



Nutrition news

PROVIDING YOU WITH WHOLESOME NUTRITION

Happy Spring 2015 from Whole Nutrition News!

It's all about lifestyle here at Laura Cipullo Whole Nutrition Services and MomDishesItOut. In the theme of balance, we are happy to announce we will be consolidating our efforts and joining as one website under the umbrella of www.LauraCipullo.com in the summer months. Keep your eyes peeled.

To make scheduling easier and available online, you can now book your appointments through MindBodyOnline (<https://clients.mindbodyonline.com/classic/home?studioid=208942>)

On mindbody you can now book your Counseling sessions:

- **Lisa Mikus, RD, LDN, CDN**, specializing in general nutrition, eating disorders and college nutrition
- **Holly Warfel, RD, CDE, CDN**, specializing in Diabetes, Type 1 and 2, eating disorders and gastrointestinal health
- **Laura Cipullo, RD, CDE, CEDRD, CDN**, specializing in child and family nutrition, women and men's health, diabetes, eating disorders and gastrointestinal health

Lifestyle classes or groups:

- **Meal Sessions with Lisa** – Get 1:1 support for 1 hour
- **Meal Support Therapy** – With Holly and Laura C. – Learning to overcome disordered eating with mindful eating practices (different groups available for different needs) 2 hours Groups
- **Cooking Lessons and Food Shopping** with Laura Lu, RD.

Buy books like Healthy Habits

Buy our favorite HEALTHY Clothes

- **10% of Tank Top Sales for May and June** goes to the charity Project Heal.

Take a look here: <https://clients.mindbodyonline.com/classic/home?studioid=208942>

Special Congratulations to Laura's former interns:

Valery Kallen and Lauren Cohen for getting matched with a dietetic internship! We know this is a great accomplishment.

Diabetes and Me, My Journey to Living with Type I Diabetes as an RD

HOLLY WARFEL LORUSSO, MS, RD, CDE

“Why did you want to become a dietitian?”

Many clients have asked me this question. When they find out that my passion for studying nutrition was started when I was diagnosed with Type I Diabetes, they are often surprised. Even though Type 1 is an autoimmune disorder that is not as common as the well-known Type 2 Diabetes, many of the same principles still apply when it comes to diet and lifestyle. And so when they find out that a “role model” of a healthy lifestyle is dealing with a disease that many other people also deal with, I think it surprises some.

Whether you are trying to improve your health, work through disordered eating, diabetes, heart disease, or a food allergy, etc.—I think we all can admit that it is nice to know there are other people who are working through the same things. Even though many of my clients don't know that I have diabetes, I think it helps me connect with them as I can relate to their day-to-day struggles of what to eat, when to eat, and (for me) how much insulin to give.

I was diagnosed when I was 11 years old, so beginning my adolescent years with a condition that no one else had was difficult at first. Having to go to the nurse's office to check my blood sugar or give myself insulin was not what a typical 6th grader was doing. But I kept doing it, knowing that if I didn't do it—my diabetes would suffer, and I would feel tired and sluggish—and that was not okay for the girl who was constantly running to sports practices, meetings, or dance classes after school.

I think the toughest thing for me about having diabetes was learning to accept it as a part of my life that was not going away, and it took me a long to do this. I was always trying to see how long I could

continued on page 4

Inside:

Diabetes and Me, My Journey to living with Type I Diabetes as a RD	1
The New 2015 Dietary Guidelines	2
Book Recommendations	2
Honey Dijon Glazed Brussel Sprouts	3
Save the Date	4

The New 2015 Dietary Guidelines: Promoting a “Culture of Health”

LISA MIKUS, RD, LD

The *Dietary Guidelines for Americans* come out every five years. This year’s recommendations have been released for public commentary. The final guidelines will be published in Fall 2015.

So why have dietary guidelines? There are a number of very serious yet preventable chronic diseases that Americans suffer

from every day. These include obesity, type 2 diabetes, heart disease, and hypertension, among others. New research demonstrates that there may be a relationship between dietary patterns and some neurocognitive disorders. Clearly there is a need to promote these guidelines for the health of the American people.

According the *Scientific Report of*

the 2015 Dietary Guidelines Advisory Committee, an overarching theme is to promote a “culture of health” by promoting a healthy lifestyle that is affordable and accessible to the public.

Energy Intake

As summarized by the report, a “healthy dietary pattern is higher in vegetables, fruits, whole grains, low- or non-fat dairy, seafood, legumes, and nuts; moderate in alcohol (among adults); lower in red and processed meats; and low in sugar-sweetened foods and drinks and refined grains.” Water is always the best choice of beverage and is to be promoted and accessible in schools, childcare settings, work places, and other public spaces. The report also touches on the possible taxation of higher sugar- and sodium-containing foods, which may discourage consumers from purchasing these foods. Concurrently, there could be monetary incentives to purchasing fruits and vegetables for the public.

Physical Activity

The guidelines recommend that Americans follow the *Physical Activity Guidelines for Americans* which recommend at least 2.5 hours a week of moderate-intensity aerobic physical activity or 1.25 hours a week of vigorous-intensity aerobic physical activity. In addition to the guidelines for adults, there are guidelines

continued on page 3



Book Recommendations

1. Children’s Book of the Month:

**To Market
To Market**

By Nikki
McClure



2. Self-Care/Compassion:

**Life Meditations:
Thoughts and
Quotations for
All of Life’s
Moments**

by Edward J.
Lavin, S.J.





continued from page 2

for children. Children should be engaged in at least 1 hour a day of moderate- to vigorous-intensity physical activity in addition to a limited screen time of no more than two hours per day.

