**WHAT FAD DIETS HAVE YOU TRIED SO FAR?**

As we ring in a new year, many people will make resolutions to change their eating habits and lose weight. Too often they turn to diets from so-called “experts” that have conflicting claims, testimonials and too much hype that end up confusing the consumer.

As dietitians, our goal is to educate our patients with healthy choices and help decipher the good and the bad of what these “experts” are telling us.

A popular fad diet that trended in 2013 was the Tube Feeding Diet also known as the K-E diet. The K-E Diet weight loss method (reportedly also known as the K-E diet in 2013 was the Tube Feeding Diet) advises people to eat certain foods based on their blood type: A, B, AB, or O.

The plan proposes that each blood type digests food proteins (called lectins) differently and that eating the wrong food proteins can cause ill effects on the body—including slower metabolism, bloating, and even certain diseases.

According to this diet, avoiding bad food proteins will help you achieve better health. Healthcare professionals at large, do not support an idea that blood type has many connections at all to health and especially to a specific diet for each blood type. There isn’t any independent research to back this.

Furthermore, limiting or restricting entire categories of foods is not recommended by most nutrition experts, nor is it easy to do for many dieters. And because of the individualized plans, this diet would be difficult for families or groups to try together because varying blood types would require different eating plans and exercise schedules.

The Paleo Diet, also known as, the Caveman Diet focuses on eating foods from the Paleolithic era of human nutritional needs—foods we ate prior to farming and domesticating animals.

The goal of this diet is to train your body to crave healthy foods. This diet promises to achieve your ideal body weight, sharpen the mind, and enhance a connection to your body’s instinct for families or groups to try together because varying blood types would require different eating plans and exercise schedules.

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**RECIPE BOX**

**“HAVE IT YOUR WAY CHILI”**

This have-it-your-way chili can be made vegetarian, with ground turkey or with ground beef. Enjoy the slightly sweet flavor added by the carrot.

**INGREDIENTS**

- 2 teaspoons canola oil
- 1 lb extra-lean ground beef or extra-lean ground turkey, or 1 - 10 oz package frozen meatless crumbles, thawed
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 ribs celery, chopped
- 1 medium-size green bell pepper, chopped
- 1 medium-size red bell pepper, chopped
- 1 carrot, scrubbed and sliced thinly
- 1 - 15 ½ oz can dark or light kidney beans, drained and rinsed
- 2 - 14 ½-ounce cans diced tomatoes
- 1 - 6 oz can no-salt-added tomato paste
- 2 tablespoons chili powder
- 1 teaspoon ground oregano
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon black pepper
- 3 green onions, sliced thinly, optional
- ½ cup chopped fresh cilantro, optional
- ½ cup fat-free sour cream

**DIRECTIONS**

1. Combine the oil, meat (or turkey or meatless crumbles), onion and garlic in a large pot over medium heat.
2. Cook and stir until the onion is wilted and the meat is lightly browned. About 6 to 8 minutes.
3. Add the remaining ingredients except the optional ones and the sour cream. Stir well, cover and reduce heat; simmer gently for 20 minutes. Adjust the chili powder, oregano and black pepper to taste.
4. Serve with green onions, cilantro and/or sour cream.

**Nutrition Facts**

- Serving Size 1.5 Cups
- Amount per serving
  - Calories 300
  - Protein 23 g
  - Sodium 540 mg
  - Carbohydrate 28 g
  - Dietary Fiber 8 g

Recipe & image from: www.kidseatright.org

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**VMH Dietitian Approved**

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**Frosty February 5 Card Walk**

Saturday, February 22, 2014
9:00 AM
Vernon Memorial Hospital Lobby

**10th Annual National Wear Red Day**

February 7, 2014

Viroqua Area Medical Office Building
407 S. Main St. Viroqua, WI 54665

**VHS Community Enrollment**

Saturday, February 8
8:30 a.m.-1:30 p.m.

**Heart Month**

Help raise awareness in the fight against heart disease in women!

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**CLIP IT & KEEP IT!**

Winter 2014
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Paul Mariskanish, M.D.
Patrick Scott, M.D.

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Rachel Wilson, M.D.

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Pediatrics
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SCHEDULE A PERSONAL TRAINING SESSION TODAY!
Trainer’s Corner
Teaching you DIY fitness tips to keep you healthy!

