

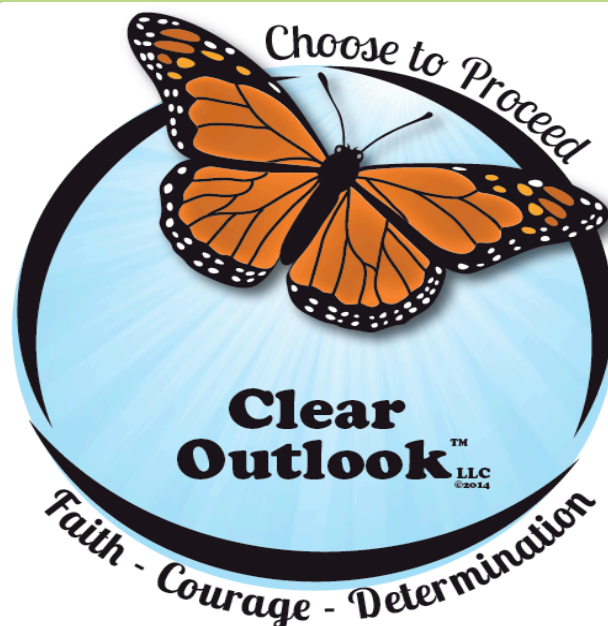
# Clear Outlook™, LLC

## Happy National Nutrition Month®!

What is National Nutrition Month®?

National Nutrition Month® is an annual campaign that occurs every March put on by the Academy of Nutrition and Dietetics. The campaign focuses on educating the public about healthy food choices.

This year's theme is "Savor the Flavor of Eating Right." The campaign is encouraging the public to develop an appreciation for the flavors and social experiences that food provides us.



What's in this article:

"Savor the Flavor of Eating Right" A closer look at National Nutrition Month® by Ashlinn Kipp, RDN

Chicken Enchilada Bake Recipe

A look into the Dietary Guidelines for Americans 2015-2020 by Ashlinn Kipp, RDN

Lets Use Herbs and Spices by By Liz Winet, FNP owner Clear Outlook™, LLC

Patient Spotlight: Sharon's Personal Clear Outlook™, LLC Success Story

Call 574-277-5555

Visit us at [www.clearoutlookllc.com](http://www.clearoutlookllc.com)

4609 Grape Road Suite D7B Mishawaka, IN 46545



## “Savor the Flavor of Eating Right”

*A closer look at National Nutrition Month® by Ashlinn Kipp, RDN*

Food is so much more than substances that provide us essential nutrients. Foods can protect us from disease, provide us the energy to perform desired tasks and make our taste buds jump for joy. The smell of foods can take us down memory lane and the creating of food may evoke traditions and help establish bonds between ourselves and those we are creating it with. Enjoying the experience of where we are consuming our meals, who we are enjoying the food with and the smells and tastes of the food is an important component of our culture and relationships. We should feel free to enjoy the foods of our culture and tradition while keeping in mind the importance of following a healthy eating plan. If the favorite foods that you associate with memories or traditions don't fit a healthy eating plan remember to practice moderation and try experimenting with different ingredients to create a healthier version of that food. You never know, a few ingredient swaps could make the dish even more enjoyable!

### Fun food facts...

Movie theater popcorn costs more per ounce than filet mignon.

Ice cream cones became popular after the an ice cream vendor at the World's Fair ran out of cups and borrowed waffles from the waffle vendor at the fair.

Coconuts kill more people every year than sharks do.

Rice is the staple food for more than half the people in the world.

Provided to you from: <http://www.funfactz.com/food-and-drink-facts/>

## Chicken Enchilada Bake

### Ingredients

1 14 oz bag frozen cauliflower  
 2 eggs, beaten  
 1 lb shredded chicken  
 10 oz enchilada sauce  
 2 C shredded cheese  
 1 t chili powder  
 1 t cumin  
 1 t paprika  
 6 oz nonfat Greek yogurt

### Directions

Steam cauliflower as directed on package and puree until smooth. Allow to cool slightly; beat in eggs and half of the spices. In a bowl combine the shredded chicken and rest of the spices. Spread the cauliflower into a 9 x 13 baking dish. Place the shredded chicken over the cauliflower base. Pour the enchilada sauce over the chicken and top with shredded cheese. Cover with foil and bake 30 minutes at 350. Uncover and bake an additional 5-10 minutes until cheese is nicely melted. Top with Greek yogurt.

Makes 8 servings.

### Nutrition Facts per Serving ~ 1 Cup Serving Size Entire Recipe 8 servings

Amount per Serving	% Daily Value
Calories 298	
Calories from Fat 160	
Total Fat 18g	14%
Saturated Fat 8g	10%
Trans Fat 0g	
Cholesterol 133mg	44%
Sodium 569mg	24%
Carbohydrates 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 27g	

**www.NutritionData.com**

\*Percent Daily Values are based on a 2,000 calorie diet.

