



# TO YOUR HEALTH



Carleton-Willard Village Out-Patient Clinic • 100 Old Billerica Rd., Bedford, MA 01730

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**Eating For Your Whole Body**  
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Have you ever wondered why there are so many different diets? There are thousands of diets: ones for the heart, high blood pressure, controlling blood sugar, keeping bones strong, strengthening the brain, losing weight, and many others. Which one works best and why does one contradict the other one? Why is eating so complicated? Eating healthfully should not be difficult. The good news is, that by getting back to a whole foods concept, you can eat more simply for your whole body. The more we learn about nutrition, the more it seems we should eat the way people did hundreds of years ago. They ate whole foods free of processing, added sodium, sugar and fat. Foods in their natural form.

First consider what got us into this maze of confusion. There is another type of diet—an over-reaching one of our modern, affluent society called the “Western Diet.” This way of eating is at the root of the problem and has been directly linked to obesity, type 2 diabetes, hypertension, and cardiovascular diseases. This is a diet that has a lot of processed foods and meat; sugar, salt and fat are added to many foods and there are lots of refined grains. The diet does not have a lot of vegetables, fruits, or whole grains. According to the Center for Disease Control, four of the top ten killing diseases in the United States are linked to this diet: heart disease, cancer, stroke, and diabetes. The discussion in nutritional science has not been about this killer “diet” but about what nutrient culprit might be responsible for the so-called Western diseases. Scientists want to know if the blame lies with a single component of the diet, the

saturated fat, the refined carbohydrates, the lack of fiber, the trans fats, or the omega-6 fatty acids. It is well established that there are many traditional regional diets, ranging from the high fat diet of Greenland where seal blubber is eaten, to the high carbohydrate diet of the Central American Indians who eat corn and beans, as well as the high protein diet of Masai tribesman in Africa who eat meat, milk, and cow blood. These traditional regional diets generally do not produce chronic diseases like those that happen with the “Western Diet.” Their diets, albeit different from the way we eat in America, are based on whole, unprocessed foods. This highlights the fact that there is no one single healthy diet, and that the human body adapts to a wide variety of different foods and diets. The one exception to this is the “Western Diet.” This diet actually makes people ill.

Walter Willet, of Harvard’s School of Nutrition, writes that “the potential for disease prevention by modest dietary and lifestyle changes that are readily compatible with life in the 21<sup>st</sup> century is enormous.” He cites that a “healthy global diet” borrows heavily from the Mediterranean and other traditional diets offering a nutritional foundation based on plenty of vegetables and whole grains and relatively little meat. One can incorporate many cuisines from around the world and add to the variety and pleasure for a lifetime. At present, many studies are focusing on how the effects of the Western diet can be reversed.

Curiously, research is not focused on the Western diet but on what deleterious nutrient we can blame a condition on. We try removing it or tweaking it from a food, or developing medication to take care of the problem. Thus, the confusing dilemma about how to



eat healthfully.

Recent research is pointing us in the direction of eating mostly “whole foods” to improve health and prevent diseases. Food is the best way to get the valuable nutrients, because certain nutrients work in concert with other nutrients in the food to enhance their effect.

Examples of eating whole foods could mean: eating brown rice instead of white processed rice; eating fruits, vegetables, and beans, instead of taking supplements to provide the fiber and vitamins they contain; eating skinless chicken breast prepared with herbs and olive oil, instead of chicken nuggets processed with added fats, flavorings, and preservatives.

The “Whole Foods” concept is one that is being developed and featured on the Carleton-Willard Village menus. By making the overall menu more healthy and whole, it promotes a way of eating for your whole body. The whole food way of eating will debunk the idea that food that is good for you does not taste good! Choosing the right way to eat becomes simple and more interesting with whole foods. The menu embraces the use of fresh colorful vegetables, herbs, spices, olive oil, whole grains, and legumes. It reminds me of what Michael Pollan, well-known author and contributor to the New York Times, says about the essence of the dilemma in seven words, “Eat food. Not too much. Mostly plants.”

### **FLU VACCINE**

The Clinic will be giving the High Dose Flu Vaccine on Wednesday, October 2 from 1:30 to 4 pm in Auditorium Center, and again on Monday, October 7 from 10 am until noon in Auditorium Right.



### **“WHOLE FOODS FOR A WHOLE LIFE”**

Come join Cherie Asgeirsson, Registered Dietitian, on Wednesday, October 16 from 10:30 am-11:30 am in the Auditorium for a presentation on “Whole Foods for a Whole Life.” Come learn what is new at Carleton-Willard Village. Evidence-based research will be explored which promotes a simple, whole foods way to eat that nourishes your whole body and life.

### **NEW PHYSICIAN**

We are happy to announce that Dr. Azadeh Assarpour will be joining our medical staff. She is a geriatrician with The Quimby Center for Geriatric Care at Mt. Auburn Hospital in Cambridge. Dr. Assarpour completed her fellowship in Geriatrics with the Harvard Geriatric Fellowship Program, Beth Israel Deaconess Medical Center. Her Internship and Residency in Internal Medicine took place at Mt. Auburn Hospital, Harvard Medical School. She graduated from Medical School at Tehran University in Tehran, Iran in 2004. She comes to CWV highly recommended by her associate at the Quimby Center for Geriatric Care, Dr. Noe, our Medical Director.

### **NEW NURSE PRACTITIONER**

Susan Cusson, NP has joined our nurse practitioner staff and will be working in the Saturday Clinic twice a month as well as filling in for some of Barbara Chenoweth’s vacation time. Susan has been a NP with the Cambridge Health Alliance Geriatric Housecalls Program for over ten years. She also has five years experience as a NP at the *Minute Clinics*. She received her Bachelor of Science Degree in Nursing, cum laude, at Fitchburg State College and her Master of Science in Nursing at the University of MA in the Family Nurse Practitioner Program. We are pleased to welcome her to CWV.