

InterMountain Clinical Nutrition

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October 2002



Happy Halloween

Dairy Products Improve Blood Sugar Control and Decrease Cardiac Risk

Press Release from Novartis - Minneapolis June 5, 2002

Consuming dairy products has health benefits beyond building strong bones. Over the past several years a number of studies have shown that among other advantages, eating sufficient dairy products can reduce blood pressure, make it easier for people to manage their weight, and most recently prevent Insulin Resistance Syndrome (IRS) in overweight individuals. IRS, also known as Metabolic Syndrome or Syndrome X, is a group of symptoms including obesity, insulin resistance, glucose intolerance, high blood pressure and increased fat in the blood.

Researches analyzing data from the CARDIS study (Coronary Artery Risk Development in Young Adults) found that overweight individuals who consumed 5 or more servings of dairy products a day had the lowest incidence of IRS. This finding implies that, consuming a diet rich in dairy products may reduce the risk of developing type 2 diabetes and heart disease by controlling IRS.

Each serving of OPTIFAST® 800 Formula provides the same nutritional benefits as a glass of low-fat milk. As a result of its unique composition, OPTIFAST may improve a variety of cardiovascular risk factors including IRS, hypertension and blood glucose levels even before people lose a significant amount of weight.

Here are some suggestions or tips on losing weight from Novartis:

ENSURING SUCCESS

Research has shown the following factors to be predictors of long-term success in weight management.

- **Internal motivation:** People who are losing weight for themselves rather than for someone else, are the most successful over the long term. We encourage people to undertake lifestyle changes from a sense of personal responsibility and commitment.
- **Physical activity:** It is difficult to maintain your weight without regular physical activity. Climbing the stairs, parking farther away from the entrance, working in the yard and house are some of the ways you can increase your physical activity through daily activities. Regular physical activity affects both your physiological and psychological status.
- **Positive changes:** Focus on the many positive changes that occur when you lose weight, rather than only focusing on the number of pounds lost, is another predictor of long-term weight management. Other major improvements are lowered blood cholesterol and blood pressure, improved self-esteem, feelings of well-being, and enhance ability to do daily tasks, in addition to actual weight management.
- **Coping skills:** People who learn specific problem-solving strategies and coping skills are better able to manage their weight when they find themselves under stress, frustrated, or depressed. It's easier to regain weight when you are under prolonged stress or must deal with other negative influences, such as frequent travel, business dinners or parties, etc. We emphasize skill power rather than will power.
- **Support systems:** Successful weight management is easier if you have positive support systems within the family or from friends.
- **Ongoing support:** Weight management is a lifelong process, and may require ongoing support.

TIPS FOR GETTING STARTED

Learning these skills and adopting these attitudes will help you maintain new eating and activity patterns.

- Take one day at a time. Think positively. Every day is a new day. Forget the "all or none" attitude. Strive to do your best!
- Remember that you can always get "back on track" at any time during the day or week. You don't have to wait for tomorrow morning or next Monday.
- Plan ahead. Avoid eating away from home.
- If possible, have someone else cook and clean up.
- Follow your food and activity plans. Record your daily food intake and activities.
- Drink at least two quarts of non-caloric fluid every day. Drink non-caloric beverages when you feel hungry.
- Make a commitment to keep records. Accountability and ongoing support will get you through the tough times.
- Learn to reward yourself with things other than food.
- Distract yourself from thinking about eating by engaging in other activities.

- Plan to increase your daily physical activity.
- Discuss your program with a family member or friend. Let others know how they can provide support. Give them specific suggestions, such as not eating snacks in your presence, not offering you food or by volunteering to do the grocery shopping or cooking.

WAYS TO EAT WITH OTHERS

The following suggestions will make it easier to eat with others while using OPTIFAST products.

At Home

- Avoid buying foods that are difficult for you to pass up. Clean them out of the cabinets and the refrigerator.
- Don't leave food sitting out in the kitchen or in other areas of your home. Store foods properly.
- Avoid leftovers by packaging foods in serving sizes appropriate for the rest of your family.
- Stay out of the kitchen except to prepare and eat your own meals. If you must prepare family meals, do so when you are full.

With The Family

- Eat with family members so you can enjoy talking with them.
- If you find yourself growing hungry at the sight of food, skip family dinners, at least in the beginning. If you choose not to eat with the family, find other ways to spend time together.
- Ask family members to prepare their own meals for at least the first few weeks of your program.
- Ask family members not to snack in front of you.

If Invited Out to Eat

- Plan to take your own food or product. Bars may be a good choice for eating away from home.
 - For one serving of OPTIFAST substitute 12 ounces of skim milk or 2 ounces of turkey, chicken, or other lean meat or 1/2 cup cottage cheese or 2 eggs (boiled or poached) and 1/4 cup orange, pineapple, or grapefruit juice.
- Have your meal before going out. Order coffee, tea, or another non-caloric beverage to drink while others have their meal.
- Avoid looking at the menu. Be prepared to say "no" to bread, samples of others' food, desserts, etc.
- If you are not ready to eat out, meet friends for coffee, tea, or an activity unrelated to food.

South of the Border Tamales



Many traditional Mexican dishes contain lard, which is used in part because it contributes a certain flavor. In this recipe, the full flavor of the pureed corn combined with a small amount of corn oil eliminates the need for lard. Calories, fat and cholesterol were also reduced by:

- Replacing the lard with a combination of corn oil and water.
- Reducing the amount of cheddar cheese and using its reduced-fat alternate (less than 5 grams of fat per ounce of cheese).

Nutritional Scorecard (per 2 tamales)

	Before	After
Calories	357	258
Fat (g.)	21	11
% Calories from fat	52%	36%
Cholesterol (mg.)	45	10

- 2 (8 Ounce) cans whole kernel corn, drained
- 2 Tablespoons water
- 2 cups masa harina (corn tortilla mix)
- 3/4 cup warm water
- 1/4 cup corn oil
- 2 Tablespoons sugar
- 8 large dried corn husks
- 1 cup (4 ounces) finely shredded reduced-fat cheddar cheese
- 1 (4 ounce) can diced green chili peppers, drained

In a blend or food processor, pulse blend or process the corn and 2 tablespoons water until coarsely pureed.

In a large bowl, stir together the pureed corn, masa harina, 3/4 cup water, oil and sugar until a soft, moist dough forms. (The dough should look like a soft cookie dough. If the dough is too dry, add additional warm water, 1 tablespoon at a time.) Set aside.

Bring a large saucepan of water to a boil. Add the husks and reduce the heat. Simmer, uncovered, about 5 minutes or until soft. Drain.

To assemble the tamales, place each husk on a flat surface with its shorter, tapered point towards you. Spread 3 to 4 tablespoons of the dough on each husk, beginning 3/4" from the top and ending at least 1 1/2" from the bottom point, leaving a 1 1/2" border at the sides.

Sprinkle 2 tablespoons of the cheese and 2 teaspoons of the chili peppers down the center of each. Fold the sides of the husk up and over the filling. Then fold in half to bring the top and bottom ends together and tie them closed with a piece of string.

In a large skillet with a tight-fitting lid, place the tamales on an opened steamer basket or on a wire rack. Add enough water to the skillet to cover the bottom of the skillet, making sure the water sits below the basket or rack. Bring the water to a boil. Then cover the skillet and steam for 35 to 40 minutes or until the tamales easily pull away from the husks when unwrapped. (If necessary, add more water to the skillet during steaming.)

Makes 8 Tamales; 4 servings.