

Back To Health and Living SDC News Letter



DATE: January 27 2005, L38

Clarksburg WV

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue
AGENDA – THURSDAY January 27, 2005

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
5. 7:30 Dinner POT LUCK

EDITORIAL: I would like to again review the 2004 Nutrition Guidelines Update – Food Labels and Products. Please read the Self Directed Community section.

FROM: Ornish Nutrition Team

As food manufacturers continue to make advancements in fat free food products and ingredient content, Dr. Dean Ornish has found it necessary to refine the label and food product recommendations for the Program. These updates apply to food labels and certain food products that fall into the following areas:

- Fat free food products (foods with 0 grams of fat per serving)
- Fat free dairy products
- Caffeine free products

These updates will help to ensure that our participants have access to a variety of food products, which will help to promote long-term adherence to the reversal eating plan.

All other nutrition guidelines remain the same. As always, please call [your dietitian](#) with any questions.

I. Packaged Fat Free Food Products with Added Oil

2004 Updated “Fat Free” Food Label Guideline

All fat free foods (foods with 0 grams of fat per serving) that contain ACCEPTABLE fats or oils can now be included in the reversal eating style in moderation, regardless of where the acceptable added fats or oils fall in the ingredient list. Servings of any foods with trace amounts of added oils are still limited to 0-3 servings per day. By following this serving limit, you will continue to maintain an eating style that is 10% fat.

This update applies only to fat free food products (foods with 0 grams of fat per serving). Other packaged foods (food with 1 to 3 grams of fat per serving) that contain added fats or oils need to have the acceptable oil listed at or near the end of the ingredient list. As a reminder, any Ornish friendly food with added oil should be limited to no more than 3 servings per day.

Acceptable oils that can be found in fat free packaged food products:

canola oil
corn oil
lecithin
mono and diglycerides
nut oils
nuts and seeds
olive oil
peanut oil
safflower oil
sesame oil
soybean oil
sunflower oil

Unacceptable oils that cannot be found in packaged food items:

beef and chicken fat
butter
coconut oil
cream*
egg yolks*
hydrogenated oils
lard
low fat* and whole milk products*
margarine
mayonnaise
palm and palm kernel oil
partially hydrogenated oils
shortening

* These particular ingredients may be present in certain fat free dairy products

Promise Ultra fat free spread and I Can't Believe It's Not Butter fat free spread, are examples of foods that fit the revised nutrition guidelines. They contain acceptable oils in their ingredient lists and both contain 0 grams of fat per serving.

I Can't Believe It's Not Butter spray and Coffee-Mate fat free French Vanilla Non-Dairy Creamer, are examples of foods that do not fit the revised guidelines. They contain unacceptable oils, butter and partially hydrogenated oils.

Note: **Fat free toppings such as fat free Cool-Whip and fat free Reddi-Whip still do not fit the reversal nutrition guidelines because they contain hydrogenated oils or other unacceptable fats such as cream.**

II. Packaged Fat Free Dairy Products:

Over the past year, many fat free dairy products that used to fit the nutrition guidelines now contain trivial amounts of saturated fat in the ingredient list. Examples of these products include; fat free sour cream, fat free cream cheese, fat free cheese products and fat free cream based dressings.

2004 Updated Fat Free Dairy Guideline:

All **“fat free”** dairy products are now acceptable, regardless of the type of fat added. All fat free dairy products are still limited to no more than 2 servings per day. Due to the trivial amounts of these added fats and the restriction of no more than 2 servings per day, overall fat consumption is minimal and still falls within the reversal nutrition guidelines.

Examples of fat free dairy products that fit the guidelines include: fat free cheese slices, fat free shredded cheese, fat free cream cheese, fat free sour cream, fat free yogurt, fat free cottage cheese, fat free mayonnaise and fat free milk.

III. Caffeine Free Products

2004 Updated Caffeine Guideline:

Any caffeine free product is now acceptable, not just naturally caffeine free products. Examples include products such as caffeine free Diet Coke and caffeine free Diet Pepsi. Decaffeinated coffees and teas continue to be excluded, including beverages that have been naturally decaffeinated.

