



The Newsletter of
the Chicago Dietetic
Association

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National Nutrition Month

**Deadline for
submissions to
the next NIC is
7/13/07**



Nutrition in Chicago

CDA, 322 Stonebridge Way, Mundelein, IL 60060

March 2007

Hot Food Trends of 2007...

Jennifer Wagner, MS, RD, LDN

Last year was the year of whole grains, cupcakes, pomegranate juice, small plates, and the banning of trans fat and foie gras. Chefs, foodies, dietitians, and even politicians were in on the food trends of 2006. How will the latest food trends affect consumer's food choices in 2007? Forecasts have been made by the top food industry experts, so these are a few of their top predictions for 2007.

Bite-Sized Desserts

Itty-bitty desserts are showing up on restaurant menus all over the nation. Bite-sized desserts rank number one on the National Restaurant Association's list of hot food trends for 2007. Consumers are still craving sweets, but are requesting smaller desserts. Pastry chefs have listened and in turn scaled back on the desserts to create tasting portions. You can order just one tiny dessert or share a bite-sized flight with your table for a little indulgence.

Locally Grown and Organic Produce

Consumers are becoming more environmentally friendly and are looking to give back to their community. Demands are high to decrease food transportation costs and to make food safe. Because of the recent *E.coli* scare, people want to know where their food is coming from and how it's grown. These concerns are leading people to buy produce, specifically organic, from their area farmers. If you buy local produce at your neighborhood farmer's market then you'll be in on the trend. In Chicago, you don't even have to wait for a summer farmer's market. The Chicago Green City Market has moved indoors for the winter to the Peggy Notebaert Nature Museum. Restaurants have also picked up on the trend and are offering local produce on their menus. May Street Market, Schuba's,

Frontera Grill, Topolobampo, Lula Café, and Big Bowl are just a few restaurants that are dishing up fresh, locally grown produce.

Antioxidant Power

The antioxidant push will continue to grow as more product labels promote phytochemicals and superfoods. Consumers are still looking for that magic bullet to live longer, lose weight, and boost their immune system, so products rich in antioxidants will be sweeping the shelves. Watch for more exotic products, such as fruit juices made from acai or goji berries, to tout antioxidant benefits as well as dark chocolates, desserts, and teas.

Snack Foods Make-Over

People are hearing the messages to decrease their intake of trans fats, increase their fiber, and eat whole grains; however, they aren't ready to completely give up their snack foods yet. Food companies are in turn trying to put a nutritious spin on the snack aisles by making high fiber chips, vitamin enhanced ice cream, and whole grain cookies. The chip section also has a more exotic feel to it with sweet potato, plantain, and yucca varieties. Consumers may feel that these snacks are healthier, but a look into the food label may tell otherwise.

Fish Forecast

We've all heard the warnings about which fish to avoid due to high mercury levels. Fish advisors have also advised against eating specific kinds of fish that are being over farmed. Which species of fish is safe to eat anymore? The trendy fish is now environmentally safe and low in toxins. The best choices recommended are tilapia farmed in the United States and Central America; wild mahi-mahi from the Atlantic Ocean, the Gulf

(Continued on page 2)

Chicago Dietetic Association

Quick Bites



Low Maternal Vitamin E Intake during Pregnancy is Associated with Asthma in 5-Year-Old Children

Vitamin E exposure during pregnancy may decrease a child's risk of developing childhood asthma. Researchers at the University of Aberdeen in the United Kingdom conducted a five year study that included 1253 mothers and children. For the mothers in this study, vegetable oils, margarine, wheat germ, nuts, and sunflower seeds were the major food contributors of vitamin E. Mothers with the highest intakes of vitamin E from food had children who were less likely to experience wheezing and/or develop asthma. Researchers believe that early exposure may be key given the airways are fully developed by 16 weeks.



American Journal of Respiratory and Critical Care Medicine Vol 174, pp. 499-507, (2006)

From the President

CDA-Learning, Legislation, and Leadership in Action

Pat Plavcan, MS, RD, LDN

Our new dinner format has been very successful in getting members out for meetings. We are averaging 60 members in attendance at each meeting. Evaluations of the meetings reflect that members like the topics chosen this year and that they like the new format. If you have not attended a meeting this year, the last meeting is scheduled for Wednesday, May 2nd and the topic is Networking Your Way To Success! Please try to attend.