Health Advocacy

A section of this report highlighted the importance of seeking advice from reputable healthcare professionals, such as Registered Dietitians and exercise and behavioral specialists, in order to provide a unique and personalized plan for a healthy lifestyle and the prevention of chronic diseases. This section is crucial to promote the awareness of these services to help those choose a healthy lifestyle in a safe and monitored manner.

For more information, go to: <http://www.health.gov/dietaryguidelines/2015-dga-timeline.pdf>

RECIPE BY LAURA IU, RDN

Honey Dijon Glazed Brussel Sprouts



Brussel sprouts are one of my favorite vegetables—one that makes its appearance almost bi-weekly in my kitchen. My hope is that it will also become a staple in yours! If you're new to brussel sprouts, they're comparable to a miniature cabbage. Brussel sprouts can easily be roasted, sautéed or steamed, but keep in mind that the cooking method will change the flavor of the sprouts tremendously. If you've tried them before and weren't a fan, please don't give up on them! This honey dijon glaze is both savory and sweet—making this a great way to introduce brussel sprouts to anyone.

INGREDIENTS

1 lb brussel sprouts
2 tbsp olive oil
2 cloves of garlic, minced

Dressing:

3 tbsp honey
2 tbsp dijon mustard
1/4 tsp garlic powder
dash of pepper
salt *optional

INSTRUCTIONS

Trim and halve the brussel sprouts lengthwise, wash, and towel/air dry.

In a small bowl, whisk together the dijon mustard, honey, garlic and pepper. Set this aside.

Heat a large pan over medium heat with olive oil, add garlic and stir for 2 minutes. Add sprouts to pan, tossing so that they are all coated in oil. Then arrange sprouts cut side face down, in one layer. Allow sprouts to cook for ~5-7 minutes, or until caramelized. Note: it's OK for them to turn a little brown or charred—That's what you want to achieve! Continue to sauté the brussel sprouts for 7-10 minutes, or until they are caramelized to your liking. I like mine extra brown! Top with honey dijon glaze.

Diabetes and Me, My Journey to Living with Type I Diabetes as an RD

continued from page 1

make it before someone that was close to me found out about the diabetes, and I felt a small victory when I was able to show that I was a “normal” person for x amount of time. Overtime, I noticed my family and friends didn’t treat me any differently because I had diabetes. I realized that having diabetes was not something to hide, and it hasn’t negatively affected my life.

After this realization, I decided to get an insulin pump for the first time. Before, I was controlling my blood sugar with



multiple daily injections. My diabetes has always been well controlled, and when I was younger, I was determined to keep it that way so that the doctor would not make me get an insulin pump. Why? I think it was because for some reason, having an insulin pump would be a constant reminder that I had diabetes. Before I was accepting of it, multiple injections seemed like an

easier way to hide the diabetes. Now that I wear an insulin pump, it is much easier to control my blood sugar and manage correctly. I thought I would be annoyed with having something attached to me—but as it turns out, I often forget where the pump is unless I am actively trying to find it! And I’m happy to talk with anyone about what it’s like to wear a pump on a daily basis.

My career path was certainly influenced by having diabetes, and I am grateful for it. As I counsel clients on diabetes, or disordered eating, or any other condition- I also have to make decisions regarding what to eat, how much insulin to take, etc. But the best part about it is that after you are able to accept it, it gets a lot easier. Having diabetes has become more manageable, to the point where I often don’t realize when I’m checking my blood sugar or giving myself insulin because it is so automatic. And so I often like to tell my clients that any condition, disease, or illness you are struggling with can get easier when you are able to let go of the negativity attached to it. Even if you are not happy with where you are currently, whether it’s regarding your weight, your overall health, or a new diagnosis—the first step is to accept where you are, and it will be easier to reach your goals. It has been a blessing for me to be able to personally relate to my clients, and show that having diabetes does not have to slow you down.

Save the Date

LAURA CIPULLO’s book *The Diabetes Comfort Food Diet* will be re-released this coming fall through Robert Rose, the publishing company.

Laura Cipullo will also be speaking at the BEDA conference this coming November on meal strategies for Diabetes and Eating Disorders. BEDA 2015, the Binge Eating Disorder Association’s 6th Annual Conference, will be held at the Hilton Diplomat in Hollywood FL, November 5–7, 2015. This year the theme *Many Paths, One Journey* was chosen to highlight the variety of ways in which people experience, treat and recover from binge eating disorder (BED). The event will cover topics from size diversity and weight stigma to current research into mood disorders and the efficacy of different treatment models.

Look for our Healthy Shirts in NJ and NY at your local boutiques like The Bar Method in Ridgewood, NJ and Kinected Studio in NYC.

Special thank you to Lindsay Marr, Valery Kallen, DI, Lauren Cohen, DI, Courtney Darsa, RD, and Hannah Husby for your nurturing efforts to maintain our websites and social media sites the past two years. Lots of gratitude to Sharon Levy, Lindsey Reinstrom and Amber Colleran for all of your editing, graphic design and speed the past few years.

Healthy and Happy Wishes to all!

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