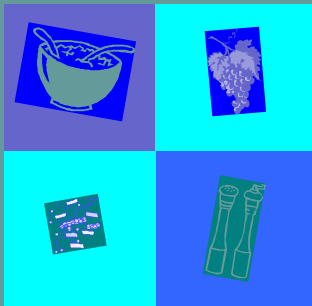


**University of Washington's Nutrition Academic Award
Introduces MD-RD Quarterly:**
towards the provision of optimum medical-nutritional links in the
New Millennium.



UW's NAA Survey Update

Thanks to all of you who have responded to the Nutrition survey for WAFP members. We have received about a 40% response rate and plan to share our findings with you in the near future. Some basic data include:



- ♥ Many of your patients are requesting more nutrition information, in particular on vitamins, minerals herbs and weight loss!
- ♥ Most of you aren't satisfied with the quality and quantity of nutrition education training you have received.
- ♥ Almost all of you refer to RDs— Bravo!

♥ Most of you believe that applied nutrition training is very important in patient care settings.

We are hoping to publish these findings in the fall and use this data to develop a national survey for various medical specialties as well as augment the existing curriculum at the University of Washington. Many thanks for your feedback!!

LEARNING OBJECTIVES:

Target audience: Washington Academy of Family Physicians (WAFP) Members.

Upon completion of this newsletter, the reader will be able to:

- ♥ Discuss the new Dietary Guidelines for Americans and their implications for health
- ♥ Individualize food choices for patients.
- ♥ Recommend multivitamin/mineral supplements for select patient populations.
- ♥ Choose appropriate weight ranges for patients based on BMIs and weight history.
- ♥ Critique, compare and contrast web-based medical nutrition resources for patient and personal use.

See Box on Page 4 For CME Information

The New Dietary Guidelines

In May of this year, the USDA published the new Dietary Guidelines for Americans (5th edition), which are revised every five years in response to consumer and public health trends. They have been updated to include more emphasis on physical activity, food safety, and moderate intakes of calorie-dense foods such as simple sugars. The 2000 version embraces an 'ABC's' theme for health: Aim for fitness; Build a healthy base; and Choose sensibly. The themes encompass the 10 following guidelines:



AIM FOR FITNESS

1. Aim for a healthy weight.
2. Be physically active each day.

BUILD A HEALTHY BASE

3. Let the pyramid guide your food choices.
4. Choose a variety of grains, especially whole grains.
5. Choose a variety of fruits and vegetables daily.
6. Keep food safe to eat.

CHOOSE SENSIBLY

7. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
8. Choose beverages and foods to moderate your intake of sugars.
9. Choose and prepare foods with less salt.
10. If you drink alcoholic beverages, do so in moderation.

For more information, check out the following website:

Http://

www.nal.usda.gov/fnic/dga



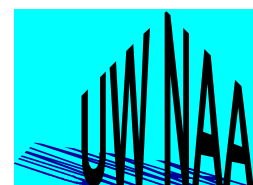
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Inserts: Food Guide Pyramids modified for spe-

This Newsletter has been sponsored by the University of Washington School of Medicine. Funding for this newsletter includes the TJ Phillips Professorship under the auspices of John Coombs, MD and the National Institutes of Health's Nutrition Academic Award.

1 CME credit may be awarded per newsletter by reviewing the contents (see page 4)





Individualizing Food Choices



So, your patient comes to visit you, has a copy of the Food Guide Pyramid in hand, and asks, ‘what if I’m vegetarian?’ or ‘what if I have lactose intolerance?’ Although the Food Guide Pyramid is a population-based approach to providing guidelines for healthy eating, it does not always cater to the individual. The following table will help you with providing alternative sources of nutrients for those choosing to avoid certain foods due to social, cultural, or physiological reasons.



Food Avoided*	Nutrient Source	Suggested Alternative
Red Meat and Poultry	Protein	Milk and dairy products, legumes (beans, peas and lentils), combined grains, legumes and dairy items, eggs.
	Iron	Enriched cereal products, dried fruits, nuts and seeds, dark leafy greens, legumes.
Milk and Dairy Items	Protein	Meat, poultry, fish, or eggs, legumes.
	Carbohydrate	Grains, legumes, fruits and vegetables.
	Calcium and Vitamin D	Adequate sunlight exposure (Vitamin D), fortified soy milk, orange juice, and cereals, dark leafy greens.
All Animal Foods	Protein, Iron, Calcium, Vitamin D (as above)	
	B12	B12 supplement or B12 fortified soy milk.
Grains, Wheat items	Carbohydrate	Legumes, nuts and seeds, rice, vegetables (potatoes and corn), fruit.
	B vitamins	Varied diet, including fruits and vegetables, dairy and meat, nuts and seeds.
	Dietary Fiber	Fruits and vegetables, rice bran, soybean fiber, psyllium seeds.
Fruits and Vegetables	B and C vitamins	Fruit and vegetable juices, desserts, and snack items such as fruit roll-ups and dried fruit.
	Antioxidants and fat-soluble vitamins (ADEK)	Varied diet, with legumes, nuts, seeds, whole grain items, meat and dairy.
	Dietary Fiber	Grains containing oat and wheat bran, fiber supplement, fruits and vegetables.

* For more information on guidelines for special diets, please refer to the inserts in this newsletter.

“Man can not live on bread alone....”
~Moses~



Nutrition Trivia:

Did you know that often the cheapest multivitamins on the market are often the best choices? When shopping for a multivitamin/mineral supplement, look on the label for the %RDA (Recommended Dietary Allowance). If any vitamins or minerals are in excess of 100% of the RDA, this is not considered 'better'. In fact, doses over 10 times the RDA may be deleterious to one's health, and have drug-like effects that may be contraindicated. In terms of 'natural' versus 'synthetic' multivitamins, the only difference is the synthetic source is in a more 'purified form'—the vitamin structures are exactly the same.



