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In this issue...

- Did you know?
- Why shouldn't I skip meals?
- What are the health benefits of carobs?
- Superfoods!!!
- The benefits of legumes
- How can you distinguish between a good and a bad diet?
- How do I know if I have a binge eating disorder?
- Famous quotes!
- Which are the worst foods a person can eat while on a diet?
- Are nuts a healthy snack for someone with high cholesterol?

Coming Soon >>>
April 2011

In the next issue ...

- Did you know?
- Olive oil is good for us, isn't it?
- What are whole-foods and why are they important?
- Steps in better eating
- What are the health benefits of garlic?
- Understanding Food labels
- Low calorie snacks
- Famous quotes!
- How common is prostate cancer and which foods help prevent it?

Did you know?

Most fat should be consumed either at breakfast or lunch, few, if any for dinner. High fat meals late in the day may cause the digestive system to overwork while you sleeping, causing restless sleep-patterns.



Why shouldn't I skip meals? Don't I get less calories that way?

It is always a temptation to skip a meal especially after we've eaten a bigger meal. However, skipping meals leads to unhealthy or binge eating patterns which throw us totally off our diet, and this causes a higher calorie consumption.

When we skip meals our body, which has adapted to certain eating patterns, sends out the signal of fuel. We may be able to resist snacking for a short time, but sooner or later, we will eat. More than likely, what we choose to eat will be too much and too high in calories. It is so easy to stuff that piece of chocolate in our mouth when we are starving and sometimes we even rationalize that since we haven't eaten lunch that some chocolate won't matter. But your body knows better!

If you have overeaten the day before or at your last meal, scale back your next meal. Have a smaller portion, but make sure you eat a well-balanced meal. Sensible eating in a consistent manner is the best plan.



What are the health benefits of carobs? There is so much fuss about them!



Here is a list of the benefits of this wonderful fruit:

1. Improves digestion.
2. Lowers cholesterol level in the blood.
3. It acts as an antioxidant.
4. It can be used to treat diarrhea in children and adults.
5. It contains an active substance that is effective against asthma and it is used for asthma problems caused by allergies.
6. It is a good expectorant.
7. It doesn't contain caffeine and can be consumed by people with hypertension.
8. It can help prevent lung cancer, if used regularly.
9. It contains vitamins E and is used for the treatment of cough, flu, anemia and osteoclasia.
10. Carob tannins have Gallic acid which is analgesic, anti-allergic and antibacterial. It is also antioxidant, antiviral and antiseptic.
11. It is used for the treatment of polio in children, as the Gallic acid in carob tannins helps to prevent polio.
12. It is rich in phosphorus and calcium and it is used in the fight against osteoporosis.

Superfoods!!!

The so called 'superfoods' are above all other foods because of their exceptional nutritional value. Five of the best are as follows:



Bananas - are packed with vitamins, minerals and all eight essential amino acids. They contain vitamin A, vitamin C and niacin, thiamin and riboflavin. They are also rich in iron, calcium, potassium and magnesium.

Blueberries - are rich in natural antioxidants which help eliminate the toxins in our body responsible for aging, viruses and infection. They are also a good source of fiber and a wide variety of vitamins and minerals.

Fish - oily fish in particular is a wonderful source of the essential fat omega-3 and good levels of protein.

Broccoli - is incredibly rich in both calcium (essential for strong bones and teeth) and vitamin C (vital for your immune system).

Walnuts - have significant levels of protein, fiber and antioxidants. They also contain high quantities of the essential fats your body needs to function effectively.

The benefits of legumes



Legumes are among the most versatile and nutritious foods available. They're good sources of protein and can be a healthy substitute for meat, which has more fat and cholesterol. So rediscover legumes and all they have to offer.

Legumes are in a class of vegetables that includes beans, peas and lentils. They grow as vines or bushes and develop pods that contain edible seeds. These seeds vary in size, shape and colour. You can buy legumes in many forms. For example, green beans are the whole, fresh pods. Lima beans are fresh seeds, and black-eyed peas are examples of dried seeds. Seed sprouts, such as alfalfa sprouts and soybean sprouts, also are considered legumes.

Regardless of type, legumes typically are low in fat and high in protein, folate, potassium, iron and magnesium.

Legumes also have phytochemicals — a group of compounds that may help prevent chronic diseases such as cardiovascular disease, cancer and diabetes.

In addition, they're also a good source of fibre — the part of plant-based foods that your body doesn't digest. A diet high in fibre can help lower blood cholesterol levels, which can reduce your risk of heart disease.

Soybeans, one type of legume, are unique among beans because they contain all of the amino acids needed to make a complete protein, just like meat. They also contain isoflavones, a plant-based compound that may reduce the risk of some types of cancer.

Peanuts, commonly thought of as nuts, are actually part of the legume family along with beans and peas. Peanuts are good sources of protein, fibre, iron, magnesium, phosphorus, zinc, copper, niacin and folate. They're high in fat, although most of the fat is the healthier fat — monounsaturated fat. Peanuts can be eaten in moderation as a snack, or added to foods such as stir-fries.

