

DIETITIAN'S DISH

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY:
YOUR MGH WEIGHT CENTER REGISTERED DIETITIANS



ALL ABOUT INTERMITTENT FASTING

NAVIGATING HOLIDAY GATHERINGS

INCREASE YOUR MOVEMENT THIS FALL

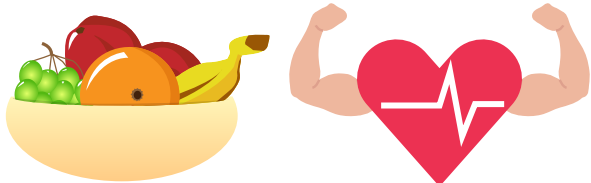
FALL RECIPES

Intermittent Fasting

What is It?

Intermittent fasting is an eating pattern that alternates between periods of fasting and eating. It focuses on *when* you eat rather than *what* you eat. This approach involves following a schedule that cycles between fasting and eating windows.

Research suggests that intermittent fasting may offer various health benefits, including improvements in metabolic health, insulin sensitivity, and weight management. Some evidence also points to potential advantages for cardiovascular health and longevity. Ongoing research is needed to fully understand the long-term effects and benefits of intermittent fasting.



How Does it Work?

During fasting periods, your body uses stored fat for energy after it has burned through the calories from your last meal. This process can lead to a natural reduction in appetite and help you adjust to smaller meal portions.

By creating routine of eating and fasting, intermittent fasting can help reduce mindless snacking, provided you continue to eat balanced and nutritious meals during your eating windows. It is important to combine intermittent fasting with a balanced diet and be mindful of your body's response to this eating pattern.

Common Ways of Intermittent Fasting

There are many different ways to Intermittent Fast. Methods can range from fasting from hours to days. When choosing a plan, it is important to consider your personal medical conditions, preferences and lifestyle. Intermittent Fasting works best when there is structure and focus on wholesome foods. Check out some of the most commonly studied and practiced methods of Intermittent Fasting to see which may be best for you:



16/8 Method:

This involves fasting for 16 hours a day and eating all your meals within an 8-hour window. For example, only eating between 10 a.m. and 6 p.m.

5:2 Method:

Focuses on eating regularly for five days of the week while restricting calories to about 500-600 on the other two days.

Alternate Day Fasting:

Consists of fasting every other day, either by eating a small meal (less than 500 calories) or having nothing to eat.



If you are interested in Intermittent Fasting, consult with your Registered Dietitian to discuss the best approach for your health needs.

Intermittent Fasting & Your Health

Weight Loss & Obesity

Numerous studies have confirmed that intermittent fasting can be an effective tool for weight loss. By reducing the overall daily calorie intake during fasting periods, it helps reduce body weight, waist circumference, and body fat percentage.

Diabetes Management

For individuals with type 2 diabetes, intermittent fasting can improve blood sugar control and lower HbA1c levels, which are important for long-term blood sugar management. It's crucial to regularly monitor your glucose levels to avoid low blood sugar levels while practicing intermittent fasting.

Cardiovascular Health

Intermittent fasting has been shown to positively impact several key risk factors associated with cardiovascular diseases. This includes reducing high blood pressure, lowering levels of total cholesterol, LDL cholesterol (often referred to as "bad" cholesterol), and triglycerides. These factors are critical in managing heart health and reducing the risk of heart disease.

Always consult a healthcare provider before starting intermittent fasting, especially if you experience side effects like anxiety, headaches, or nausea.

Myths vs. Facts: Intermittent Fasting

Myths

You can eat anything you want during eating periods.

Intermittent fasting works the same for everyone.

Intermittent fasting is just starving yourself.

Intermittent fasting causes nutrient deficiencies.

Facts

Focusing on food quality is crucial while intermittent fasting to support overall health.

Effects vary based on individual health & lifestyle, weight is lost through calorie restriction.

Eating in a time frame may help with consuming fewer calories without purposely restricting food intake.

Eating balanced meals rich in nutrients is unlikely to lead to nutrient deficiencies.

Navigating Holiday Events

October kicks off the busy holiday season, filled with festive gatherings and parties. Don't stress over these events—embrace and enjoy the celebrations with loved ones! Here's how to make the most of every gathering by eating mindfully.



