

SCDA

Winter Newsletter

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Southern Colorado Dietetics Association

http://eatrightcolorado.org/district_southern.cfm

Supplement Review: Celsius

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Have you heard of Celsius?

Celsius is a “calorie burning soda” that has been on the market for the past year and a half. It is being used as a weight loss supplement and an ergogenic aid for exercise.

Celsius claims to be able to increase metabolism for up to three hours after consumption and burn on average 100 calories with each serving consumed.

In addition, it asserts that consumers can enjoy increased mental alertness and concentration, better productivity, improved stamina, boosted energy levels and feelings of vitality. The company suggests that by replacing a regular soft drink with a bottle of Celsius every day for one year, even with no change in exercise habits, a person could theoretically lose up to 17 pounds.

How does it work? Celsius contains a proprietary “thermogenic blend” called Metaboost. The components of the blend include: green tea, ginger, caffeine, calcium, chromium, B vitamins and vitamin C. The website explains how each of these components is used by the body for energy production and utilization.

What does the science say? The Department of Health and Exercise Science at the University of Oklahoma presented a blinded, placebo-controlled study in 2007 conducted over a 28 day period using male and female subjects of normal weight (N=60) comparing a 12oz serving of Celsius vs. a 12oz serving of a placebo drink. The study concluded that that over a 3 hour period, the subjects receiving Celsius burned an average of 100 calories compared to placebo and that metabolic rate was increased by 14% for women, 8% for men during the 3 hours

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following consumption.

Another study published in the Journal of the International Society of Sports Nutrition conducted in 2008, also at the Department of Health and Exercise Science at the University of Oklahoma, reviewed the effects of a 10 week exercise program while consuming Celsius on body composition and cardio respiratory fitness changes in sedentary men and women (N=20 men, 18 women). The study concluded that a single serving of Celsius prior to working out may enhance the positive adaptations of chronic exercise on body composition and cardio respiratory fitness and endurance performance in sedentary men and women.

A counter article to these studies, Calorie-burning: the future of diet drinks, suggests that the science of the studies doesn't stretch far enough to meet the claims the product makes. Tufts University researcher, Dr. Odilla Bermudez, cautioned against replacing soda with functional alternatives with the concern that there are no controls in place to guard against over consumption of functional ingredients. Dr. McEwen from the Nicholas Institute of Sports Medicine shares that although caffeine can improve endurance performance, it can be problematic in large amounts. He states that the effects of repeated, chronic ingestion of Celsius are unknown at this time.

Nutrition Facts: Celsius contains 10 calories per serving and comes in a variety of flavors. It is sweetened with sucralose and contains 200mg caffeine per serving.

Not recommended for: people sensitive to caffeine, children under the age of 12 or women that are pregnant or breast feeding.

Cost: from \$29-52 per case

Availability: sold in Colorado at King Soopers and Walgreens

Sources: Dietary Supplement News (www.dietarysupplementnews.com)

Celsius website (www.celsius.com)

PR Newswire (www.prnewswire.com)

Journal of the International Society of Sports Nutrition (www.jissn.com)

Nutraingredients (www.nutraingredients-usa.com)

Marketwire Inc. (www.marketwire.com)



National Nutrition Month 2009

National Nutrition Month is just around the corner even though March seems far away. This year's theme is "Eat Right".

National Nutrition Month was designed by the American Dietetics Association to help increase awareness about making "informed food choices and developing sound eating and physical activity habits". More information and products with the "Eat Right" theme can be found at:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_home.htm

Please contact Mary Peet (mary.peet@memorialhealthsystem.com) if you are interested in helping with promoting National Nutrition Month through SCDA.

Looking for Resource Topics

SCDA members are great resources for the communities that we are involved with, but how often do we share information with each other within SCDA? This newsletter is a great way to get involved and to share your expertise. Who knows what member could deeply benefit from what you have to offer.

