



NutritionWise  
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# M NUTRITIONWISE MONTHLY

AUGUST 2008

## IT IS EASY BEING GREEN

Despite what Kermit the Frog says, being green can be easy! Small changes in your everyday life can lead to big improvements in your expenses, your health and your planet. Thinking about what and how you eat is a great place to start.

- ▶ **Appropriate portions:** each time we waste food, we not only waste the food but the water needed to grow the food, the paper or plastic used to package and the gasoline necessary for transporting the food. Each step of the production, packaging and shipping adds to the current excess of greenhouse gases. Appropriate portions also lead to good nutrition. Children often accept smaller portions better as smaller portions as they are more manageable and don't overwhelm the sensitive eater. For children who have issues with excessive weight, smaller portions will help them manage their weight better.
- ▶ **Watch your meat consumption:** Eighty percent of agriculture's greenhouse gas production is caused by meat production. That includes transportation of livestock and their feed plus the methane produced by those livestock. No need to go vegetarian, the Lancet, a medical journal, reports that a reduction of the average meat consumption by just 10% would have a significant effect on global warming. Currently the average intake is about 4.5 lbs of meat per day. A reduction of just ½ lb per day would not just help the environment but would also reduce intake of saturated fat and cholesterol which contribute to the development of heart disease. So keep eating meat but add some extra beans, vegetables or grains. Think about meats as part

of the meal such as in stir fry, spaghetti or chili rather than as the main dish.

- ▶ Consider **organic** for some of your foods: Traditional farming relies on chemicals and fertilizers that are usually derived from petroleum (yes, oil). Many of these pesticides have not been tested in children and some are known to have negative effects on the developing nervous system. Organic products are becoming more mainstream and you can find them at traditional markets, Vons carries the Organics line and Ralphs has Naturally Preferred and Private Selection lines of organic foods. Costco even sells some organic products such as eggs.



Organic produce can often be more expensive. Consider buying organic produce when purchasing fruits and vegetables that tend to have the most pesticide residue. The "dirty dozen" include the following, always buy these organic:

Peaches	Celery
Strawberries	Imported Grapes
Apples	Nectarines
Cherries	Pears
Sweet Bell Peppers	Spinach
Lettuce	Potato

The complete list is available at <http://www.foodnews.org/walletguide.php>

- ▶ **Tap water!:** yes, tap water. Bottled water manufacturers do not have to follow the same rigorous standards that our city water districts do. In fact, bottled water has very few regulations in regards to contaminants. Most bottled water is not fluoridated (they

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are available though) and fluoride, usually in city water, is essential for strong bones and teeth. The concern is not just what is inside those bottles but also those bottles! In 2006 Americans drank 167 bottles of water each. Of those only 24% are recycled. So what to do to instead? Consider buying a faucet filter (such as Pur) or a filter pitcher (such as Brita) and fill up reusable metal bottles such as Sigg or Kleen Kanteen. Both of these are available online, camping stores or natural food markets. Look for metal reusable cups with straws by Thermos at Target.

- ▶ **Think about lunchboxes:** use metal or cloth lunchboxes. Keep those plastic containers from purchased food. Yogurt and cream cheese containers are a perfect size and reuse them in the lunchbox. Or consider an American-style bento box at [www.laptoplunches.com](http://www.laptoplunches.com), they make a great, portable, reusable lunch box with individual containers just the right size!

## NEW! METABOLIC TESTING

Call or visit our website for more information:  
[www.nicolemeadow.com/metabolic.html](http://www.nicolemeadow.com/metabolic.html)



## ABOUT THE AUTHOR

NutritionWise is a group of Registered Dietitians including Nicole Meadow, MPN, RD (pediatric dietitian), Patricia Novak, MPH, RD, CLE (pediatric dietitian) and Christi Salem, MS, RD (adult dietitian). Please visit [www.nicolemeadow.com](http://www.nicolemeadow.com) for more information or call (818) 304-1876 to schedule an appointment.

*The information contained in this newsletter is not intended as a substitute for medical advice. See your physician and/or Registered Dietitian for individual health and/or dietary concerns.*

## NUTRITIONWISE NEWS

NutritionWise has relocated and is celebrating the grand re-opening with free classes, cooking demos and a brand new food allergy support group. NutritionWise is happy to announce that Mira Rocca (marriage and family therapist) will have an office in the new suite. Please come to one... or ALL of the events listed below! We can't wait to see you soon.

### Our NEW Address is:

**16055 Ventura Blvd Suite 420, Encino, CA 91436**

### Schedule of Events:

#### Monday August 25th: 6-7:30pm in Suite 1203

Food Allergy Support Group facilitated by Nicole Meadow, MPN, RD and Nina Mercer, MS, LMFT. In this group you will: connect with other parents of food allergic kids; find out how to keep your child safe at school; learn strategies for dealing with family and friends; discuss the emotional impact of having a child with food allergies; get important nutrition information; share kid-friendly allergy-safe recipes

#### Tuesday August 26th: 5pm in Suite 1203

Eating a Heart Healthy Diet with Christi Salem, MS, RD. Changing your diet can help stop or even reverse heart disease. Attending this heart healthy class can help you: lower your cholesterol; lower your blood pressure; control or prevent diabetes and improve your weight.

#### Thursday August 28th: 12pm in Suite 1203

Self-esteem and Healthy eating with Mira Rocca MA, MFT. What does healthy eating have to do with self-esteem? Everything! Interested in learning the top 10 ways to build self esteem through interaction with your child? By attending this group you will find out how to start improving your parent-child relationship.

#### Friday August 29th: 10am in Suite 1203

Gluten Free Cooking with Patricia Novak, MPH, RD, CLE and Nicole Meadow, MPN, RD. The gluten free diet is almost a household word with gluten free foods popping up everywhere you turn! Come to this exciting cooking demo and jump into the world of gluten free cooking (and take home a few recipes).