Eat before you go:

Having a small, healthy snack before attending a party can prevent overeating.

Balance your plate:

Aim for a plate that includes vegetables, lean proteins, and a small portion of festive treats.



Mind your portions:

Start with small servings. You can always go back for more if you enjoyed the dish and are still hungry.

Engage more, be present:

Focus on the conversations and activities around you to kick off the holiday season!



Fun Fall Activities

As autumn arrives with its crisp air and falling leaves, it's the perfect time to boost your fitness routine. Enjoy the cool weather and explore new outdoor activities to stay active. Here are some exciting ways to ramp up your physical activity this fall:



Biking: Cycle through scenic routes with friends or family. Biking is not only great for your health, but also a wonderful way to explore different parts of your town.

Park Yoga: Many parks host free yoga sessions during the fall. Stretching and meditating in the open air can relax your mind and strengthen your body.



Hiking: Explore local trails or plan a weekend hike. The changing leaves provide a beautiful backdrop, making it a perfect activity to enjoy nature and get your body moving.

Corn Maze: Visiting a corn maze can be a great way to enjoy the autumn weather, get some exercise, and have a unique adventure with family or friends.



Autumn Kale Salad with Chicken

Servings: 4

Ingredients

- 12 ounces diced butternut squash
- 3 tablespoons plus 2 teaspoons extra virgin olive oil, divided
- 1 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 5 cups shredded kale
- 2 tablespoons apple cider vinegar
- 2 teaspoons maple syrup
- 1 teaspoon Dijon mustard
- 1 medium apple
- 1/3 cup toasted pecans, chopped
- 1/4 cup unsweetened raisins
- 2 cups diced chicken breast
- 2 ounces goat cheese



A delightful mix of flavors, textures, sure to become your go-to fall favorite!

Directions

1. Preheat the oven to 400F.
2. Mix the squash with 1 teaspoon olive oil, 1/2 teaspoon salt, and a pinch of black pepper. Spread it on a baking sheet lined with parchment paper and roast for 30 to 40 minutes until it's tender.
3. In a big bowl, rub 1 teaspoon olive oil into the kale for about 3 minutes to soften it.
4. In a small bowl, whisk together vinegar, syrup, and mustard with a bit of salt and pepper. Slowly add 3 tablespoons of olive oil, whisking until smooth.
5. Just before serving, chop an apple into small pieces.
6. Put the kale in bowls and top with roasted squash, apple pieces, pecans, raisins, chicken, and goat cheese.
7. Drizzle about 1 1/2 tablespoons of vinaigrette over each salad and serve.

Creamy Pumpkin Ginger Soup

Servings: 4



Made thick and creamy with vegetables and Greek yogurt, no heavy cream needed!

Ingredients

- 3-pound sugar pumpkin, halved, seeded, and quartered
- 6 fresh thyme sprigs
- 1 1/2 tablespoons olive oil
- 1 teaspoon salt
- freshly ground black pepper, to taste
- 1 tablespoon butter
- 2 large shallots, chopped
- 3 cups vegetable or chicken broth, plus more if needed
- 1 tablespoon fresh grated ginger
- 3 fresh sage leaves, chopped
- 1/8 teaspoon fresh nutmeg,
- 1/4 cup 0% fat Greek plain yogurt
- chopped chives, for garnish
- pepitas, optional for garnish

Directions

1. Set the oven to 400 degrees F and grease a baking sheet.
2. Place pumpkin and thyme on the sheet. Drizzle with olive oil, sprinkle with salt and pepper, and toss. Spread evenly.
3. Roast for about 60 minutes, stirring halfway, until soft. Let it cool, then peel.
4. In a pot, melt butter over medium heat. Add shallots and cook until soft, about 5 minutes.
5. Add the peeled pumpkin, ginger, broth, and sage to the pot. Season with salt and pepper, bring to a boil, then turn off the heat.
6. Puree the soup in the pot with an immersion blender. Stir in Greek yogurt until smooth.
7. Ladle the soup into bowls. Garnish with chives, extra yogurt, pepitas, and a sprinkle of nutmeg if you like. Serve hot.