If you attended the February meeting, you were given your copy. Currently there are 150 members in our district association. Those who did not attend will be sent a copy.

The Board has approved and funded a National Nutrition Month Project that will take place on March 13, 2007 at the Christopher House. This will be an after school event geared to helping children learn about nutritious food choices and exercise! Please contact our co-chairs for National Nutrition Month, Kelly Ziemkiewicz and Sherri Sparks if you would be willing to help out with this event.

CDA requested volunteers to attend the Chicago Public School's meeting on the implementation of their School Wellness Policy. Annalisa Tsai attended the meeting for the Board and will summarize her notes. These notes will be disseminated by email to all CDA members as soon as possible.

The Directory of Members has been produced.

(Continued from page 1)

of Mexico, and Hawaii; farmed striped bass from the United States; and sturgeon farmed from California.

Surprisingly, there isn't a specific "diet" trend predicted for 2007. However, food trends are usually consumer driven, so don't be surprised if a new diet makes the headlines sometime this year. Other trends to be on the lookout for are an increase in the mainstream organic products at stores such as Wal-Mart and Target, a switch to small plates or tapas at Japanese restaurants, and steakhouses that serve upscale grilling. Enjoy sampling the many food options for 2007! ■

References:

"Here's What's on Our Plates in 2007." *USA Today* 28 December 2006.
Daley, B. "Grab Your Shopping Basket. 2007 Has Much in Store." *Chicago Tribune* 3 January 2007.
NRA survey of chefs reveals top food trends heating up restaurant menus. Available at: http://restaurant.org/news/print/Printable_Story.cfm?ID=545. Accessed 14 January 2007.

Once again CDA will fund five members to attend the ADA's Public Policy Workshop. This year the workshop is in April! See the legislative article on page 5.

Three applicants were nominated and their applications were sent to the state for Registered Young Dietitian of the Year (RYDY) and Emerging Dietetic Leader. Congratulations to Holly Maloney, Colleen Lammel-Harmon, and Megan Sliwa for their nominations. We will keep you posted on the outcome in the next NIC!

The March 21st Board meeting will be devoted to an evaluation of the new meeting format and strategic planning. In addition, the financial committee will submit a report to the Board.

As always, please call or write me about things you would like to see done at CDA meetings or for members. Your Board is open to suggestions and to potential educational topics! You can reach me at pplavcan@chicnet.org or at 312-873-2003. ■

Nutrition in Chicago

“Meet the Sunny New Face of Natural Food!”



Looking for more affordable natural and organic products? Then you'll be happy to hear that a Sunflower Market arrived in Lincoln Park in August 2006. Sunflower Market is a chain of four stores located in Ohio, Indiana, and now Illinois.

According to their website, their foods and products are:

- 100% organic wherever possible
- Fabulously fresh
- All natural, which they define as foods and products that have undergone minimal processing (i.e. minimal changes that would alter a food's fresh qualities.) Their natural foods and products have no:
 - artificial colors, sweeteners and flavors
 - synthetic preservatives
 - artificial ingredients
- Produced without the use of growth hormones, antibiotics or harmful pesticides
- No hydrogenated oils

They also strive to support local farmers and producers by providing locally grown foods and products that meet their “natural and organic standards.” You can look for them by looking for their “Local Treasures” signs. Some of these local companies include Goose Island Beer Company, Chicago, for award winning beer and seasonal brews, Chef Earl's, Chicago, for homemade salsas and spreads, Coupla Guys Foods, Chicago, for rich and savory sauces, Natural Juice Company, Wood Dale, IL, for fresh squeezed juices, and Oak Grove Organics, Carthage, IL, for fresh milk that comes from naturally raised and grass fed cows.

Sunflower Market also offers their own brand, Nature's Best (their chili and garlic organic crackers are really good), and products to “nourish your body” in their Life Styles Shoppe. To view their bi-weekly specials or to register for their monthly newsletter, “Good Natured News,” visit their website at www.sunflowermarkets.com. As an added bonus, free parking is available in their adjacent lot. ■

Sunflower Market
1910 N. Clybourn Ave.
Chicago, IL
Telephone: 773-348-4667

FamilyFarmed.org EXPO Returns to Chicago

March 23 and 24, 2007
Chicago Cultural Center



FamilyFarmed.org is a website, food label, and EXPO that supports Midwestern organic farmers by connecting them with consumers and commercial buyers. FamilyFarmed.org creates sustainable economic development, builds community, and contributes to a healthy environment by encouraging people to buy food from local producers.

