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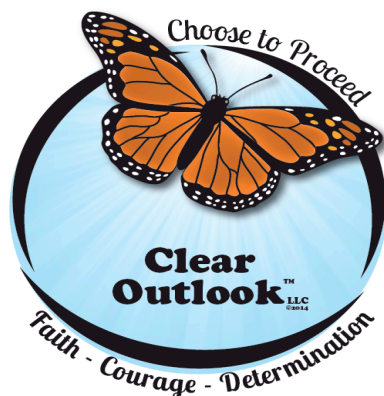
Clear Outlook™, LLC

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Summer 2014 Newsletter

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Clear Outlook, LLC Newsletter

Summer 2014



Staying on Track with Summer Cookouts

By Ashlinn Kipp, RDN

Summertime brings along a lot of graduation parties, family get-togethers, class reunions, picnics, etc. Not everything that is found at these events is ideal. Take these tips into consideration to have a fun at your next BBQ function without losing all the progress you've made towards your health goals.

- Don't leave the house empty handed – bring along a healthy dish to share
- Go for the burger over the hot dog or brat to reduce your intake of nitrates and chemicals found in the processed meats
- Remember you can always go without the bun
- Stay hydrated in the summer heat, add fruit to enhance the

flavor

- If you are doing the grilling try a dry rub over a BBQ sauce as rubs tend to be lower in calories with more antioxidant rich herbs and spices
- Try out some veggies/fruit on the grill to increase your fiber intake and add some color to those proteins
- Indulge in those lighter sides like raw veggies, layered salads, fresh fruit and pass on those heavy pasta salads and potato chips
- Enjoy those desserts in moderation – try smaller portions or share with a friend
- Take advantage of the time outside and go for a walk while you catch up with that old friend

Coffee Rub

Ingredients:

½ C finely ground coffee beans
¼ C coarsely ground black pepper
3 T kosher salt

Directions:

Combine coffee, pepper and salt in a small bowl. Rub about 2 T into meat prior to grilling.

*A great way to sneak in some healthy phytochemicals!



Garlic Rub

Ingredients:

8 cloves garlic, minced
1 T olive oil
2 t ground mustard seed
1 t kosher salt
½ t ground black pepper
½ t lemon zest

Directions:

Combine ingredients in a small bowl.
Rub about 2 T into meat prior to grilling.

*Great for all protein items and it will help keep the vampires away.



Pineapple

Add a few chunks of pineapple to the skewers sprinkle a little pineapple juice over the meat as it cooks. The bromelain in the pineapple helps to break down the proteins and tenderize the meat!

*Pineapple also adds some great flavor, fiber and vitamins!

A letter from Leta

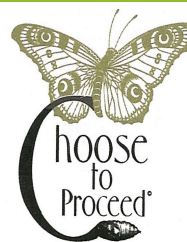


So now I am 35 pounds lighter and 20 inches less wide. Do you know what it is like to lift three 10# bags of potatoes? That is what I tried to do going up every major/minor hill with my road bike last year. I now travel much easier than I ever have on the bike.

I am about 16 lbs from my goal weight; yet another goal just came up to challenge me to stay the course, the 45th wanted to be healthy and I still do, but how delicious would it be to also look fabulous at the reunion?

I have gained more strength in my muscles by doing Pilate's reformer, recording my walking steps each day, using online 30 day fitness challenges and biking over 800 miles this season so far. All of these things are with the support of friends who keep me motivated through Face Book.

Life is good. I am healthy, fitting into clothes I couldn't wear, and grateful to Liz Winet, Ashlinn Kipp and Steve Winet for the tremendous support you give me each week at "Clear Outlook".



“Here’s To Your Health!” Low Fat Diets or Rich In Natural Fats Mediterranean Cuisine

By Liz Winet, FNP-BC, MSN, MBA

So, is fat a basic food group which nourishes our bodies and essential for health or is it the dangerous cause of cardiovascular disease which should be kept to a minimum? Did nature package fat in forms compatible with human health or does man need to alter the fat and substitute it with new food-like substances to hit a lower expert opinion target? Ashlinn Kipp RD did an excellent review in December’s Clear Outlook newsletter on the mistake experts made when encouraging man-made trans fats over natural fats. Check it out!

