

Nutrition Connection

The latest news and events from the Kendall Anderson Nutrition Center at Colorado State University

The Non-Dieting Diet Plan

Tired of starting off every year with the diet you are sure will be the answer, only to start over again next year? Why not make your resolution for 2016 be to NOT DIET. This year focus less on calories and more on feeling good and being healthy!



A **Dieting Approach** to health is an all-or-nothing view that focuses on numbers and temporary goals. It involves rules and limits, judgmental statements, and eating or not eating depending on what you think you should do, rather than what you want to do.

A **Non-Dieting Approach** means trusting your body and listening to your instincts. It means heeding hunger and fullness, caring about your health, and being physically active because it makes you feel good. It is realizing that happiness involves a healthy lifestyle rather than a certain weight.

Instead of choosing your next fad diet, choose to make an attitude adjustment in 2016 and use a Non-Dieting approach. Here are some Dieting and Non-Dieting statements that can help you identify things you may think or say and help you move toward a positive, healthier approach.

Diet Mentality	Non-Diet Mentality
• I avoid "bad" foods	• I enjoy all foods in moderation
• I exercise to earn my food	• I exercise to feel good and push myself
• I am successful if I look better	• I am successful if I feel better
• I worry about what others think about my weight	• I think about health benefits

Science vs. Fiction: The Scoop on Fad Diets

With all the focus on weight in our society, it is not surprising that millions of people fall prey to fad diets and bogus weight-loss products. Conflicting claims, testimonials and hype by so-called "experts" can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is! Be wary of any diet plans, pills, or miracle products that make the following popular claims:

A Quick Fix

These gimmicks usually suggest going to extreme measures for immediate results. These can be ineffective and more importantly, dangerous. Slow, steady weight loss of 1/2 to 2 pounds per week is appropriate for fat loss, and helps avoid muscle, bone and water loss that is common with rapid weight loss diets.



Eliminating Whole Food Groups

Diets that eliminate whole categories of food can result in nutrient deficiencies. For example, some plans tell you to avoid all dairy, all grains, or all fats. Unless you have a food allergy or intolerance, it is typically not recommended to eliminate an entire food group. A healthy diet can include all foods in moderation.

Food Combining

Some diets tout that certain foods should not be eaten together and require separating or eliminating those foods. Our bodies are really amazing; they can digest all foods and you often absorb more nutrients when eating a variety of foods *together* because they promote the absorption of each other.

Detox Diets

Detox diets claim to remove harmful toxins and promote weight loss. These "cleanses" are not scientifically proven to work and typically result in initial water loss only. The human body is very efficient and can cleanse itself. A better approach would be to eat a "clean" diet of whole foods with limited or no processed items.

Gluten Free Diet - healthy for all?

In recent years, gluten-free has been the ultimate fad diet, with people turning to it as the cure for a multitude of conditions. Although essential for individuals with Celiac Disease and beneficial to those with gluten intolerance, its effects are unproven for ADHD, migraines and overweight. If this diet does result in weight loss, it is typically due to the elimination of many unhealthy foods that were present in the diet, along with the addition of more fruits and vegetables. These steps are consistent with standard dietary recommendations and usually prove successful even without the elimination of all gluten.

Additionally, individuals who are gluten free often have nutrient deficiencies such as iron, fiber, calcium, magnesium and most B vitamins. A varied diet that includes all foods in moderation and regular physical activity are suggested for the best results.



Apple & Rosemary Stuffed Pork Tenderloin

Enjoy this lean, comforting dish on a cold winter night!
Prep time: 10 minutes. Cook time: 30 minutes. Serves 8.