At the EXPO, FamilyFarmed.org brings together dozens of local farmers and food producers with direct consumers and trade buyers from supermarkets, restaurants, distributors, and more. The EXPO features educational workshops for the public, farmers and trade; cooking demos from some of Chicago's best chefs; films about food; kids activity area; bookstore; plenary sessions and an organic café. For more info about the EXPO visit <http://familyfarmed.org/> ■



A Low Fat Vegan Diet vs. an American Diabetes Association Diet in Type 2 Diabetics

One group of participants followed a low fat vegan diet and the other group followed a standard American Diabetes Association diet. Food was not provided, but intervention was given by extensive dietary counseling, weekly support groups, and follow-up phone calls. Both groups had increased glycemic control and reduced cardiovascular risk factors; however, the low fat vegan group was able to reduce medication by 43% vs. 26% for the American Diabetes Association diet. The low fat vegan diet group also had greater improvements in serum glucose, hemoglobin A1C, and serum lipids.

Diabetes Care Vol 29. pp.
1777-1783, (2006)

Quick Bites



Waging a War on World Hunger

By Sharon Palmer, RD
Today's Dietitian
December 2006

Approximately six million children worldwide die each year due to hunger and malnutrition. What can dietitians do to help combat world hunger? According to Kelly Horton, MS, RD, and a member of the HEN (Hunger & Environmental Nutrition) International Hunger Committee, there are many ways to contribute to help make a difference. She encourages dietitians to first become familiar with the Millennium Goals established by the United Nations. There are eight of them, the first of which calls for, "the eradication of extreme poverty and hunger by cutting the proportion of people who suffer from hunger in half." She also encourages dietitians to look at the greater picture of not only helping people obtain an adequate supply of food but nutritious food too.

This article provides a long list of websites for global hunger resources. Start by checking out the UN Millennium Project at www.unmillenniumproject.org

From Your ADA Delegate

Diane Sowa, MBA, RD, LDN

The ADA staff is hard at work for you! The House of Delegates (HOD) will convene its spring meeting March 17 & 18, 2007. Here are some of the Mega issues that will be discussed at this meeting.

Mega Issue: Branding /Image of Dietetics **Key Issues:**

- ADA's mission and vision clearly indicate the profession's desire to have an image valued by ADA members, the public, other healthcare providers and the media.
- In a 2002 Nutrition Trends Survey, 90% of Americans had heard of registered dietitians and viewed them as credible sources of diet and nutrition information, but still ranked MDs as the most valued source of nutrition information.
- Branding is way to identify an organization in a unique way and create a specific image in the minds of the target audiences.

Expected Short Term Outcomes:

A series of strategies for the practitioner, affiliates and DPGs will be identified that can be used to strengthen the image of the profession.

Long Term Outcomes:

Increase recognition by the public and other healthcare professionals that RDs and DTRs are the indispensable providers of food and nutrition services; and the expertise of the RDs are recognized as vital for promoting optimal nutrition, health and well-being of the public.

Mega Issue: Public Policy and Advocacy **Fact:**

- Many RDs and DTRs know little about the political process, how policy is developed and the impact that policy has on the profession.
- Less than 5% of RDs and DTRs invest their time and effort to improve the profession through advocacy and public policy.

Key Issues:

- ADA advocacy enhances the status and role of the profession to improve the health of the public.
- To augment ADA's advocacy, ADA's member-based grassroots activities need to be strong and focused.
- Through member input ADA will prioritize its public policy efforts and focus on issues that are most important for the profession.

Outcome: Develop a better understanding of the political process. Increase awareness of strategic and tactical steps for advancing the profession and positively impacting the health of the public.

Dialogue: Future Vision of Dietetics Practice

The Phase 2 Future Practice and Education Task Force will provide the results of the 2006 ADA environmental scan and the Phase 2 visioning exercise with stakeholders, (i.e. Members, DPGs, BOD, targeted associations and government agencies, etc.). This will serve as a basis for dialogue at the HOD meeting.

Outcome: The delegate will provide input regarding the future practice of the dietetic profession.