After talking with some members, we realized that one of the areas people would like support in is finding quality resources. We plan to highlight a topic (i.e. diabetes, cardiac, cancer, dysphasia, vegetarian, ethnic specific, kids, supplements, counseling, leadership, etc) in each newsletter.

What topic would you like to see in the Spring Newsletter? Please email your suggestions to JulieReiss@Centura.org.

Once the topic is announced, please send your favorite websites, movies, visuals, books, handouts, etc to Julie Reiss. This is a simple way that you can help our community to provide quality information that we can use for our clients, friends, and families.

Kidney Resources

American Association of Kidney Patients (AAKP) <http://aakp.org>

- AAKP is a national kidney patient organization directed by kidney patients.
- Main focus is dialysis and transplant.

Kidney School <http://www.kidneyschool.org/>

- “Kidney School is an interactive, web-based learning program in 20-minute modules. It was designed to help people learn what they need to know to understand kidney disease and its treatment, adjust to kidney disease, make good medical choices, and live as fully as possible”.
- Module topics include Understanding Kidney Lab Tests, Treatment Options for Kidney Disease, and Alternative Treatments.

Kidney Times <http://ikidney.com>

- Founded by a person with renal disease.
- Various articles i.e. Fast Food Facts <http://ikidney.com/article.php?id=20080415155217>, Emergency Food Lists <http://ikidney.com/article.php?id=20070222134749>, and Holiday Dining Tips <http://ikidney.com/article.php?id=20070222151541>.

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

<http://kidney.niddk.nih.gov/kudiseases/a-z.asp>

- NIDDK is a government institute.
- Provides free easy to read information with pictures (i.e. Childhood Nephrotic Syndrome, Diabetes and Kidney Disease, Your Kidneys and How They Work, etc).
- Some handouts are available in Spanish.

National Kidney Foundation <http://kidney.org/>

- Patient Education in English and Spanish (i.e. Increasing Calories on Your CKD Diet, Spice up Your Diet, Dining Out with Confidence, etc).
- Newsletters for patients and professionals.

RD411.com

- Has a variety of nutrition related information

Renal Insufficiency and End-Stage Renal Disease Resources for Renal Professionals

<http://healthteaching.com/>

- Can purchase various teaching cards.

Renal Practice Group (ADA) <http://renalnutrition.org>

- Resources for professionals and patients.
- Renal Cookbooks. http://renalnutrition.org/files/cookbooks_for_renal_patients.pdf
- Publications for professionals which can also be purchased from ADA’s market place. <http://renalnutrition.org/publications/index.php>

Your Renal Diabetic Diet by Kristy Waltman MS, RD, LD and Valerie Thompson RD, LD

- Can be purchased at <http://www.ncscatalog.com/shopexd.asp?id=138>
- Great patient booklet that discusses low, medium, and high food choices for each of the restricted nutrients. Also provides information about limiting fluids, label reading, eating out, and has a shopping list.
- Also available for non diabetic patients (“Your Renal Diet”).

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White Hot Spiced Chocolate

Ingredients

- 3 cups 1% milk
- 1/8 teaspoon grated whole nutmeg
- 1-3 inch cinnamon stick
- 1/2 cup premium white chocolate chips (such as Ghirardelli)
- 1/2 teaspoon vanilla extract
- 1/2 cup fat free whipped topping



Directions

Combine milk, nutmeg and cinnamon stick in a medium saucepan over medium heat; bring to a simmer, stirring constantly. Add white chocolate chips, stirring until they melt. Remove from heat; stir in vanilla. Discard cinnamon stick. Serve with whipped topping and sprinkle with additional nutmeg or cinnamon if desired.

Yield: 8 (1/2 cup of hot chocolate plus 1 Tablespoon whipped topping).

Nutrition facts: Calories 117, Fat 5g, Protein 3g, Carb 14.4g, Calcium 113mg.

