

# ICSCI Nutrition Newsletter

## May 2009

### Nutrition Notes:

Hi all! Welcome to the 1<sup>st</sup> edition of the ICSCI Nutrition Newsletter.

Each month, I will provide you with an easy-to-read guide on hot-topics related to nutrition and exercise and how it effects your SCI and well-being.

Enjoy!  
Cyndi

'Disease' of the month:

### **Hypercholesterolemia**

-AKA *high cholesterol. Typically diagnosed with a fasting blood test*

### Desirable levels/ High Levels

Total < 200 mg/dL/ >240 mg/dL

LDL < 100 mg/dL/ >160 mg/dL

HDL > 40 mg/dL/ < 40 mg/dL

Triglycerides < 150 / > 200 mg/dL

*Factors:* diet, weight, genetics, exercise, stress, age, gender

*What to do if you have high cholesterol?*

Prior to starting a medication, see if

You can drop your cholesterol by altering your diet!

Simple things like choosing lean meats and omega-3 rich fish, limiting eggs, high-fat dairy and fried foods, and increasing fiber foods like oats, nuts, whole grains, fruits and vegetables can lower cholesterol by as much as 20%!

*Why is this important to people with SCI?*

People with SCI are at a higher risk of this metabolic disease due to decreased activity levels, which are related to low HDL levels, as well as increased total body fat

Also, check out the TLC diet created by the National Cholesterol Education Program .  
<http://www.nhlbi.nih.gov/chd/>

### Myth of the Month:


### ***Brown Sugar is better than White Sugar***


The brown sugar sold at grocery stores is actually white granulated sugar with added molasses. While brown sugar contains minute amounts of minerals, you'd have to eat a gigantic portion of brown sugar every day for a notable difference.


### ***Want an alternative?***

While honey has around the same calories as sugar per tsp (22 vs 16 cal), it goes through only 1 processing step, vs the multiple steps sugar goes through, does not contain any harmful chemicals, and is entirely utilized by the digestive tract

That's a portion?

1 serving of a bagel is the size of a hockey puck 

1 serving of a fruit is the size of a baseball (or a woman's fist) 

1 serving of meat is the size of a deck of cards or the palm of your hand (4 oz) 

Read your labels!! Measuring out the portions of cereals and snacks into small baggies when you buy them is a great way to control your calories

*Are you trying to lose weight, monitor certain vitamin, mineral, or caloric intake or track your progress with exercise?*

Try out this website:

[www.sparkpeople.com](http://www.sparkpeople.com)

Food and exercise journaling is a proven effective way to keep track of your hard work and determine any deterrents to your progress. This is an online tool, but hand written journals are also Helpful.

**Exercise education:** *want to get your heart rate up and burn more calories in less time?* Try interval training! Whether you are on your stander/glider, an arm bike, or treadmill walking, the same concepts apply—do a 30 second “sprint” followed by 60 seconds at a moderate speed. Repeat for 30minutes.

*Who knew?*

**May is National Salad Month!**

Let's celebrate with this Superfood

Salad recipe! (serves 2)

4 cups of mixed salad greens

6 oz of salmon, grilled or baked with fresh lemon and salt and pepper to taste

12 walnut halves

½ cup of edamame, shelled and cooked

¼ cup of blueberries

2 Tbsp low fat feta cheese

3 Tbsp Fat free balsamic dressing

Calories: 397

Carbs: 22 g

Fat: 19 g

Protein: 34 g

### What's a carb?

Carbohydrates are either simple (lacking fiber, ex. Sugar, white Bread or rice) or complex (rich in starch and fiber).

Stick with those complex carbs to help lose weight (they help you feel full), keep cholesterol low, and regulate bowels

Examples: whole grains (brown breads and rice, cereals, oatmeal, barley), Fruits like apples, oranges, Grapefruit, vegetables like broccoli, celery, string beans, are all good sources

**Superfoods:** Are you eating these? These nutrient-dense, unprocessed foods are powerful enough to help you lower your cholesterol, reduce your risk of heart disease and cancer, and put you in a better mood without the side effects that drugs would have to do a similar benefit. Here's a short list...

**Blueberries:** packed with antioxidants

Oats, **broccoli**, **oranges** : high in fiber, helps you maintain healthy cholesterol and blood sugar levels

**Salmon/Walnuts** :omega 3s: lower heart disease risk, help arthritis, and may possibly help with memory loss and Alzheimer's

**Soy** : can lower cholesterol as well as a statin

**Tea** (green or black): improves metabolism, high in antioxidants and lowers cholesterol

**Dark chocolate:** packed with antioxidants and can lower blood pressure