This recent societal “healthy diet where one size fits all” health debate now has strong evidence in support of eating healthy natural fats. Extra virgin olive oil and a variety of nuts are good for us along with other elements included in the diverse Mediterranean cuisines. This is the finding supported by the recent high quality study (Evidence level A: highest level) published in the New England Journal of Medicine in 2013 titled: “Primary prevention of cardiovascular disease (CVD) with a Mediterranean diet.” The study followed 7447 people at high risk for CVD and randomly placed each in one of three groups: two Mediterranean diet options and the control low fat diet group. Of the Mediterranean diet groups, one was supplemented with a little over 3 tablespoons of extra virgin olive oil a day, the second with 30 grams of mixed nuts to include 15 grams walnuts, 7.5 grams hazelnuts and 7.5 grams of almonds a day. The control group people were “trying” to follow a low fat diet. [Yes, just like in real life, many are “trying” with mixed actual accomplishment stemming from confusion and dissatisfaction with their meals.] The findings are eye opening! This Spanish trial suggests the Mediterranean diet reduces the relative risk of cardiovascular events in high-risk individuals by **about 30% in 5 years** compared to people trying to follow a low-fat diet! Since the study took place in Spain, some critics say the results are in part due to it being easier for the research subjects from Spain to comply with the Mediterranean diet. I don’t think it is a stretch to say Americans would also find Mediterranean cuisine easier to follow than a low fat diet. You be the judge.

The early expert opinion sprang in part from the theory that since the plaque in blood vessels with CVD is high in fat and cholesterol, so they assumed that reducing fat and cholesterol in diets will lower CVD risk. Later, as obesity in America and worldwide began growing at an alarming rate; the World Health Organization (WHO) embraced the low fat diet recommendations as part of their recommendation to reverse the obesity epidemic. This recommendation also built on the theory that obese people have more “fat”, so reducing high-fat energy dense diets will reduce body fat. But, obesity and diabetes continue to climb at an alarming pace while the incidence of CVD remains

“Here’s To Your Health!” (Continued)

high. One thing we know from real life experience and that is that one size fits all recommendations fail repeatedly and this is NOT WORKING.

Why is healthy fat so beneficial? The answer in part can be found in anatomy, physiology and biology. The cells that make up our body and blood vessels have membrane walls that are made largely of fats and lipids. Fat protects our organs, supports our nervous system functioning, our immune system, hormone production and so much more. Diseases and symptoms from being low in essential fatty acids include: excessive thirst, frequent urination, rough dry scaly skin, dry dull hair, allergies, eczema, asthma, hay fever, vision disturbances, attention/focus disturbances and emotional instability and sleep disturbances.

How much better to eat foods that taste great and naturally contain essential fatty acids! These are the foods frequently used in Mediterranean cuisine. Animals and fish that are great sources include salmon, herring, mackerel, eggs with yolks, and many grass fed animals. Vegetables, nuts and seeds which contain or promote beneficial fat production include hemp, flax, walnuts, almonds, dark Green and leafy vegetables like broccoli, and spinach and of course olive oil and whole grain foods. This sounds a lot like the very diverse cuisine of the Mediterranean!

The **true Mediterranean** “diet”, actually represents **widely diverse** cultures that make up the Mediterranean “cuisine”.

Another part of the Mediterranean lifestyle for health is joy in food with natural herbs and spices that grow locally. Mediterranean cultures do not see their foods as a “diet”, but rather as utilizing foods grown in healthy rich living soil with animals that also eat the healthy grass and vegetables. For me, this research supports going back to the basics of whole natural foods. We already know that manmade trans-fats proved to be more disease producing than the fats they were put into use to replace. We will be best served as each person sees the result of various food choices on their own body and adjusts accordingly! We can hardly do worse than what the current diabetes and obesity trend has proven! Real life results are our most powerful evidence!

Individuals are unique. The past over 30 years of mass societal pressure on how we all should eat has caused confusion, hunger, and dissatisfaction with meals. It is time to STOP waiting for the next one size fit all diet recommendations and take responsibility for your own health back.

In our next newsletter read more about what research is revealing about the many health benefits from including a variety of healthy natural fats and avoiding high processed carbohydrate options. For personal weight loss success and disease prevention or reversal support, come see us at clear Outlook, LLC.