Excerpted from *Cooking Light*, November 2008

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DaVita <http://www.davita.com/>

- DaVita is a dialysis company
- GFR Calculator
- Free diabetic renal friendly recipes



Here is an example of the recipes available through DaVita.

[Old Fashioned Shortbread Cookies](http://www.davita.com/recipes/Desserts/a/294) (<http://www.davita.com/recipes/Desserts/a/294>)

Who knew three simple ingredients — margarine, brown sugar and cake flour — could create such a tasty treat? Try this recipe for Old Fashioned Short Bread Cookies and see for yourself. These Old Fashioned Short Bread Cookies have the perfect texture and flavor you'd hope for in a short bread cookie and can be dressed up with decorations such as sprinkles or icing. Try to eat just one of these yummy cookies. Luckily, there are three in a serving.

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Healthy Coconut Oatmeal

Before heading out to build your snowmen or join the crowds at the mall, try this hearty oatmeal recipe as a simple way to try some coconut in your diet.

Ingredients

3 ½ cups plain or vanilla soy milk
¼ teaspoon salt
2 cups rolled oats
¼ cup maple syrup
1/3 cup dried raisins
1/3 cup dried cranberries
1/3 cup sweetened coconut flakes
1/3 cup chopped walnuts
1-8oz container of plain yogurt (optional)
3 Tablespoons honey (optional)

Directions

Pour the milk and salt into a saucepan and bring to a boil. Stir in oats, maple syrup, raisins and cranberries. Return to a boil and then reduce heat to medium. Cook for 5 minutes. Stir in walnuts and coconut and let stand until it reaches desired thickness. Spoon oatmeal into bowls. Top with yogurt and honey, if desired.

Yield: 6 servings

Nutrition facts: Calories 351, Carbohydrate 55g, Fat 10g, Protein 11g, Fiber 6g

Note: some reviewers of this recipe (exerted from Allrecipes.com) suggested reducing the amount of maple syrup, omitting the honey and using unsweetened coconut and cranberries to reduce sweetness as well as calories.



December Meeting

Topic: **Dietary and Sport Supplements: Risks Versus Benefits?**

Date: Monday, Dec. 8th

Time: 6 - 8:00 p.m.

Location: [Penrose St. Francis Cancer Center](#), Conference rooms B-C

Speaker: Nanna Meyer, PhD, RD, CSSD

Nanna is an Assistant Professor in the Department of Health Sciences at UCCS. She has worked as a sports dietitian and exercise physiologist at The Orthopedic Specialty Hospital (TOSH) in Salt Lake City, UT and works with the USA Cycling and US Speed Skating Olympic teams. She is also a visiting faculty member for the Institute for Sport Science at University of Salzburg in Salzburg, Austria.

Objectives:

1. Provide an update on dietary/sport supplement regulation.
2. Highlight the risk of contamination and mislabeling of dietary/sport supplements
3. Explore the usefulness of assessing the risk-to-benefit ratio of dietary/sport supplements.
4. Provide an update on the most effective dietary/sport supplements for performance enhancement.

RSVP to Andrea Hutchins (ahutchin@uccs.edu) by Dec 4th. This will help us make sure that we have enough wine, cheese, and handouts available at the meeting.

January Meeting

Topic: **Polycystic Ovary Syndrome and Herbal Therapies**

Date: Monday, January 19th

Time: 6 - 8:00 p.m.

Location: [Penrose St. Francis Cancer Center](#), Conference rooms B-C

Speaker: Tiffani Schilling, Pharm D

Tiffani Schilling, a pharmacist, is returning to SCDA to discuss herbal therapies that can be used for Polycystic Ovary Syndrome.

RSVP to Andrea Hutchins (ahutchin@uccs.edu) by Jan 12th

February Meeting

Topic: **Food Safety**

Date: Monday, Feb. 16th

Time: 6 - 8 p.m.