For those chocolate cravings - a new product called **Wondercocoa** made by Wonderslim is fat free and 99.7% caffeine free. This product can be used as a chocolate substitute and is now approved for use in moderation. If interested in this product, please refer to the following ordering and contact information:

Self Directed Community: The past 7 days have been filled with many great strides in the world of heart disease reversal.

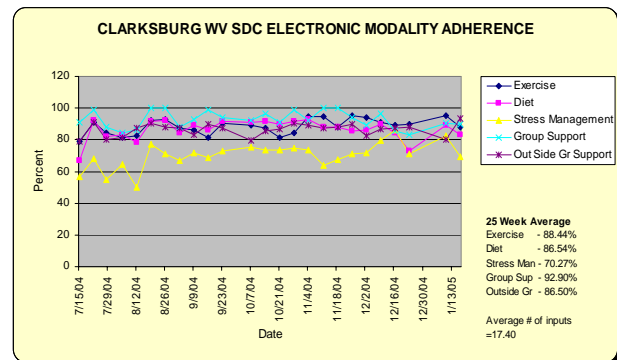
1. On January 20, 2005 the United Hospital Center Cohort 10 held its' transition dinner at the SDC meeting. It was a great meeting with excellent food and the connection of over 30 participants and staff.

2. On January 25, 2005 a history making meeting was held in Baltimore at CMS Centers for Medicare & Medicaid Services. The meeting was to provide evidence to the Medicare Coverage Advisory Committee that

the Ornish Life Style Change should be a covered option for Symptomatic Coronary Artery Disease. It was an exciting day with a great presentation from Dr. Dean Ornish and his team. Dr. Clark from the University of Alberta Evidence-Based Practice Center. Presentations from the Mind/Body Medical Institute, Windber Medical Center, other well known doctors, along with 7 participants from the Ornish Life Style Change Program, and representatives from Blue Cross Blue Shield, Highmark and other interested parties. It was exciting to hear the testimonials from the Ornish participants, one man who was 90 years old and in the original program and has followed the program for 19 years. A gentleman who was on the heart transplant list and came off the list after being on the Ornish program. The resulting vote from the Advisory Committee was in our favor and recommendations will be presented to CMS. As updates are posted on the CMS website we will keep you posted. Again I will say this was an historic day for providing coverage of the program to help many of our senior citizens to reverse heart disease and provide a better quality of life.

Last weeks Modality Adherence results from the Clarksburg Electronic Adherence form are shown below and a graph of our last six months weekly percentage average. The results are based on inputs at the beginning with 7 to a high of 24 participants. Any Ornish Participant can fill out the adherence form; it helps us to keep connected with how we are doing and provides statistical data as to adherence to the program.

MOLADITY	RESULTS
Exercise	88.3
Diet	83.5
Stress Management	69.2
Group Support	89.7
Out Side Group Support	93.3
Not Attending Group	2
Number of Inputs	15



The above chart shows the 6 months average for each modality. I want to congratulate everyone on their journey to reverse heart disease. Please continue to work on the stress management it is a very important part of the 4 modalities.

RECIPES: *Tuscan Vegetable Minestrone*

From the Kitchen of Joe Hull

- 2 cups diced green cabbage
- ½ cup diced onion
- ½ cup diced carrots
- ½ cup diced celery
- ½ cup diced, peeled baking potato
- 1 cup canned ground tomatoes or diced tomatoes
- 5 cups vegetable broth or store bought
- ½ cup diced zucchini
- 1 (15-ounce) can kidney beans or 2 c. cooked kidney beans with ¼ cup liquid
- ¼ cup dried elbow macaroni
- 1 tbsp. minced fresh oregano
- Salt and pepper

In a large pot, combine cabbage, onion, carrots, celery, potatoes, tomatoes, and vegetable broth, bring to a simmer over moderate heat. Cover, adjust heat to a simmer and cook until vegetables are half done, about 15 minutes. Add zucchini, beans with little juice, and macaroni, cover and simmer until vegetables are tender and pasta is al dente, about 15 minutes. Add oregano, season to taste with salt and pepper.