Your feedback would be appreciated. Please email me with comments that you would like me to share with at the HOD. Call me at 312-942-5212 or email me at dsowa@rush.edu. ■

Nutrition in Chicago

Chicago Dietetic Association Members to Attend ADA's Public Policy Workshop

Holly Maloney RD, LDN

It's that time of year again when dietitians from all over the United States gather on Capital Hill to lobby for nutrition and medical nutrition therapy related issues for which they are passionate. As you can imagine, such a gathering of dietitians is quite an experience. CDA is fortunate to be able send five members as representatives of Illinois to the Public Policy Workshop (PPW) in Washington, DC on April 23-25, 2007. Barbara Fine, Suzanne Dressel, Rhiannon Naslund, Jamie Sutton and I will represent CDA as part of the Illinois group this year. Illinois is one of the best represented states in attendance at the workshop surpassed only by New York.



contributions to election campaigns for pro-nutrition federal candidates. You can see a list of contributions made on their website (www.adapac.org). By law, ADAPAC is only allowed to accept personal donations from individuals.

In other words, they are not funded through your ADA dues or any other ADA funds. ADAPAC's current monetary goal is to raise \$600,000. A donation to ADAPAC is like giving yourself a gift as these funds will be used to push for increasing things like federally reimbursed MNT. To make a personal voluntary donation please visit: http://www.adapac.org/index_13.htm.

Examples of Nutrition Political Action in Illinois:

- Representative Monique D. Davis urges US Congress to require that the USDA conduct a study of school lunches (HR0011).
- Representative Mary E. Flowers introduces a possible menu education and labeling act (HB0389). This would require food establishments to post signage for nutritional content of foods.
- Representative Eddie Washington introduces the Artificial *Trans* Fat Restriction Act (HB1264). This would require a ban on artificial *trans* fats for the state of Illinois 1/1/2008. ■

About PPW

Participants of the PPW will be provided with high quality grassroots training and learn how to become a local leader in public policy issues. They will hear from high ranking administration officials and lawmakers on nutrition issues as well as be educated on the most important political issues related to nutrition. After two days of meetings related to ADA's priority issues in public policy, attendees will meet on Capital Hill with their congressional representatives. Participation in ADA's PPW is a way for dietitians to promote our profession and the dietitian as the nutrition expert.

About ADAPAC

PPW is also a time to learn about ADA's Political Action Committee (PAC). ADAPAC is the dietitians "PAC." A PAC is a group that has been registered by the Federal Election Commission (FEC) and raises money for political candidates to advance group interests. ADAPAC is the only PAC that is working on issues related to food, nutrition and health, and has been for nearly 26 years. ADAPAC's main purpose is to promote and protect our profession and they also provide a way for dietitians to be directly involved in the politics that directly affect us. ADAPAC provides

IDA Legislative Seminar and Lobby Day 2007

Learn how to get involved in legislation and visit your legislators at the Capitol!

When: April 19, 2007 10:00am to 3:00pm

Where: Illinois State Library, Springfield, IL

Questions: Karen Little at 217-735-7887 or little.karen@roberts.sysco.com

Quick Bites



Long Term Impact of Bariatric Surgery on Body Weight, Comorbidities, and Nutritional Status

The amount of patients receiving Roux-en-Y gastric bypass and gastric banding surgeries, two of the most common weight loss surgeries, has increased substantially over the past decade yet there are few studies that address the long term impacts of these surgeries. This review article concluded that Roux-en-Y and gastric banding surgeries lead to significant weight loss in morbidly obese individuals; however, substantial weight regain occurs over the long term thereby decreasing the patient's improvement in comorbidities. Some mechanisms that may lead to weight regain are "increase in energy intake due to enlargement of stoma and adaptive changes in the levels of gut and adipocyte hormones such as ghrelin and leptin, which regulate energy intake; decrease in physical activity; changes in energy expenditure; and other factors." Besides weight regain, other problems related to Roux-en-Y gastric bypass surgery include frequent incidence of iron, vitamin B12, folate, calcium, and vitamin D deficiency which require aggressive supplementation and regular monitoring of nutrition status.

