

COMMUNITY HEALTH PROGRAMS PROVIDES NUTRITION



COUNSELING FOR THE ENTIRE FAMILY

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FOR A HEALTHIER YOU!

Winter 2020



Intermittent Fasting Benefits

Nutrition Trend Addressed

by Ashli Minor, MS, RDN, LDN, CLC

The list of fad diets is almost endless and intermittent fasting is the 2nd most popular diet in the United States.

Most diets have one thing in common; they all over-promise easy and quick weight loss. Short-term diets may lead to weight loss, but over the long-term we know most people will gain the weight back, if not more, because they haven't learned how to develop a sustainable and healthy eating relationship.

Intermittent fasting involves alternating between periods of fasting and eating normally. There are all sorts of ways to participate in intermittent fasting. Some people pick a simple style called the 16:8 diet where they fast for sixteen hours and only eat food during an eight-hour window. Others pick more drastic methods like a 5/2 split involving fasting for two nonconsecutive days a week and eating normally five days a week. This style of eating is based on early hunter-gatherer style eating patterns. It is becoming popular due to some unique health benefits. As always, check with your health care provider before beginning a new program.

POTENTIAL HEALTH BENEFITS TO INTERMITTENT FASTING:

- Reduces insulin resistance (IR): IR develops when the body does not properly metabolize blood sugar. It is often considered an early warning sign of type II diabetes, but even without diabetes, insulin resistance can cause many health issues, including fatigue, weight gain, acne, difficulty concentrating, and intense sugar cravings.
- Role in weight loss. One of the most common reasons people try intermittent fasting is because they want to lose weight. The main role in weight loss played by intermittent fasting is lowering total caloric intake. Fasting periods cut out opportunities when a person would be eating calories, so they are eating far fewer calories overall.
- Decrease in blood pressure. Blood pressure refers to the amount of pressure blood puts on veins as it moves throughout the body, and excessively high blood pressure can damage the veins. Fortunately, intermittent fasting makes it easy for individuals to control their blood pressure. Fasting has been linked to a reduction in blood pressure because the body tries to conserve its energy during a fasted state.
- Fights inflammation. Inflammation is the body's way of responding to infections and trying to heal damage, so it results in increased swelling, heightened temperatures, and increased blood flow. This can be a good thing in the short term, but some individuals end up with chronically high inflammation, which can end up damaging cells in the body. Research has found individuals who practice intermittent fasting have less inflammation overall.

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GET TO KNOW...
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Name three staples in your kitchen that you cannot live without.

- My blender—I love to make smoothies with fruit and veggies.
- My apple corer/slicer—so quick and easy and now it's ready to be dipped in peanut butter!
- My hot air popcorn popper—it's my favorite snack! I like it best with a little coconut oil and cinnamon.

If you were not a nutritionist what would you be doing for a career?

I always thought it'd be fun to be a mail carrier. You get to walk and get exercise all day long AND are outside...or perhaps a social worker.



Nutrition is an important part of a healthy lifestyle. Without proper nutrition, you don't have enough energy to make it through the day. Also, your health can decline without proper nutrition, making you more susceptible to illness and disease. It is a known fact that a lot of diseases today are caused by an unhealthy diet. Whether it's the quality of calories, the lack of nutrients necessary for a strong and healthy immune system or the type of chemicals and processed ingredients in your food choices, improper eating can lead to major health issues.



Roasted Root Vegetables — Full of color, these veggies are packed with nutrients

Ingredients:

2 medium sweet potatoes,
chopped into chunks
1 lb. carrots or parsnips, peeled,
cut into 3/4 inch thick rounds
(about 4 cups)

1 medium red onion, peeled, and
cut into 1/2 inch thick wedges
2 T. avocado or coconut oil
2 T. fresh oregano, chopped
1 t. sea salt
1/2 t. ground pepper

Preheat oven to 425°F.

Stir the oil and oregano in a large bowl. Add sweet potatoes, carrots (or parsnips) and onion. Toss to coat veggies. Sprinkle vegetables generously with sea salt and pepper and spread on a baking sheet. Make sure the veggies are in one layer so they roast instead of steam. Roast veggies until tender, about 50 minutes. Remove from the oven half-way through cooking to toss veggies.

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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.