

# *Intuitive Nutrition*

CONNECTING MIND, BODY AND SPIRIT FOR BETTER HEALTH

It appears the dog days of summer are behind us.

The weather is now turning a hazy glow as the days of summer begin to wind down.

I always look forward to fall, the weather is cooler and it is so much more inviting to participate in outdoor activities.

I hope you'll find this edition of the Intuitive Nutrition Newsletter helpful if you find yourself with a few extra post vacation pounds to lose. I have included reviews of a few popular diets and how they compare with working with a registered dietitian.

Enjoy!

Be well,

*Heather*



☼ **New New New** ☼

**I now accept Aetna, Personal Choice and  
Keystone Health Plan East**

If you have any of these plans your visit  
would be 100% covered.

## What Diet is Right For You?

If you are like most americans you have either started a diet, or thought about starting a diet as a means to lose weight. America spends more than 40 billion dollars on diets and diet related products! You probably have wondered if one is better than the other. If you pay more will you lose more weight? Is there a diet that is perfect for you? Should you avoid carbs, eat like a caveman, take hints from British royalty or have your meals delivered to your doorstep?

In this issue, I will review a few of the most popular diet plans including Weight Watchers, Jenny Craig, and the South Beach Diet. I will review the benefits of working with a dietitian as well. Then you can decide for yourself which option, if any, will work best for you.

You may have heard that having a higher BMI increases your health risk for a variety of diseases, but you may not realize the financial cost of having a higher BMI. According to an article in *Money Magazine* (June 2011), a person with a BMI of 25 can expect to pay around \$2,000 a year on healthcare expenses. A BMI of 40 equals around \$5,500 in health care expenses, while a person with a BMI of 45 can expect to pay an average of a staggering \$13,300 each year on healthcare expenses. This means it is likely worth the cost of a weight loss program if it means improving your BMI.

**Weight Watchers:** Expect to pay \$240 for the first 6 months.

WW is definitely a classic when it comes to weight loss programs. It has been around since 1963. While WW's claim is that it isn't a diet, this is misleading because it is in fact a calorie restriction. A person gets so many "points" each day and you are expected to stay within those allotted number of points. This can help with portion control. While you will receive support and accountability by attending the meetings, WW can be expensive long term and may prove to be a challenge when eating away from home. If you are looking for a classic diet plan, WW may be the best option.

**Jenny Craig:** Expect to pay \$2,220 - \$3,000 for 6 months (includes cost of food).

With a meal delivery system such as Jenny Craig, you eliminate all the guess work. It's a convenient program for the lazy dieter with built in portion control and balanced nutrition. While they do provide online motivational tools, it is not the same amount of accountability and support you would receive at WW. The downside of this type of weight loss plan is that it isn't teaching you how to eat or prepare meals for the long term. It can get expensive and is a challenge to eat away from home.



**South Beach:** Cost is nominal.

Ahh, the South Beach Diet, your classic “carb” restriction. Just thinking about this diet makes me crave glazed donuts. This is the diet for those who lack patience. When you want the weight off yesterday, this is the diet for you. It is readily available- just pick up a copy of the book at any local store or download to your Kindle and your on your way. It takes the guess work out of dieting, simply eliminate any food that contain carbohydrates such as fruits, grains, and dairy as well as some vegetables. Keep in mind, science shows that the more quickly you lose weight, the more likely you are to gain it all right back. This is known as yo-yo dieting and can really mess with your metabolism long term. This diet is not for vegetarians or the faint at heart, expect increased cravings, lack of energy, constipation, irritability and headaches. While phase 1 of this diet is not nutritionally balanced, if you make it to phase 2 the diet does allow for some increased variety and balance.

**Benefits of working with a registered dietitian:** Expect to pay \$0 if covered by your insurance plan or \$750 to \$950 out of pocket for nine visits.

Can use your HSA to cover cost

There are many benefits to working with a registered dietitian or other trained nutrition professional. You can be sure that a weight loss plan from a dietitian will be nutritionally balanced and personalized to fit your specific food preferences. Dietitians also take your entire health picture into consideration. Since dietitians are so well educated about food and nutrition they are a wealth of nutrition knowledge and can help consumers cut through all the bogus nutrition information out there. Expect a healthy, well balanced weight loss plan that will include lifestyle changes to lead you gradually to better health. Many dietitians do accept insurance, this is a huge benefit because you can receive all the support and accountability as you would from attending a WW meeting, but it may cost you nothing. To find a dietitian near you, log onto [www.eatright.org](http://www.eatright.org).

This newsletter is brought to you by:  
Heather Rudalavage RD LDN Nutrition Therapist

You can learn more about me and my approach to wellness @ [www.intuitive-nutrition.com](http://www.intuitive-nutrition.com).

See our page on [FaceBook](https://www.facebook.com/IntuitiveRD), where you can ask a question and/or become a fan.

Follow me on Twitter <http://twitter.com/IntuitiveRD>.

# Soft Pumpkin Cookies

from [Inspired 2 Cook](#)

## Ingredients:

2 & 1/2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon salt  
1 & 1/2 cups sugar  
1/2 cup butter (1 stick), room temp  
1 cup pumpkin  
1 large egg  
1 teaspoon vanilla extract



## Directions:

1. Preheat oven to 350°. Combine flour, baking soda, baking powder, cinnamon, nutmeg and salt in a bowl.
2. Beat the sugar and butter in your electric mixer until blended. Beat in the pumpkin, egg and vanilla extract til smooth.
3. Gradually add in the flour mixture. Don't worry, dough will be on the softer/wet side.
4. Using a medium cookie scoop, or tablespoon, drop onto baking sheets covered with silicone mats or parchment. Bake for about 15 minutes or until edges are firm. Let rest on baking sheets for a few minutes then transfer to cooling racks.