The Journal of Clinical Endocrinology & Metabolism Vol 91 (11), pp. 4223-4231, (2006)

Useful Websites



www.healthylunches.org - read how New York City is combating childhood obesity and improving attendance, grades, and disciplinary problems through providing healthy school lunches. Site also includes nutritious, kid-friendly recipes.

www.babyfit.com - useful website that offers tons of nutritional information to pregnant women and the health professionals who treat them. All nutritional information is written by Becky Hand, a Licensed and Registered Dietitian who specializes in providing nutritional counseling before, during, and after pregnancy.

www.labtestsonline.org - designed to help clinicians better understand clinical lab tests used to diagnose and treat a broad range of conditions and diseases.

www.csaceliacs.org - use the Celiac Sprue Association website to increase your knowledge of this disease treated only by avoiding foods containing gluten. This site also provides information on the latest efforts in the product labeling of gluten-free foods.

www.dietitian.com - Ask the Dietitian - really. This website is maintained by Joanne Larsen, MS, RD, LDN and provides answers to frequently asked questions - from questions about artificial sweeteners to the benefits of personalized Medical Nutrition Therapy with a registered dietitian.

New Products to Check Out!



Looking to add even more fiber to your diet? All-Bran has done it again with their new line of crackers. Similar in texture and size to Wheat Thins, **All-Bran Crackers** offer 120 calories and 5 grams of fiber per their listed serving size of 18 crackers. Flavors include Multi-Grain and Garlic Herb and as the box states they really do taste great!

According to the Kellogg's website, when you're hungry and on the go, you can still help take care of your heart. **Smart Start® Healthy Heart** now offers Strawberry Vanilla and Cinnamon flavored bars - individually wrapped bars for breakfast or as a snack. With ingredients like oat bran, potassium and low sodium to help lower blood pressure and cholesterol, they're the perfect way to help stay healthy as you stay busy. Each bar contains 150 calories and 2 grams of fiber.



Smart Start® Healthy Heart Bars are certified by the American Heart Association® and received an Honorable Mention in CSPI's Nutrition Action Healthletter.

Breyers All Natural Ice Cream, usually known for its all-natural ingredients, has gone organic. The new line of Breyers USDA-certified organic ice cream was developed in response to consumers' growing interest in organic foods. **Breyers All Natural Organic Ice Cream** is offered in Vanilla Bean, Chocolate, Coffee, and Vanilla Fudge Swirl flavors.



Farmer's Market Sweet Potato, Pumpkin, and Butternut Squash Purees come in great, convenient cans to keep on hand as a fast way to increase vitamins and antioxidants in your favorite soup, muffin, or pie recipe.



Kashi All Natural Entrees are new to the frozen food aisle and offer a much leaner, healthier option to the higher fat, high calorie Stouffers entrees or even the Boston Market entrees. Flavors include: Sweet and Sour

Chicken, Black Bean Mango, Chicken Pasta Pomodoro, Pesto Pasta Primavera, Southwest Style Chicken, Lime Cilantro Shrimp, Lemon Rosemary Chicken, Lemongrass Coconut Chicken, and Chicken Florentine. Each whole grain entrée ranges from 250-350 calories and 5-7 grams of heart healthy fiber. Three of the nine contain less than 500mg sodium and all provide less than 700mg with the exception of the Pesto Pasta Primavera which contains 750mg.

Eggology "on-the-go" egg whites, the fast way to a healthy breakfast! These microwavable egg whites are certified organic, fat-free, cholesterol-free, and free of genetically modified organisms, preservatives, colorings, and gums. Each cup is the equivalent of four cage-free pasteurized eggs and an excellent source of protein.



New to the produce stands last summer were the **mini watermelons**. High in vitamins A



and C, lycopene, and potassium, what a great "sweet" treat to look forward to enjoying this summer. Closer in size to a large cantaloupe, the mini watermelons allow small families to enjoy the freshness of summer without the waste that often comes with large watermelons. They are a little more in cost per pound, however easier to tackle in both the cutting and eating process. ■

Nutrition in Chicago



Book Review

Mindless Eating: Why We Eat More Than We Think

Author: Brian Wansink, PhD

Bantam Publishing 2006 Hardcover, \$25.00, 288 pages

Dana M. Holland, RD, LDN

Wow. Brian Wansink has written a book that really makes you stop and think just what his subtitle states, “Why do we eat more than we think?” Sure, as dietitians we know some of the tricks: that we consume more from larger packages, or we tend to drink more from shorter, fatter drinking glasses versus taller skinnier glasses, or that we stand a better chance at making healthy food selections if these foods are easily accessible. But did you know that there is a ton of research to back up these hypotheses and many more? Dr. Wansink, director of the Cornell University Food and Brand Lab, has spent years researching what leads people to eat specific amounts, for reasons other than hunger. He makes over a hundred fascinating points but I would like to highlight a few of the most interesting.