Get acquainted with VMH Wellness Center Certified Personal Trainers. Check this column each Spotlight on Health to find exercise tips, new ways to tone up, and what we do to stay fit! Questions? Let us know! We’re here to help you! Call the VMH Wellness Center @ 637-4290 to start your new workout routine today!

CLIP IT & KEEP IT!

Recipe Box

“BALSAMIC ROASTED BRUSSELS SPROUTS”
A sweet balsamic vinegar & apple juice glaze makes brussels sprouts a pleasing vegetable.

INGREDIENTS
1 pound Brussels sprouts, trimmed and halved
1 tablespoon olive oil
¼ teaspoon salt
¼ teaspoon pepper
¼ cup coarsely chopped pecans
¼ cup balsamic vinegar
¼ cup 100-percent apple juice
¼ cup dried cranberries

DIRECTIONS
1. Preheat oven to 425°F.
2. Combine Brussels sprouts, olive oil, salt and pepper in a large bowl; toss. Spread Brussels sprouts in a single layer on a large rimmed baking sheet and roast for 10 minutes.
3. Add pecans to the baking sheet and stir. Roast 5 to 7 more minutes, or until Brussels sprouts are tender and slightly browned and pecans are golden.
4. Meanwhile, combine balsamic vinegar and apple juice in a small saucepan. Bring to a boil over medium-high heat. Then, reduce heat to medium, and simmer 15 minutes or until thickened and reduced to about ¼ cup. Remove from heat.
5. Transfer Brussels sprout mixture to a large bowl; add cranberries. Drizzle with balsamic glaze, and toss until blended well. Serve immediately.

Nutrition Facts
Serving Size ¼ Cup
Amount per serving
Calories 186
Protein 4.4 g
Sodium 180 mg
Carbohydrate 25.2 g
Dietary Fiber 4.4 g

Recipe from: www.kidseatright.org

VMH Dietitian Approved

CLIP IT & KEEP IT!

The Academy of Nutrition & Dietetics shares the following helpful tips for living a healthy lifestyle...

Steer clear of any diet plans, pills and products that make the following claims:

***Rapid Weight Loss***
Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than ½ pound to 1 pound per week. If you lose weight quickly, you’ll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards.

***Quantities and Limitations***
Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It’s boring to eat the same thing over and over and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you’ll still miss some critical nutrients.

***Specific Food Combinations***
There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the “wrong” combinations of food doesn’t cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

***Rigid Menus***
Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: “Can I eat this way for the rest of my life?” If the answer is no, the plan is not for you.

***No Need to Exercise***
Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then to aim for 30 to 60 minutes of activity on most days of the week.
Winter weather is often blamed for our lack of activity which leads to weight gain and our general lack of enthusiasm for this time of year.

Some people are affected every winter season by depression. This disorder is called Seasonal Affective Disorder. We see a rise in symptoms most often as the days get shorter and the dark nights get longer.

Symptoms are most likely expressed as feeling sad or moody, losing interest in normal activities, sleeping or wanting to sleep more, increased appetite (especially carbohydrates like bread, and pasta), and weight gain.

Experts feel that in other mood disorders a brain chemical called serotonin is involved. They also feel that the lack of sunlight disrupts our circadian rhythms and sleep/wake cycle which causes mood changes.

Seasonal Affective Disorder is more common in women, less likely to occur as you age, and like most types of depression, can run in families.

There isn’t a test for SAD, but in order to have a positive diagnosis, it must occur the same time of year for two years in a row. Healthcare providers will also need to rule out certain medical problems with blood tests.

Diagnosing SAD is a clinical evaluation of emotional functioning: how you feel, cognitive functioning, thinking ability, reasoning, memory, and behavior. Health providers will often use standardized questionnaires to assist in determining this evaluation.

Different treatments are used for SAD. Light therapy of increased light exposure within a 24 hour period, as well as a gradual increase of light in the morning supports the hypothesis of lack of light being a cause.

Cognitive therapy, counseling or anti-depressant medications can be effective treatment options depending on the patient.

The good news is, people with this disorder start to improve during the spring and summer months as the days get longer and warmer. In the meantime, try to find a little sunshine and enjoy everyday!

There’s hope, spring is on its way!