

Katie Johnson: Good morning, and welcome to Apple A Day, Lake Region Healthcare's health and wellness program where we feature news and information that you can use to live a healthier lifestyle. I'm excited to welcome as my guest this morning Kristy Norenberg. She's a clinical dietitian here at Lake Region Healthcare, and she's going to talk with us about this month's Living Well Series and the topic that we'll be featuring for January.

Good morning, Kristy.

KristyNorenberg: Good morning, Katie. How are you?

Katie Johnson: I am great. I always love talking about the education series and the variety of topics and speakers that we bring in to focus on all of the different components of wellness, and I'm excited to say that January, we're going to be talking nutrition, probably one of the most asked-about topics, particularly at this time of the year. We're all coming off of the holidays, maybe had one too many sugar cookies, and thinking a little bit more about our diet and what we are eating. Tell us a little bit about what the presentation in January is going to talk about and who our presenters will be.

KristyNorenberg: Okay. The title of our presentation is called Invest In Yourself, Eating to Support Good Health. Myself and Lynn Remsberg will be presenting. Lynn is our production coordinator at Lake Region Healthcare Nutrition Services, and she has her degree in culinary arts from M State plus 30 years' experience ranging from fine dining to healthcare. Between the two of us, we plan to present something very helpful to people.

We'll be discussing the importance of looking at nutritious, high-quality food as an investment in our health rather than an expense. Our concept is if we invest in nutritious, high-quality food, the payoff is good health. If we invest in cheap, low-quality food that is nutrient-poor and high in unhealthy ingredients, the result is disease.

Katie Johnson: You talk about this investment. Is it true that healthy food really does cost more?

KristyNorenberg: It doesn't have to, but it may. But the cost difference is surprisingly low. One study led by Dariush Mozaffarian at the Harvard School of Public Health found that eating healthy costs \$1.50 more per day, so that's very inexpensive compared to the cost of treating diseases such as obesity, heart disease, diabetes, stroke, et cetera. On the other hand, swapping out meat for lower-cost protein such as quinoa or beans actually saves money. Growing some of your own vegetables or herbs saves money, too. The bottom line is that we need to look at food cost differently, and it really comes down to this, invest in your health today or your sickness tomorrow, so it's a choice.

Katie Johnson: Right. I think that's the key, that you can look at it as a day-by-day expense or

investment, or you can look at the long-term overall investment, and that's where we're going to see the real impact of that investment.

KristyNorenberg: Absolutely.

Katie Johnson: You talk about disease and food. Is there such a thing as super foods that can protect our health?

KristyNorenberg: Not really. There are some foods that are obviously a lot more nutrient-dense than others, but there's not really a single food or a supplement that will undo any damage that's done by unhealthy eating or an unhealthy lifestyle. Rather, we get enough protection from a lifestyle that includes eating a large variety of the right kinds of foods and in the right amounts. Amount is important too. There's many, many helpful foods to choose from that promote good health and fight disease, and they can all be found right here in Fergus Falls at any of our grocery stores, so we don't have to think we have to go to Minneapolis or someplace to buy special foods.

Katie Johnson: Right. That super food is maybe a little bit of a misnomer. It's got to be a bigger picture.

KristyNorenberg: A little bit. Mm-hmm (affirmative). A little bit. Like I said, there are some foods that are much more nutrient-dense than others, but as far as one super food, we try to get away from that term and just look at lifestyle and eating a good variety of healthful foods.

Katie Johnson: What's this I hear about inflammation and how the food that we eat can contribute to that?

KristyNorenberg: Yes, there's a lot of information about inflammation out there right now. Your immune system naturally attacks anything in your body that it recognizes as foreign. That process is called inflammation. Occasional inflammation that's directed at truly life-threatening invaders protects our health. However, when inflammation persists day in and day out, it damages body tissues in ways that promote disease. Unhealthy ingredients such as excess sugars, unhealthy fats, especially in the absence of healthy foods, aggravates inflammation. Elevated blood sugars from over-consumption can also aggravate inflammation. Excess body fat, being too sedentary, all of those things aggravate inflammation. Eating the right kinds of foods in the right amounts helps to fight that.

Katie Johnson: I'm sure you'll be talking about that more at the Living Well Series presentation. How about recipes and meal ideas? Is that something that attendees will find too?

KristyNorenberg: We will have some recipes. We'll be featuring some tasty foods there that are made from healthy ingredients, and we'll have the recipes available for those and a few meal ideas as well, how to incorporate more healthy foods into everyday meals.

Katie Johnson: I think that's key. For me, it's one thing to know what I should be eating and preparing, and altogether another thing to actually put that together into a nightly or weekly meal plan.

KristyNorenberg: Right. Yeah.

Katie Johnson: Remind us again. The Living Well Series is held each month at Lake Region Healthcare. Remind us the specifics, time, a place, location, and how people can find out more or RSVP for this January session.

KristyNorenberg: Okay. We will be presenting on Monday, January 16, from 5:30 p.m. to 7:00, and we'll be in the main clinic at Lake Region Healthcare. The address of the main clinic is 111 West Vernon Avenue in Fergus Falls. Preregistration is not required, but since we will have quite a bit of ... Well, I shouldn't say quite a bit of food. We'll have three different things for people to eat. It would be helpful for us to have people RSVP so that we can have a good idea of how much food to plan for. But having said that, if you decide at the last minute that you want to come, please come join us. Don't let the lack of an RSVP keep you away.

Katie Johnson: Definitely. How can folks do that?

KristyNorenberg: Call 218-736-8699 or you can e-mail livingwell@lrhc.org.

Katie Johnson: Fantastic. Anything else you want our listeners to know about the Living Well Series Invest In Yourself, Eating to Support Good Health?

KristyNorenberg: Lynn and I are both really passionate about this topic, and I think it will be a very fun and informative time, and so I just really encourage people to come out and join us for a good discussion and some tasty food as well. That's always helpful, right?

Katie Johnson: Absolutely. Sounds like the perfect combination to me. Thank you, Kristy Norenberg, clinical dietitian, one of the presenters at this month's Living Well Education Series, Invest in Yourself, Eating to Support Good Health. Again, that will be Monday night, January 16, starting at 5:30 in the main clinic lobby. We hope that you can join us and hear what Kristy and Lynn have to share with us for some healthy eating tips this month.

Thanks again, Kristy.

KristyNorenberg: Thank you, Katie.

Katie Johnson: Kristy Norenberg and Katie Johnson on Apple A Day this morning reminding you there is so much to do here. Stay healthy for it. Have a great day.