First, family and friends can determine how much of a food we eat. Not just by what they may prepare for us, but just by their company. Often when we eat with other people we lose track of how much we are eating due to conversation – long conversation leads to a longer time at the table and more food consumption. Don’t take my word for it – John DeCastro, a psychology professor, lead a study which showed that on average, we eat about 35 percent more food if we eat with one other person, 75 percent more if we eat with a group of three other persons, or a whopping 96 percent more if we eat with a group of seven or more.

And even if eating alone, we are subject to possible subliminal cues to eat more than we may think as evidenced by the “Subway versus McDonalds” study. People who ate their lunch from McDonalds admitted that they may not have made the healthiest choices but when asked to estimate their total caloric intake, they underestimated their intake by 25%. But what about those who ate at Subway, which is well-known for its “six under six” campaign and displays their nutritional information

throughout the restaurant? They underestimated their caloric intake even more – an average of 34% total! One theory proposed was that people associate Subway with being a “healthy” eatery, even if they chose a Meatball Sub over a Veggie Delight.

Okay, so the general public may fall for such “mindless eating” but surely nutritional professionals wouldn’t, would they? Yes, indeed. Another study used *professors* from a Nutritional Science Department who thought they were simply enjoying an ice cream party. Some were given 17-ounce bowls; others were given 34-ounce bowls. Some ice cream containers had 2-ounce scoops while others contained 3-ounce scoops. Those who were given the larger bowls dished out 31 percent more ice cream. Those given the larger bowls *and* the larger scoops dished out 57 percent more ice cream compared to those whole received small bowls and small scoops.

This book really opens your eyes to some subtle and not-so-subtle cues that make you and your clients eat more than they think. According to the author, research even suggests that we can eat twenty percent more or twenty percent less without really being aware of it. This book is a quick, fascinating read that I have already recommended to several of my patients and peers!■

Did You Know?

You can get involved in CDA! CDA is always looking for volunteers to help work on one of our committees. Contact Barb Fine, CDA president for 2007-08, at barbwfine@yahoo.com to learn how you can get involved.

Upcoming Meetings

March 30-31, 2007

Illinois Dietetic Association
Spring Assembly
Oak Brook, IL

For more info visit <http://eatrightillinois.org/ContinuingEd/springassembly.asp>

April 23-25, 2007

ADA’s Public Policy
Workshop
Washington, DC

For more info visit <http://www.eatright.org> and click on conferences and events

Wednesday, May 2, 2007

CDA meeting: Network Your
Way to Success
Christine Palumbo, RD, MBA
Nutrition Communication
Consultant
Allure Magazine columnist
ADA Board of Directors

Why do some people appear to have more luck than others? Networking skills! Networking is a dynamic process that links people into mutually beneficial relationships. Learn how you can improve your networking skills while having fun at the same time.

Join us for wine, cheese and other finger foods as we mingle and reflect on the past year of CDA.

Location:

Webster Wine Bar,
1480 West Webster Ave,
Chicago, 773-868-0608

Sponsored by:
Midwest Dairy Council



Chicago Dietetic Association

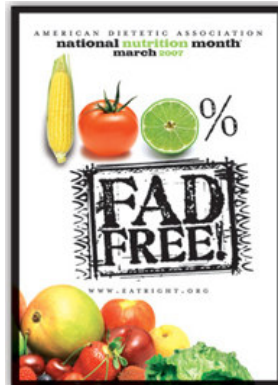
322 Stonebridge Way

Mundelein, IL 60060

National Nutrition Month® 2007 - 100% Fad Free

The National Nutrition Month® 2007 key messages are:

- Develop an eating plan for lifelong health. Too often people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the Dietary Guidelines 2005 and MyPyramid as your guide to healthy eating.
- Choose foods sensibly by looking at the big picture. A single food or meal doesn't make or break a healthful diet. When consumed in moderation in the appropriate portion size, all foods can fit into a healthful diet.
- Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- Food and nutrition misinformation can have harmful effects on your health and well-being, as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that is unique to your particular needs.



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The opinions expressed in this publication are not necessarily those of the editors or of CDA. Original manuscripts, comments, suggestions, or personal viewpoints regarding printed material are welcome.

Event ideas to promote National Nutrition Month® can be found at:
http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_10052_ENU_HTML.htm

Source: <http://www.eatright.org>