

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's health and wellness program, where we feature news and information you can use to live a healthier life. I am Katie Johnson, your host, and I have two guests with me today for March Nutrition Month. Virginia Nollmeyeryer is the clinical dietician at Lake Region Healthcare and she has brought along her assistant, Madison Mashek, who is a nutrition services intern, working at Lake Region Healthcare, right now. Good morning ladies.

Virginia

Nollmeyer:

Madison Mashek: Morning.

Katie Johnson: As I mentioned, March is Nutrition Month and it is a great time to talk about what we put in our bodies. That fuel that we give our bodies, whether it's good fuel or whether it's junk fuel. We want to give our listeners some tips. An association that you work with, The Academy of Nutrition and Dietetics, has offered 18 health tips for 2018. I know 18 is, maybe, a lot to try and squeeze into our 10 minutes show today, but we're going to try to do that. But before we do, I want our listeners to get to know each of you a little bit more. Virginia, you're relatively new at Lake Region Healthcare. Tell us about your background and what brought you here.

Virginia

Nollmeyer:

I am originally from Montana, from Bozeman, Montana. That's where I grew up. I went to school at Montana State University. I was in private practice before I came to Lake Region. The reason I switched jobs is I missed the people, and being on the floors, and having that interaction with all the medical specialists. When you're in private practice, you're kind of isolated a little bit. I came out here because I did part of my internship out here. I love Minnesota and I love kayaking and biking and snow, so it's all good.

Katie Johnson: But it's a good place for you to be, and your role here is primarily working with patients who are admitted to the hospital and working with them and their nutrition needs. Is that correct?

Virginia

Nollmeyer:

That is correct. I do the in-patient side of the hospital. I also go over to Oncology, the cancer center, and then I'm at cardiac rehab, as well.

Katie Johnson: Awesome. And Madison, you are just fresh into your time here. Tell us a little bit about where you're going to school, what you're hoping to do, and how long you're going to be at Lake Region Healthcare, and what you're going to be doing here.

Madison Mashek: I'm from North Dakota State University, NDSU. I'm only about an hour ... I live small town North Dakota, an hour from Fergus. I really like clinical dietetics. It's only my first week here, but I am loving it, so far.

Katie Johnson: Awesome, awesome. And how long are you going to be here?

Madison Mashek: Eight weeks. My last day is in May and then I graduate.

Katie Johnson: What do you want to do after that?

Madison Mashek: I really love clinical, so something like in a hospital or clinic.

Katie Johnson: Awesome. You want to be just like Virginia, right? That's a good role model. Well, let's dive into these 18 tips. Some of them we'll maybe not spend as much time on, but this one, it seems like it always comes up when you talk about healthy nutrition, eat a good breakfast.

Virginia Nollmeyer: Absolutely, and I'm a big breakfast person. I have breakfast every morning before I leave the house. You need to have that because it's called breakfast, break the fast, because you're going to bed at night, you've had eight hours of sleep or, if you're like me, maybe five to six hours of sleep. But you're basically fasting all night, so your body needs those nutrients first thing in the morning. It will jumpstart your brain and get it going for the day, because also your brain needs that nourishment, as well. Do something that will sustain you. If you can do oatmeal, do oatmeal, that'll hold you until you can have a snack, or have lunch, or else, just go ahead, if you're in a big hurry, grab a protein bar, out the door. You can do a shake, if you want. Those Carnation Instant Breakfasts are great or other shakes in the morning. Smoothies you can make ahead of time and have ready to go, but you can eat it in the car if you don't have a lot of time or wait until you get to work.

It doesn't matter what time you have breakfast, if you don't get to have it until 10 o'clock in the day, just go ahead and have it, so you can get your brain going, get your GI track ready for the day, and ready for your snack, and your lunch, and your meals coming up. It's so important.

Katie Johnson: You're really not doing your body any favors by not doing it, because, like you said, you're not breaking that fast. Your body is not going to be doing its best.

Virginia Nollmeyer: Absolutely. A lot of times what happens if you skip breakfast is you get into that starvation mode, where all of a sudden you're like, "I am so hungry. I can't make it to lunch." If you didn't bring a snack to have in between, then that's where you over consume at the next meal. This way it keeps your glucose levels in check so you don't get the highs and the super lows, but it also helps you not over consume.

Katie Johnson: Number two is, make half of your plate fruits and vegetables. Holy cow, half of your plate?

Virginia Nollmeyer: I would say, "You can do it." It's like free food everybody, so half your plate fruits and vegetables. You can do vegetables on the side if you want to have them as a snack and you're not actually eating them with your meal. You can do your fruit

on the side as a snack, as well. One of the things I do if my plate's got my protein, or I've got a whole grain, I might have a snack, here at work, that's some vegetables, either a cucumbers, carrots, maybe a little bit of cheese on the top, so I can get some protein in there, or a do a lot of apples with peanut butter, just to give me ... I get a little bit of that fruit that I need and also the café, if you're here at the hospital, has wonderful little fruit cups that you can have, so today I actually did that. I ran out and got myself some fruit for a snack, had the pineapple, it had the grapes, everything that you want, as a good fruit snack.