Recipe by Ashlinn Kipp, RDN

## How to 'healthify' Your Favorite Recipes

- Incorporate more herbs and seasonings in the place of salt, sugar or butter to enhance the flavor without adding extra fat, sodium or calories
- In a recipe you can swap butter or margarine for  $\frac{3}{4}$  the amount of oil to save calories and saturated fat or select butter from grass fed animals to increase your intake of omega 3s
- Try fat free Greek yogurt in the place of sour cream or mayonnaise for added protein
- Add in extra veggies to make the dish more colorful and nutrient packed
- Try healthy cooking methods like baking and broiling instead of deep-frying

# A look into the Dietary Guidelines for Americans 2015-2020

By Ashlinn Kipp, RDN

## What are the Dietary Guidelines?

The Dietary Guidelines for Americans are a set of guidelines proposed every five years by the Dietary Guideline Advisory Committee and reviewed for acceptance by the US Department of Health and Human Services and the Department of Agriculture. These guidelines go to shape things like the National School Lunch Program and the Supplemental Nutrition Assistance Programs.

During the 2015 symposium on the new Dietary Guidelines it was addressed that the previous guidelines were set using insufficient research. Recommendations were based on few trials with small populations. The need for larger, cohort studies in randomized clinical trials was indicated for future guidelines.

### Where we are now:

- ½ of Americans have 1 or more preventable chronic disease
- 2/3 of Americans are overweight or obese
- Less than 10% of Americans reach the recommended 150 minutes of physical activity weekly

We have previously focused on individual foods and nutrients when we need to start looking at the overall diet pattern.

To make changes in our population we need to target places where the most time is spent; schools and places of work.

### Under consumed nutrients include:

- Fat soluble vitamins: A, D, E, C
- Folate, calcium, magnesium, fiber, potassium
- 

### Nutrients of Public health concern for under consumption include:

- Fiber – keeps you full for longer
- Potassium- essential for proper cardiovascular function
- Calcium- needed for bone health
- Vitamin D- the sunshine vitamin, often deficient in areas with long winter months, essential in bone health

### Over consumed nutrients include:

- Saturated fat and sodium
- Added sugars and refined grains are at too high of an intake



# Lets Use Herbs and Spices: They are more than just for flavor!

By Liz Winet, FNP owner Clear Outlook™, LLC

## A Reminder of Timeless Food Wisdom for Basic Food Sanity

1. If it is **whole and in its natural state** and has been deemed “edible” you do not need research or an expert’s opinion to give you permission to eat it. **Really! It is true. Relax and enjoy REAL FOOD!**
2. If the fruit or vegetable has FDA approval including man-made chemical additives that help prevent the plant from spoiling, a chemical sprayed on it to prevent fungal or other plant disease growth, a herbicide/pesticide or a plant that has resulted from GMO modified seeds that tolerates ever higher levels of chemicals ... **BEWARE! How much poison do you want to eat? How is your gut feeling?**
3. When given a choice between a grass fed, hormone and antibiotic free meat or meat from an animal which lives in an environment so unsanitary that it lives on antibiotics and receives hormones that are still present in the meat ... **Choose grass fed!**
4. The human nervous system is over 60% fat and cell membranes are mostly made of fat. In addition, the components of our immune system and many hormones require fat for our body to produce them. As a result, we humans had better be sure to eat some **natural fats** especially from nuts, avocados, butter from grass fed cows, and olives. If we do not, perhaps dementia, autoimmune diseases, malnutrition (especially in fat soluble vitamins like vitamins A, D, and E) could become an epidemic.

## Now that I got that out of my system, lets talk herbs!

I am selecting to highlight **Common but Exceptionally Beneficial Herbs** for you to explore using to see how they enrich your eating experience and wellbeing.

**Turmeric** has the active ingredient curcumin, which is most commonly eaten in yellow mustard providing the yellow color. Health benefits include lowering insulin resistance (a cause of type 2 diabetes), lowers triglycerides, improves depression, acts as an anti-inflammatory (pain relief), and is heart-protective. Try adding yellow mustard to more recipes or grate fresh turmeric into dishes.

**Garlic:** Who has not tasted garlic? Did you know its benefits increase after it is crushed and allowed to sit for at least 10 minutes? A few of its active ingredients are allicin, allin, and allinase. Garlic is a great anti-inflammatory and antimicrobial. It is used by our body to produce nitric oxide which naturally lowers our blood pressure and dilates our blood vessels naturally for improved circulation.

**Basil:** It is a key ingredient in pesto and many Italian dishes and great at adding zest to salads and even tea. Why so good for us? It is a great source of magnesium which is important for regularity, muscle functioning and blood pressure control. Basil has ingredients that help the body fight diseases like the flu and common cold. It helps us deal with stress, control diabetes, and clear mercury poisoning. It also contains scavengers to cell destructive free-radicals.