How can you distinguish between a bad and a good diet?

A bad diet mainly has the following characteristics:

- It primarily consists of processed foods (milled, bleached, etc).
- It lacks large quantities of fresh, living fruits and vegetables.
- It avoids adequate water hydration and focuses on manufactured beverages.
- It is very high in processed sugars and processed carbohydrates.
- It contains genetically-modified foods such as corn, soy or sugar from GM sugar beets.
- It is made with hundreds of different chemical food additives from MSG and aspartame to chemical preservatives.
- It primarily consists of conventionally-grown, pesticide contaminated foods.
- It consists of a large quantity of unhealthy oils such as corn oil, soy oil or partially-hydrogenated oils.
- It consists of a large number of fried foods or foods cooked at very high temperatures that destroy nutrients while creating carcinogenic compounds.
- It is made with many modified, unnatural ingredients such as hydrogenated oils, refined sugar, homogenized milk fats and so on.
- It consists of a large quantity of animal products.

And the flip side of the coin is...

Any one of us who wishes to remain strong, successful and healthy should follow a "good" diet which:

- Consists primarily of fresh, unprocessed plants (fruits, vegetables, nuts and seeds).
- Minimizes consumption of meat or animal products (including dairy).
- Avoids virtually all processed, manufactured foods and beverages, or only uses them sparingly.
- Consists of a *wide variety* of different foods so that phytonutrient diversity is high, providing a steady supply of plant-based medicine that prevents disease.
- Includes substantial time outdoors, where vitamin D can be created and stored in the body.
- Minimizes or eliminates all refined sugars and carbohydrates.
- Eliminates GMOs from the food supply.
- Minimizes consumption of foods sprayed with chemical pesticides or fungicides.
- Incorporates adequate hydration from clean water (while avoiding dubious liquids such as sodas and sports drinks).
- Includes nutritional supplementation (if needed) to correct nutritional imbalances or deficiencies.



How do I know if I have a binge eating disorder? I have this tendency to overeat.



Most of us overeat from time to time. Eating a lot of food does not necessarily mean that you have binge eating disorder. Most people with serious binge eating problems often eat an unusually large amount of food and feel their eating is out of control. People with binge eating disorder also may:

- Eat much more quickly than usual during binge episodes.
- Eat until they are uncomfortably full.
- Eat large amounts of food even when they are not really hungry.
- Eat alone because they are embarrassed about the amount of food they eat.
- Feel disgusted, depressed, or guilty after overeating.

Binge eating also occurs in another eating disorder called bulimia nervosa. Persons with bulimia nervosa, however, usually purge, fast, or do strenuous exercise after they binge eat. "Purging" means vomiting or using a lot of diuretics (water pills) or laxatives to keep from gaining weight. "Fasting" is not eating for at least 24 hours. "Strenuous exercise", in this case, means exercising for more than an hour, just to keep from gaining weight after binge eating. Purging, fasting, and over-exercising are dangerous ways to try to control your weight.

Famous Quotes!

"If you set a goal for yourself and are able to achieve it, you have won your race: your goal may be to come in first, to improve your performance or just to finish the race — it's up to you."

Dave Scott



Which are the worst foods a person can eat while on a diet?

This is actually a very good question, and I'll start from the very basic: sugar, in any shape, form or fashion. Read labels carefully, however, because manufacturers have begun to call sugar by many different names - sucrose, dextrose, maltose, sucralose and so on. Basically, if it ends in "-ose" assume it's a sugar unless you're certain otherwise. (By the way, fructose is metabolized almost the same way as the regular sugar is, and as such is not a good substitute, nor does it have fewer calories).

The second thing to avoid is anything fried in additional oil. If you can fry a food without adding butter, shortening, or oil, that's fine.

The third would have to be the non-diet carbonated beverages, as they are amazingly high in calories and sodium with zero nutritional value. If of course you opt the diet versions of these beverages, then you have fewer calories for sure but more sodium and again no nutritional value.

Are nuts a healthy snack for someone with high cholesterol?

Nuts are a good choice of snack because they are rich in a wide range of nutrients and high in fiber.

They are also a good source of monounsaturated fat, which can help reduce blood cholesterol levels. So it's OK to eat nuts as a snack, but remember: nuts are high in fat, so try not to eat too many.

And it's a good idea to avoid salted nuts because they are very high in salt, which can raise blood pressure. Like high cholesterol, having raised blood pressure increases the chance of developing heart disease.

Eating foods that are high in saturated fat can raise levels of cholesterol in the blood. So try to cut down on foods such as biscuits, cakes, pastries, meat pies, sausages, hard cheese, butter and foods containing coconut or palm oil. Choose foods that are rich in unsaturated fats instead, such as oily fish, avocados and sunflower, rapeseed and olive oils. Nuts can be a good alternative to snacks high in saturated fat. And don't forget that we should also try to reduce the total amount of fat we eat.



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