Location: Penrose St. Francis Cancer Center, Conference rooms B-C

Speaker: Russell Saunkeah, Sodexo Foodservice Director for UCCS

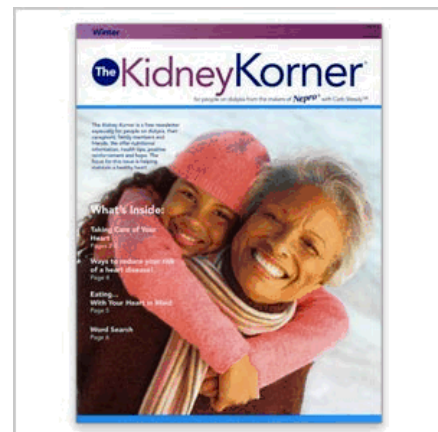
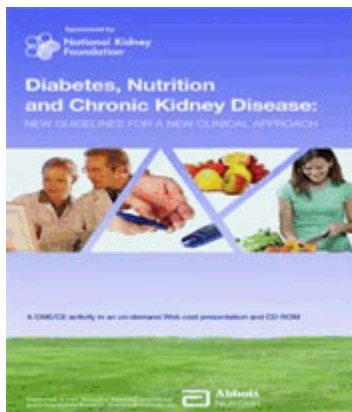
In light of recent and more frequent warnings about the safety of specific foods, Mr. Saunkeah will discuss the importance of HACCP and food safety training for food service operations and clinicians.

RSVP to Andrea Hutchins (ahutchin@uccs.edu) by Feb 9th.

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Abbott. Please contact Julie Stegall (julie.stegall@abbott.com) for more information about how to obtain these handouts.

- Kidney Korner - Quarterly Newsletter for patients and caregivers
- Diet and Dialysis Booklet (Nepro) English and Spanish
- Early Kidney Disease and Diet
- Nutrition and Kidney Failure Stage 5 (National Kidney Foundation)
- Diabetes Nutrition and Chronic Kidney Disease. Access this CE program through www.abbottnutritionlearningcenter.com



Resource of the Month

What could be better than a cookbook and a show on the Food Network starring an R.D?

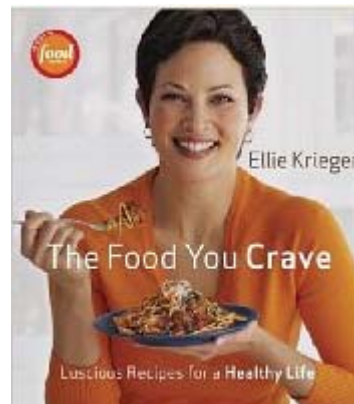
That's what you get in Ellie Krieger host of Food Network's *Healthy Appetite* and author of the cookbook *The Food you Crave*. Published in 2008, this cookbook is designed to re-work favorite foods into healthier versions of themselves and encourages the reader to rethink their approach to food.

Krieger emphasizes fresh, whole ingredients and plenty of fruits, vegetables and whole grains. She encourages balance and variety in food choices.

At the front of the book she reviews essential nutrients and has a list of foods to stock the pantry with to get started.

Each recipe provides a nutrition breakdown so this book could be helpful for patients and clients watching their calories, fat, protein, fiber, and carbohydrate intake.

With nutrition tips and beautiful pictures mixed in, this should be on everyone's list of books to buy this year.



Around Town

No events were submitted for this newsletter.



Happy Holidays from SCDA.

We Want Your Input

Do you have a bright idea, great tip, resource, website, meeting topic, speakers, or upcoming nutrition related event that you would like to share?

Looking for a place to publish your article? Share your ideas with us by the 15th of each month. We may edit submissions for clarity.

Do you know of an upcoming nutrition related event that you'd like to advertise for free? We can post it in the calendar section of CDA's website or on our webpage. Contact Julie Reiss (JulieReiss@Centura.org) for website related posting criteria.

Contact Julie Stegall (julie.stegall@abbott.com) for more information about sending out emails to SCDA regarding upcoming nutrition related events or jobs openings.

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