**Cocoa:** Yes I am talking DARK Chocolate. Cocoa is rich in flavonoids. For significant benefits choose at least 70% dark chocolate. Sorry I am not recommending the average milk chocolate which is a rich source of sugar but not flavonoids. Dark chocolate decreases risk of stroke while improving insulin resistance (a cause of type 2 diabetes), and increases nitric oxide to lower our blood pressure.

Continued on the next page.

Continued from previous page.

**Cinnamon:** This is a must for all people with hypoglycemia, diabetes or metabolic syndrome to support stable blood glucose levels. Choose quality cinnamon high in ceylon, which also has a richer flavor while avoiding cassia, which is cheaper and at times contains toxins. It can improve HbA1c levels, lower cholesterol and blood pressure lasting 12 hours. It is best when ¼ to 1tsp is taken 2 times a day about 30 minutes before a meal. Cinnamon is also an antifungal, antiviral, and antibacterial deterrent especially for H-pylori and candida infections.

**Rosemary:** Besides adding spice to meats, fish, fowl and salads it is credited with stimulating a healthy immune system, increasing circulation, improving digestion, reducing anxiety and pain and is an anti-inflammatory. It also improves healthy digestion. It makes a great marinade with lemon, orange juice or vinegar, garlic, and ginger.

**Remember:** Listen to your own body and how different foods and meals make you feel. **A good meal leaves you feeling energetic, mentally sharp and satisfied...**NOT stuffed, heavy, sleepy and bloated!

## Patient Spotlight

### *Sharon's Personal Clear Outlook™, LLC Success Story*

Sharon has shed over 140 pounds in 12.5 months and feels GREAT! On the Clear Outlook™, LLC meal plan, Sharon used a combination of whole food meals and full meal nutrient shakes to create this success. Sharon actively participated in weekly life-skills classes and monthly personal medical and success focused support. Sharon enjoyed the journey while feeling satisfied and energized from her ever-improving health and freedom to move! Inspiring health improvements include:

**BMI from 44.9 (Morbid Obesity) to 23.6 (optimal weight).** Also impressive is her reversal of once thought “chronic” diseases of Diabetes and Hypertension. They are only ‘chronic’ if you keep doing what created them! Medications cover up signs of the disease while weight loss through personalized lifestyle reverses it!

**Blood Pressure from 156/80 to 128/65 and stopped 3 (all) BP medications!**

**Blood Glucose from 171 to 90 and A1c from 7.1 (Diabetes) to 5.4 (normal) off 2 (all) DM medications!**

Sharon now also enjoys a fully active lifestyle with frequent long hikes, for which her dogs are ever so grateful!



*“I FEEL FANTASTIC! I set my goals, stayed focus, worked hard, believed in myself and NEVER gave up. I have achieved and will continue my healthy journey in life.”*

## A personal message from Sharon:

I would like to share what has helped me in my personal weight loss journey. ....

1. Going to the weekly classes, which is a very important part of the program. I have been in the program since November of 2014. I have all the class handouts plus the awesome recipes. I never missed a class because I was so afraid I would miss out on something that would be very helpful to me... exercises too! I learned how to read labels and count carbs.
2. I would only buy the veggies on the Clear Outlook Free Veggie list. It was important to me to make sure I grab the weekly food diary to write down everything I put in my mouth to eat (made me more accountable) plus making sure I drank all my water. The New Direction shakes also tasted great and made an easy complete meal.
3. I loved the weekly weigh-in because it made me accountable and showed me every pound I lose is a step closer to my weight goal. I kept all my weekly records. They showed my weight and blood pressure. (I watched my weight go down and so did my blood pressure.)
4. In my monthly follow-ups with Liz I saw my measurements change, as did my BMI and Fat Percentage. Going over the blood work made me feel like I am on the right track to a healthy me. I am a firm believer in Liz's Clear Outlook program. I could not have accomplished my goal without Liz for all her help in guiding me to turn my obese, unhealthy body into a healthier body and that I can now say **"I Love living my personal healthy lifestyle."** I told myself the whole time I was in the program **"I can do this"** and now I can say **"I did it!"**  
Was it hard? Yes, at first, because it was a new way of learning to eat healthy foods and ... No, because I wanted to lose weight so bad that I would do anything to make it happen! I never gave up on myself and I tried very hard to stay focused! The words "No Thank You" learned to come out of my mouth freely when someone offered me something that I knew would sabotage my weight loss.

The one thing to this day is every time I cross my legs (which I couldn't do before and now I can) I can hear Liz saying crossing your legs will cause varicose veins which I do not want!

Here is 2 quotes I read to myself everyday...

**"No matter what your goals are, you can reach them if you are willing do the hard work, and are committed to becoming your best no matter how long it might takes."**

**"Never Give Up, Stay Focused, Stay Positive, Stay Strong"**

*Sharon*