Katie Johnson: That's a great way to incorporate that into the diet. Watching our portion sizes is number three. Tough to do around here I tell you. There's some big plates out there.

Virginia Nollmeyer: There are big plates and what's amazing is in the U.S. our plate size has gotten huge. When you go to the store you find these 10 and a half inch to 11 inch plates, which is not what a real serving size is going to look like. If you look at the salad plate, those are the size of the plates I grew up on and that's a normal servicing size and your plate looks full. If you go ahead and you use just your ... If you're looking at proteins, you're looking at meat, the palm of your hand is about one serving size. If you cup your hand, that is one cup, so those are real good visual aides as you're going through your food. Even a stack of cards, so a deck of cards, that's a size of meat.

If you're doing fish, which I think we're going to talk about in a little bit, about the size of a deck of cards is how big you want that. If you're a bigger person, you just look at the palm of your hand, anyone who's bigger than me, I'm short, so my palms are small, but if you're tall, or some of the guys have bigger hands, that still would be your portion size. Look at the palm of your hand and that would be it. So someone bigger than me is going to have a little bit more fish or protein in their diet. But just going through, you might have to actually measure, and that's something I've been trying to do, just because I'm a dietician does not mean it's easy for me either.

In the morning, when I do my oatmeal, I actually measure it out. I measure out my yogurt, if I have it in a big tub of yogurt rather than the small ones, but it just takes a little extra time. You could also do your portion control by doing things ahead of time, portioning it out the night before, or on the weekends, stick it in the frig, putting your almonds, your nuts, anything like that in a little container, have those ready to go so it's grab-and-go. You know your portions are good.

Katie Johnson: That's a really good tip. If you do that for a while, you get a hang for what is half a cup? What is one cup?

Virginia Nollmeyer: Absolutely.

Katie Johnson: So measuring to help watch our portion sizes. Number four is, be active, goes without saying. We talk a lot about being active and our tag line, there's so much

to do here, stay healthy for it and moving. Regular physical activity to offset those calories we take in is definitely important. Number five goes right along with that, then fixing healthy snacks.

Virginia Nollmeyer: Yes. One of the things you can do ... Healthy doesn't mean that you can't have fun with it. There's fun protein bars out there. There's energy bites that you can make and you can find the recipes for those online. There's peanut butter. There's blueberry. Different things you can do with those, as well. You can also add in, like I was saying earlier, the nuts into your diet. They're such a good source of protein and fiber. They help to fill us up, so you get that little bit of something to keep you through to the rest of your day. I am all about snacking. I'm the snacking dietician.

If you want to have breakfast, get your breakfast, have a snack a couple hours later, two to three hours. Have your lunch. Have a snack. Have dinner. Have a snack. It keep you full and when you're choosing those healthier foods, you can go ahead and eat more of that, rather than grabbing a donut, which is going to give you an instant high and then a crash and now you're ready for another snack. Make sure that it's just healthy foods; fruits, vegetables, cheese sticks, yogurts, anything like that is a great option throughout the day.

Katie Johnson: That's my kind of eating.

Virginia Nollmeyer:

Katie Johnson: Eat, snack, eat, snack, eat, snack, yeah. That's a good day, but if we watch our portions and we make those foods that we eat healthy, you can eat that many times a day and be healthy about it.

Virginia Nollmeyer:

Katie Johnson: Number six is, get to know food labels. We've talked about this quite a bit with our Shop With a Doc Program, that actually has our doctors join you at the grocery store and look at food labels. I'm curious, is this something that they spend a lot of time at in school, when they're instructing about how to decipher these food labels and all the changes that seem to come about with what's listed, what's required to be listed, all that kind of stuff? Is that a big part of your education?

Madison Mashek: Yeah, they do and they're always changing. It's always updating. Just recently, I guess, when I was in school, they were like, "Food label's changing. You guys should be aware of this. This is something you need to know." Yeah, it is. It is something and it's a very helpful tool when we're working with patients, especially on the out-patient side, to have that food label there to show them how to use it and what to look for, because it's not something that you get taught every day.

Katie Johnson: Exactly, and knowing what to look for, what the hidden things might be there, what your actual targets are, are all really important. Well, I am going to suggest that we've made it, not even halfway through, but I think we should make this a two part series.

Virginia Nollmeyer: I agree.

Katie Johnson: We have another Tuesday left in March. Let's make our listeners wait for the second half of 18 health tips for 2018. We'll be back next week with the rest of those.

Virginia Nollmeyer: That sounds great. Thanks everybody.

Katie Johnson: March Nutrition Month, my guests, Virginia Nullmeyer, clinical dietician at Lake Region Healthcare, and Madison Mashek, our nutrition services intern. Tune in again next week for the second half of our 18 health tips for 2018 during March Nutrition Month on Apple a Day. Madison, Virginia, and Katie remind you there is so much to do here, stay healthy for it. Have a great day.