Ingredients

- ◆ 1 teaspoon olive oil
- ◆ 3/4 cup chopped onion
- ◆ 1 Fuji apple, peeled and chopped
- ◆ 2 teaspoons minced fresh garlic
- ◆ 1 tablespoon cider vinegar
- ◆ 1 teaspoon chopped fresh rosemary
- ◆ 1 one-pound pork tenderloin
- ◆ 1/2 teaspoon salt
- ◆ 1/4 teaspoon freshly ground pepper
- ◆ Cooking spray



Photo by: <https://flic.kr/p/fbFY92>

Directions

1. Preheat oven to 425° F.
2. Heat oil in a large oven - proof skillet over medium high heat. Add onion, apple, and garlic and sauté for 5 minutes or until soft. Add vinegar and rosemary and cook for one minute. Remove apple mixture from skillet and place in small bowl. Wipe skillet clean and set aside.
3. Slice pork lengthwise, cutting to but not through the other side. Open halves, laying the pork flat. Place plastic wrap over pork and pound to an even thickness using a meat mallet or a heavy pan. Sprinkle with salt and pepper. Spread apple mixture evenly and roll up. Tie the tenderloin with twine every 3 inches.
4. Coat skillet with cooking spray and return to medium high heat. Place pork in skillet, seam side down. Carefully turning, brown all sides, about 4 minutes total. Place skillet in oven and bake for 15 minutes, or until thermometer inserted in center registers 145° F.
5. Remove pork from skillet and let stand 5 minutes before slicing into 8 pieces.

Nutritional Information/ Amount per serving:			
Calories	218	Protein	25.9g
Total Fat	6.6 g	Total Carbohydrates	9.6 g
Saturated Fat	1.6 g	Dietary Fiber	2 g
Cholesterol	71 mg	Sodium	350 mg

Get Healthy with KANC in 2016!

TELECOACHING

Did you know you can talk with one of our registered dietitians by telephone, Facetime or Skype? Get the nutrition coaching you need without leaving the comfort of your home or office! Visit us at <http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx> or call (970) 491-8615 to schedule an appointment.



REACH AND MAINTAIN YOUR OPTIMAL WEIGHT THIS YEAR

Our 6-week 'Healthy You: Weight Management and Mindful Eating' program will help you set goals, change behaviors, and learn the nutrition and fitness tips you need for a new and improved lifestyle! Now with two options:

1. Interactive Program

- **Thursdays, January 14 - February 18, 2016 from 5:30-7 pm.**
- Location: Gifford Building on the CSU campus
- \$100, includes snacks and weekly incentives

Register online at <http://www.nutritioncenter.colostate.edu/programs-services/healthy-you-interactive.aspx>

2. Self-Paced Program

- Our newly revised manual contains all the materials of the interactive program in a bound form that you work through on your own. \$75, includes shipping and handling.

Register online at <http://www.nutritioncenter.colostate.edu/programs-services/healthy-you-self-paced.aspx>

NATIONAL DIABETES PREVENTION PROGRAM

KANC is part of CDC's nationwide effort to prevent diabetes. If you have Anthem Blue Cross Blue Shield Insurance, you may qualify for this innovative program at no cost. Call for more information: (970) 491-8615 (or checkout our website). Starts on **Tuesday, January 19, 2016 from 6-7 pm.**

DATE NIGHT WITH YOUR VALENTINE

Our popular cooking class for you and your favorite partner returns on **Friday, February 12 from 6-8 pm.** You will prepare delicious dishes with our guidance, learning cooking and nutrition while having fun! Cost of just \$60 per couple includes printed recipes and a full meal. Register online at <http://www.nutritioncenter.colostate.edu/classes/date-night.aspx>



DIABETES IN THE KITCHEN

New! If you have diabetes or prediabetes and want realistic, practical guidelines, this workshop is for you. On **Wednesday, February 24 from 5:30-7:30 pm** we will start in the classroom for an informative overview of the disease and ways to take control, then cook together, learning the skills needed to eat right and enjoy your food for the long term. Cost of \$40 includes printed materials, recipes and a full meal. Register online at <http://www.nutritioncenter.colostate.edu/programs-services/diabetes-in-the-kitchen.aspx>

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