

Nutrition Connection

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

Tracking, Telecoaching and Technology

With the ever-changing world of nutrition and technology, it is important to stay informed on how new approaches can help you stay on track with your health!



Self-monitoring is an important component of successful behavior change and can provide self-awareness about lifestyle patterns regarding diet, exercise, and weight management. One of the most common approaches to self-monitoring is to record food intake and track physical activity. Recent technology allows monitoring to be done using online and/or mobile tools.

Fitness and nutrition apps can increase your motivation, hold you accountable to your personal weight, sleep, activity, and nutrition goals, and allow you to connect with a support network. The three apps below are all free to use and can get you started on a path of self-monitoring and personal awareness!

Tracker	What is the website?	Smartphone App?	What does it track?	Other features?
	https://www.supertracker.usda.gov/	No	<ul style="list-style-type: none"> • Calories • Food groups • Specific nutrients • Physical activity 	<ul style="list-style-type: none"> • Database with >8000 foods • Sample meal plans • Personal goal setting
	https://www.myfitnesspal.com	Yes	<ul style="list-style-type: none"> • Calories • Macronutrients • Potassium, iron, fiber, calcium • Physical activity 	<ul style="list-style-type: none"> • Personal goal setting • Weekly averages • Progress reports • Large food database • Food barcode scanner
	https://www.fitbit.com	Yes	<ul style="list-style-type: none"> • Activity tracker • Weight tracker • Calories • Hydration • Heart Rate* 	<ul style="list-style-type: none"> • Wristband optional • Sleep tracker • Motivational challenges/badges

*Device specific

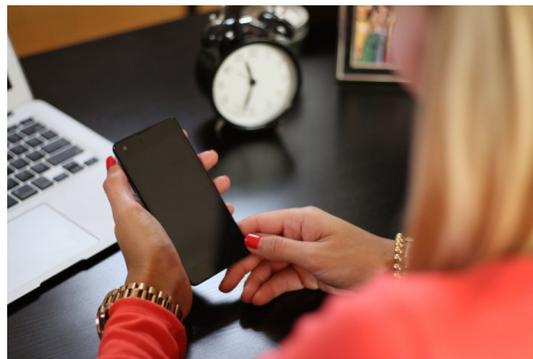
Telecoaching in Nutrition and Medicine

In our technological era, the widespread use of the internet and personal communication devices has had a profound impact on health practice. More recently, telecoaching has been used in place of in-person visits to physicians, Registered Dietitians, and other healthcare practitioners. Preliminary research has shown that telecoaching can be just as effective as in-person visits, improve access to health and nutrition care, and save health insurance dollars!

What is telecoaching and why is it needed?

Telecoaching, called telemedicine in the medical world, uses personal communication and technology devices such as a phone, personal computer, or tablet to provide diagnoses and treatment.

Telemedicine allows patients to overcome barriers to in-person nutrition services such as busy schedules, child care, distance, and transportation.



Does telecoaching work?

Yes! It has been documented as being effective for weight loss, eating disorders, diabetes, heart disease, artificial nutrition support, and routine check-ups.

Telecoaching can reduce appointment time while still providing quality care. Brief virtual visits may prevent additional unnecessary visits to medical facilities for care and eliminate the need for a costly in-person visit with a medical or nutrition professional.

With any new method of practice, it is essential that it be acceptable to providers and patients, and telecoaching has a high satisfaction rate, with the quality of care rated as comparable to in-person visits.

The Bottom Line

Telecoaching for nutrition interventions is a convenient way to talk to an expert, save you time, and improve your health outcomes.

If you are interested in services at the Kendall Anderson Nutrition Center, we offer telecoaching for all nutrition needs, from weight and body composition concerns to chronic condition prevention and management.

Call us at (970) 491-8615, to learn more!



Fresh Fruit-Sicles

This refreshing frozen treat allows you to get creative, utilize local and seasonal fruits and cool off at the same time!

Ingredients

- ◆ 1 cup fresh strawberries
- ◆ 2 cups fresh raspberries
- ◆ 3-4 medium fresh peaches
- ◆ 1-2 fresh oranges for juicing
- ◆ 1/4 cup sugar (as needed)
- ◆ Water as (as needed)



Tip: Stick to these proportions and use any kind of juice along with your favorite fruits (or veggies!) to personalize this cool treat!

Directions

1. Place 1 cup strawberries in a blender or food processor, and blend until smooth, adding water if mixture is too thick.
2. Transfer fruit mixture into a mixing bowl and begin to add sugar to taste.
3. Spoon a small amount of finished fruit mixture into ice cube trays or popsicle molds.
4. Place trays in the freezer until they are half way frozen. At this point remove from the freezer and put a popsicle stick in the center of each cube. Return to the freezer until they are frozen solid.
5. Repeat these steps with the other types of fruits, adding the orange juice to the peach fruit mixture. You can also try mixing fruits for a variety of flavors.

Prep time: 15 minutes

Freeze for : 4 hours (or until set)

Serving Size: about 1 ½ cups

Number of Servings: 4

Nutritional Information/ Amount per serving:

Calories	25	Protein	0.4 g
Total Fat	0.1 g	Total Carbohydrates	6.2 g
Saturated Fat	0.0 g	Dietary Fiber	1.2 g
Cholesterol	0.0 mg	Sodium	0.2mg

What's happening at the Kendall Anderson Nutrition Center

DATE NIGHT COOKING CLASS: THAI FOOD

Bring your favorite partner and join us on **Friday, June 3 from 6-8 PM** for a fun, interactive evening of cooking and dining featuring authentic Thai food! Cost of just \$60 per couple includes printed recipes and a full meal. To enroll, call (970) 491-8615 or visit

<http://www.nutritioncenter.chhs.colostate.edu/classes/date-night.aspx>

DINING WITH DIABETES

This program is especially helpful for anyone with type 2 diabetes, prediabetes, or gestational diabetes. These 4 weekly classes include diabetes education and meal planning, as well as a pedometer, printed materials, recipes and dinner. Our next class begins **Thursday, July 7 from 5:30-6:30 pm**. Low cost of \$100 includes all 4 weeks.

To enroll, visit us at www.nutritioncenter.chhs.colostate.edu/programs-services/dining-with-diabetes.aspx or call (970) 491-8615.

NATIONAL DIABETES PREVENTION PROGRAM

If you have prediabetes, stop it in its tracks! This year-long program has proven results in reducing both blood sugar and weight. FREE for Anthem Blue Cross Blue Shield Insurance members if you qualify. We also have other insurances and self-pay options. Starts on **Tuesday, July 12 from 6-7 pm**. Visit our website to see if you qualify or call today for more information: (970) 491-8615.

RESTING METABOLIC RATE

How much should you eat this summer? State of the art equipment determines your basic calorie needs in a 30-minute appointment, and we provide recommendations based on your activity or weight goals. Cost: \$100 (\$50 for CSU students and employees). Even better, package this measurement with a full nutrition coaching appointment for only \$150 (\$75 for CSU students and employees).

Location for all activities: Room 114 Gifford building on the CSU campus

Like us on [Facebook](#) for weekly nutrition tips!

Visit our website for more information: www.nutritioncenter.colostate.edu

