

The Lunchbox Nutritionist

Kathleen Searles MS, RD, LDN



Happy National Nutrition Month!

I am excited to share this year's theme, "Eat Right, Your Way, Every Day" along with simple nutrition and lifestyle tips to help enhance your overall health and well-being by eating right - for your life, lifestyle, personal goals, and medical needs.

I hope you enjoy this issue. Contact me today to work on a customized meal plan to help you "Eat Right, Your Way, Every Day"!

- Kathleen Searles, MS, RD, CSSD, LDN

Eat Right, Your Way, Every Day



Your Way: The Busy Person (from career professionals, to students, and families - nowadays almost everyone can fit into this category! Here are some helpful tips to keep you healthy and sane.)

Eat Right Tip: Be prepared for the busy week by preparing your meals in advance and keeping healthy foods on hand.

Every Day:

- Pack portable breakfast, lunch, and snacks.
- Fruit smoothies, Greek yogurt, hard boiled

Eat Right, Your Way, Every Day to Reach Your Goals:



Healthy Heart

- Consume nutrient dense foods such as fruits, vegetables, whole grains, seafood, poultry and low fat meat and dairy
- Reduce intake of sodium rich foods, saturated fats, cholesterol, added sugars, and refined grains
- Eat fish at least twice a

eggs, trail mix, fresh fruit, and fresh veggies with hummus all make great quick “go to” mini meal and/or snacks.

- Build a collection of recipes that work for you and where you are in your life. Rotate them on a regular basis to prevent getting bored.
- Get others involved. Whether your co-workers, roommate, or other family members - get them involved in your journey to a healthier life.
- Keep each other motivated, share ideas, and ask them to participate in meal planning and preparation.
- Dining out? Think portion control. Order from the appetizer menu. Share your meal or save half for later.

Your Way: Vegetarian

Eat Right Tip: Ensure you are getting adequate protein, iron, calcium, zinc and vitamin B12 to meet your nutrition needs.

Every Day: Consume foods listed below to help meet your nutrition needs:

- Plant based protein sources include: beans, lentils, legumes, tofu, tempeh, quinoa, nuts, seeds, and nut butters.
- Food sources of iron for vegetarians include spinach, turnip greens, peas, kidney beans, black - eyed peas, lentils, iron fortified cereals and whole wheat breads, along with some dried fruits such as apricots, prunes, and raisins.
- Vegetarian sources of calcium include dark - green leafy vegetables such as collard greens, turnip greens, bok choy, and mustard greens as well as calcium fortified soy and / or almond milk, tofu made with calcium sulfate, and calcium fortified breakfast cereals.
- White beans, kidney beans, and chick peas are excellent sources of zinc. Wheat germ, pumpkin seeds, and zinc fortified breakfast cereals are also good sources.
- Vitamin B12 is found in animal products, therefore vegetarians need to either supplement with vitamin B12 or consume fortified foods such as soy milk, veggie burgers, breakfast cereals, and nutritional yeast.

Your Way: The Athlete

Eat Right: Whether you are a competitive athlete, weekend warrior, or someone who just enjoys staying active, how you fuel your body will affect your performance. Focus on consuming foods to enhance your time on the playing field!

Every Day:

week

- Eliminate and/or greatly reduce the intake of partially hydrogenated oils and trans fat

Manage Diabetes

- Eat a balance of carbohydrates, protein, and fat every 3 - 4 hours
- Because carbohydrates can impact blood sugar more than proteins or fats, monitor total carbohydrate at each meal along with monitoring blood sugar levels
- Choose foods high in fiber such as fruits, vegetables, and whole grains
- Limit foods made with refined flours
- Limit foods with trans fat, hydrogenated oils, and sugar

Lose Weight

- Monitor overall calorie intake
- Move more, wear a pedometer and aim for at least 10,000 steps a day
- Include fiber-rich foods like fruits, vegetables, beans and whole grains, which offer plenty of vitamins and minerals without an excess of calories while keeping you feeling full longer
- Watch portion sizes to help manage calorie intake

Decrease Inflammation

- Increase fruit and vegetable intake
- Reduce inflammatory causing foods from your diet and consider testing for foods sensitivities, which can be a major cause of inflammation
- Limit alcohol and sugar intake
- Limit and/or avoid trans fat and hydrogenated oils
- Consume a diet rich in Omega-3 fatty acids. A few sources for Omega 3 fatty

- Start your day off with an energy packed breakfast to help fuel your performance. Oatmeal with berries and nuts or a low fat yogurt with granola are two excellent ideas to help get you going!
- Don't skip meals or snacks. To perform at your maximum potential your body needs to fuel itself with energy, and skimping on meals and/or snacks depletes your energy stores.
- Eat every few hours to keep your energy up!
- Drink plenty of water or a sports drink if needed to help replace fluids.
- Make sure to drink before, during, and after exercise.

Recipe of the Month: Spring Rolls with Dipping Sauce



Recipe from Mrs. Dash www.mrsdash.com

Serves:4

Serving Size: 1 roll

Prep Time:15 min

Cooking Time:2 min

Ready In:17 min

Ingredients

2 tablespoons Mrs. Dash Original Blend

1 cup sour cream

4 butter lettuce leaves

4 ounces carrot, peeled, cut into 5 inch matchsticks

4 ounces cucumber, peeled, seeded, cut into 5 inch matchsticks

4 spring roll wrappers

Directions

1. Mix Mrs. Dash Original Blend with sour cream for dipping sauce. Set aside. Lay out each of the spring roll wrappers. Brush with water and let stand until soft. Lay on top of each butter lettuce leaf. Add equal parts of carrots and cucumber. Roll tightly into spring rolls. Cut into 1 inch slices and arrange on plate. Serve with Mrs. Dash Original dipping sauce.

Quote of the Month:

"Variety's the very spice of life that gives it all its flavor."

acids include: fish oil, salmon, cod liver oil, and walnuts

- Reduce Omega-6 fatty acids in your diet. Foods high in Omega-6 fatty acids include meat, baked goods, flour products, and grains

Other Plans for "Your Way":



As a trained nutrition expert I understand that when deciding what the right nutrition plan is for you, there are many options out there and at times it can be very confusing. I work with clients to help educate and empower them to make the right food choices for his or her personal life. If you are considering any of the following nutrition plans to help you "Eat Right" contact me to today and we can customize a plan to ensure your plan will help you reach your goals for a healthier life.

- Paleo Style Eating
- Gluten Free
- Dairy Free
- Vegan
- Mindful Eating
- Non-Diet Approach to Weight Loss
- Weight Loss Surgery
- Food Sensitivity Testing
- Take Shape for Life (or other structured weight loss programs)

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About Kathleen Searles, MS, RD, LDN

I am a Registered Dietitian and am licensed to practice in Massachusetts, New Hampshire, and Maine. The exciting field of nutrition has been my passion ever since I took a foods class with my friends in high school.

Through my work in different states and different settings I have developed my philosophy of helping people improve their diets by finding foods that fit into their particular routines, budgets, and preferences. I look forward to helping you solve your nutrition challenges with tasty and satisfying foods.

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