and fat that comes with it when it's in a burger.

## National Nutrition Awareness Month

Nutrition is integral to our health, both physical and psychological. A balance of necessary vitamins, minerals, and nutrients along with knowledge of what is healthy and what isn't is the best way to start creating a sustainably long-term and healthy lifestyle. Following the food pyramid above is an excellent way to easily integrate daily nutrition.



## Healthy Substitutes are Easier than You Think!

Simple substitutions during meal preparation can cut down on the calories and can be fairly inexpensive! Here are some suggestions the CDC makes:

- Reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice, and nutmeg or flavorings like vanilla extract or almond flavoring to enhance the sweetness of the food.
- Choose a lower-fat meat, such as ground turkey, instead of ground beef.
- In some recipes, you can leave out an ingredient altogether, such as items you add for appearance (frosting, coconut, or nuts). Condiments like olives, butter, mayonnaise, syrup, and jelly can also easily be left out.
- Instead of frying in oil or butter, try baking, broiling, or poaching.
- No matter how much you reduce, switch, or omit ingredients, some recipes may still be too high in sugar and fat. In these cases, reduce the portion size you eat, and add healthful choices to your meal (steamed vegetables or fruit for dessert).

# Why Fad Diets Fail You, Not the Other Way Around

If you've tried radical diets in the past and failed, don't beat yourself up over it. 98% of people who lose weight gain it back within 5 years, and 90% of people who do lose weight gain back more weight than originally lost. Let's take a look at these diets and see the pros and cons.

## The Atkins Diet

### Pros:

- Satiates
  - Provides structure
- (Over all, this diet will leave you feeling full and has a structured approach to what's going on your plate.)*

### Cons:

- Restrictive
  - Difficult to sustain
  - Does not adhere to national dietary guidelines
  - Increases risk of cardiovascular (heart) disease
- (The downsides are fairly clear, with increased restriction you're more likely to give up on it, along with facing damage to your heart.)*

## The Ornish Diet

### Pros:

- Strict adherence can prevent or reverse heart disease
  - Provides more food per calorie than other diets
  - Emphasis on exercise and stress reduction
- (No calorie restrictions make it easy to prepare a variety of foods that stay within the parameters of the diet.)*

### Cons:

- Can be restrictive
  - Difficult to maintain long-term adherence
- (Because it's a vegetarian-based diet, cutting out meat can be difficult to sustain.)*

**Remember that improving your diet is an excellent move in right direction, but alone it can only do so much. Consider adding regular exercise to your schedule for even better results!**

Check out these sources for more information:

[http://sphweb.bumc.bu.edu/otlt/MPH-Modules/PH/NutritionModules/Popular\\_Diets/Popular\\_Diets\\_print.html](http://sphweb.bumc.bu.edu/otlt/MPH-Modules/PH/NutritionModules/Popular_Diets/Popular_Diets_print.html)

[http://www.cdc.gov/diabetes/prevention/pdf/posthandout\\_session3.pdf](http://www.cdc.gov/diabetes/prevention/pdf/posthandout_session3.pdf)

If you have any questions, comments, or just want to talk, feel free to contact me before or after a meeting!

- Ann Keidatz, R.N. B.S.N.

## The Mediterranean Diet

### Pros:

- Covers all major food groups
  - Diverse flavors
  - May be easier to adhere to
  - Comes close to the American Heart Association dietary recommendations being low in saturated fat
- (This diet has the potential to be successful, easy to fulfill, and extremely healthy.)*

### Cons:

- May be more expensive to follow
  - Cooking fresh food takes more time
  - Not designed as a diet for weight loss
- (Price can be a problem if you're on a tight budget, and if you have a busy schedule it may be more inconvenient.)*

## The DASH Diet

### Pros:

- Well balanced
  - Sustainable
  - Endorsed by the National Institute of Health, the American Heart Association, and the USDA MyPyramid
- (Emphasizes fruits and vegetables while moderating protein, reinforces low fat and cholesterol; has plenty of variety that includes all elements of nutrition.)*

### Cons:

- None currently known
- (That's good news!)*

### The DASH Food Pyramid