“Never eat more than you
can lift...”

~Miss Piggy~

Suggesting a multivitamin/mineral supplement

Many of your patients may be asking about whether or not they should take a multivitamin/mineral supplement. Although the ultimate choice is up to the patient, there are certain times when supplementation is warranted. Characteristics of patients that can alert you to this possibility include:

- ♥ Strict vegetarian (ie: vegan)
- ♥ Diets often
- ♥ Avoids specific types or groups of foods
- ♥ Follows a calorie-restricted diet (less than 1200 kcal)
- ♥ Often eats less than 5 fruits and vegetables a day
- ♥ Is scheduled for surgery
- ♥ Is recovering from a major injury, illness or trauma
- ♥ Smokes or drinks heavily

For women only:

- ♥ Is pregnant or breastfeeding
- ♥ Experiences heavy menstrual bleeding
- ♥ Is on birth control pills

The most important advice you can leave your patients with is, although a vitamin pill may provide added insurance against nutrient deficiencies, it will never replace a varied, well balanced diet that also includes dietary fiber, water and various biologically active, beneficial plant substances called phytonutrients. If you or your patients want a good dose of phytonutrients, stock up on your fruits and veggies, particularly the bright red, orange and green colored ones....

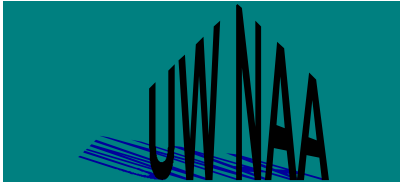


MD Q&A:

Q: It seems like there are a lot of weight ranges and tables out there, from Metropolitan Life tables to Body Mass Indices, and the cutoffs for obesity do not always agree. What weight assessment tool should I use for my patients and what weight range should I suggest?

A: BMI's are useful for MDs as they are a quick, practical health assessment tool. BMI's under 19 and over 25 are associated with increasing health risk. The current cutoff for obesity is a BMI over 30 (NIH and WHO), and over 25 for overweight individuals (NHLBI and WHO). However, individualizing weight ranges and goals is critical as these ranges are guides at best. Ask your patient what is the lowest adult weight he or she maintained for at least a year— suggest slow, gradual weight loss goals that include physical activity and a low fat, varied diet.

University of Washington's
Nutrition Academic Award



*committed to excellence in practical
medical-nutritional education for
the New Millennium*

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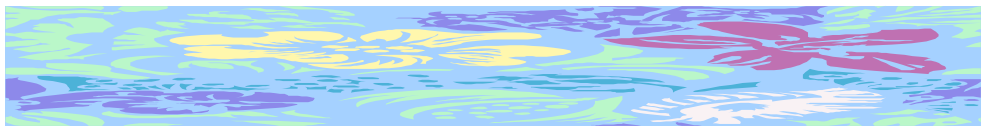
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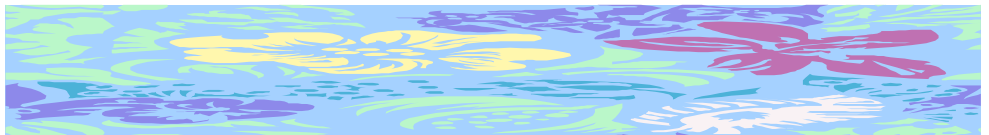
CME INFORMATION:*

Accreditation: The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Hour and Category Designation: This is part 1 of a series of 4 quarterly newsletters. The University of Washington School of Medicine designates this education activity for a maximum of 1 hour in Category 1 towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credits that he/she actually spent on the activity. Please see CME insert for more information.

Instructions: To qualify for Category 1 credit and receive a transcript verifying the hour (s) earned, the reader must review the information contained in this newsletter and complete the self-assessment and course evaluation as instructed (see CME insert). The estimated time to study the newsletter and complete the self-assessment and course evaluation is 1 hour.

* **Disclosures:** Faculty members involved in preparing this material are required to disclose any financial affiliation they have that would present a potential conflict of interest. No conflicts of interest were disclosed.



Hot Topics– Medical Nutrition Resources and Websites

These days, health professionals and consumers alike are moving to web-sites and web-based materials to find out more information about their health. Although nutrition is an area that holds great appeal for consumers, not all websites are created equally— and unfortunately, nutrition is an ideal target for misinformation.

The following websites may help answer some common nutrition questions you or your patients have:

♥ American Dietetic Association:
<http://www.eatright.org>

- ♥ American Diabetes Association: <http://www.diabetes.org>
- ♥ Consumer Information Center: <http://www.pueblo.gsa.gov>
- ♥ Food and Nutrition Information Center: <http://www.nalusda.gov/fnic>
- ♥ Recipes: <http://www.epicurious.com>
- ♥ USDA food composition tables and other info:
<http://www.inform.umd.edu/EdRes/TopicgrEnv/USDA/USDA>
- ♥ Vegetarian Pages: <http://www.veg.org>

Websites for the Practicing Physician:

- ♥ <http://www.arborcom.com>
- ♥ <http://www.PreventiveNutrition.com>
- ♥ <http://www.navigator.tufts.edu> (reviews nutrition sites for accuracy and usability)



FUTURE CME OPPORTUNITIES:

Check out www.evergreenhealthcare.org for an exciting CME opportunity coming up this fall. The symposium is entitled "Body, Mind and Spirit", and includes speakers such as Gary Zukav, renowned author of 'Seat of the Soul', Wayne Dwyer and more. The conference provides traditional, alternative and global perspectives on health. If interested, register online soon, as seats are limited!

"Let food be your medicine and
medicine be your food"
~Hippocrates~