Nutritionists are often bombarded by questions that pertain to eating, dietary habits and best overall health choices. A few “repeater“ questions are asked most frequently. The more we learn about the complex field of nutrition, the more the only answer is “it depends” …

What are the top foods to eat every day?

It depends… Most Americans have poor balance of essential omega fatty acids. Cold-water fish like salmon and sardines are a good starting point to help reduce inflammation and obesity risk. Add in coconut oil, avocados and chai seeds to keep your insulin levels stable and digestion regular. Dark leafy greens, cucumbers and lemons are also great due to their alkaline, fiber-rich, vitamin C content. These foods keep your internal ecosystem thriving.

Three meals a day or mini meals throughout?

It depends… on blood sugar, thyroid health and past dietary habits, I am more often than not suggesting 3 meals a day. I encourage clients to eat to until satisfied rather than full. I teach them to calm insulin and balance hormones naturally. Grazing tends to leave you full of insulin (a hunger hormone that stops fat burning and makes you want to snack more). Excessive levels of insulin in your bloodstream can also indicate the first stage of insulin resistance and metabolic syndrome. Try a 4-6 hour break between meals and opt for three meals a day.

What diet is best for me?

Again, it depends… the “diet” or “lifestyle” you choose now will probably change. We are ever evolving and changing daily, so continue to listen to your body. Don’t feel obligated to explain yourself or your choices, don’t preach, and don’t jump on quick fix fads.
GET TO KNOW…
Chrissy Garner, MS, CNS, LDN, CPT
Berkshire Pediatrics/Neighborhood Health Ctr

What got you into the nutrition field?
I grew up as an athlete and participated in sports my entire life. Realizing that our food choices can help or hinder performance, as well as general health, led me to this field. I also enjoy being an educator and teaching others how to enhance and achieve their own goals.

What is one healthy food you don’t eat & why?
Cottage cheese! Clearly I suggest it 100 times per day to my patients but I am unable to get past the texture of this food! Too many lumps and bumps for me. I’ve tried it with lime and cilantro, with peaches, with hot sauce and my kids eat it by the gallon! Unfortunately, I continue to be turned off to this delish, nutr-ish food!

Autumn Apple Dip  Created by: Hannah Paterson

Ingredients:
- 1/2 cup Peanut Butter
- 1 cup Plain Greek Yogurt
- 1/4 tsp Cinnamon
- 1/4 tsp Nutmeg

Apples, Sliced

Directions
Add yogurt, peanut butter, cinnamon and nutmeg to a small bowl
Using a spoon mix the ingredients until you get a smooth texture
Cut apples in slices, and serve
Refrigerate leftovers

Chef Tips:
Wait to cut the apples until just before serving. This way they won’t turn brown too quickly.
If you are packing the recipe for a lunch, add a splash of lemon juice to the sliced apples. This will keep them from turning brown.
Make a large amount of dip ahead of time and eat throughout the week.

Millions of Medicare Patients Don’t Use Nutrition Counseling Benefit

Are you using your nutrition counseling benefit?
Medicare patients with the diagnoses of diabetes and/or chronic kidney disease (CKD) are eligible for 3 hours of nutrition counseling in the first year the benefit is used and then 2 hours every subsequent year. National data from 2017 shows that an estimated 15 million Medicare enrollees are eligible for the benefit, but only about 100,000 recipients got counseling. This is a lost opportunity for these patients to improve their health. If you are on Medicare and have diabetes or CKD, take advantage of this benefit and schedule your nutrition appointment today!

“An ounce of prevention is worth a pound of cure.” –Benjamin Franklin

MEET A CHP NUTRITIONIST TODAY

https://www.chpberkshires.org/chp-nutrition/

CHP encourages you to seek out the expert advice of a Registered Dietitian Nutritionist & a behavioral support specialist for help with recommendations to support long-term success & lasting lifestyle changes.