



# Holiday 2014 Newsletter



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## Activities and Ongoing Programs for Nutrfit

### Become a Breakfast Club Regular

The Breakfast Club is FREE for anyone who struggles to eat a healthy breakfast on a regular basis. The monthly meal group offers a time to work on eating and making balanced choices. You'll meet with Page Love, RD, who will provide coaching to help you ease through food fears with peer support. Meetings are every other Thursday or Saturday of the month from 8:30-9:30 am. November's meeting will be at La Madeleine's at 1165 Perimeter Center West, Suite 330, Atlanta, GA 30346 on Saturday, November 8th at 9:00 am. December's meeting will be at La Madeleine's again on Thursday, December 18th at 9:00 am. Please R.S.V.P. by calling the Nutrfit office at 770-395-7331.

### Yoga is Now at Nutrfit!

Nutrfit now offers a yoga group at our office building's fitness center. The class is in the exercise studio on the ground floor of building 1117. The classes are Monday nights at 8:15 pm. The cost per class is \$10. Contact Nutrfit at 770-395-7331 to R.S.V.P. as evenings alternate on a given week.

### Nutrfit Sport Therapy's Free "Fit for Life" Outings

The November fitness outing will be a walk at Big Creek Greenway Trail on Saturday, November 8th at 4:00 pm. It is a short hike down Georgia's beautiful Big Creek Greenway Trail. Please visit the website for more information at [www.bigcreekgreenway.com](http://www.bigcreekgreenway.com). December's fitness outing will be meeting at the 1117 Perimeter Center West fitness room in the exercise studio on Monday, December 8th at 8:00 pm for a free yoga class. The class will be led by certified Yoga Instructor Brian Armistead. Please be sure to bring your own yoga mat! Please R.S.V.P. by calling the Nutrfit office at 770-395-7331.

### Free ANAD Eating Disorders Support Group

Now meets in room 145, the church parlor at St. Luke's Church (1978 Mount Vernon Rd, Atlanta, GA 30338) from 10:00 am-11:00 am every Saturday. ANAD is a free support group for women and men struggling with anorexia, bulimia, and compulsive over eating, as well as families and friends wishing to be involved in the recovery process. The group is led by both volunteer dietitians and therapists who are experienced in working with eating disorders. For more information, call Nutrfit at 770-395-7331.

### Nutrfit In The News



Page Love is speaking at The Renfrew Conference in Philadelphia on November 15th on "He Says, She Says: Managing Relationship, Nutrition and Fitness Issues."

Carolyn Ballard recently worked with former NFL Players at the Atlanta YMCA to help them learn about healthy eating after pro-football.

Nutrfit Masters nutrition students, Mary Parker Davis, Melissa Vigdor, and Valerie Chertin all just passed their RD exams! Way to go to our new and upcoming dietitians!

Page Love will be speaking at the ATP University in conjunction with the ATP Finals in London in November.



### Savory Turkey And Sweet Potato Casserole

The advantage that sweet potatoes have over white is their high beta-carotene content- a whole day's worth in just one- as proven by their bright orange color. Like white potatoes, they also have high potassium content, with 540 mg in a medium-sized sweet potato (4 ounces) and only 105 calories. Sweet potatoes also provide vitamin C and nearly 4 grams of fiber. Instead of using the white potatoes and ground beef of traditional Shepherd's Pie, this version is made healthier by substituting sweet potatoes and ground turkey. It's a comforting warm treat on a chilly day:

- Canola oil spray
- 1 can (16 oz.) sweet potatoes, drained
- 2 Tbsp. reduced-sodium, nonfat chicken broth
- 1 Tbsp. olive oil
- 3/4 lb. ground turkey
- 1/2 medium onion, chopped
- 1/2 cup celery, chopped
- 1 small green pepper, chopped
- 1 cup carrots, grated
- 1 can (14 oz.) diced tomatoes, drained
- 2 tsp. Worcestershire sauce
- 3/4 tsp. minced fresh garlic or 1 tsp. garlic powder
- 1/2 tsp. dried ground sage
- Salt and freshly ground pepper, to taste

Preheat oven to 375 degrees. Lightly coat a 9 x 9-inch baking dish with canola oil-spray and set aside. In a medium bowl, mash potatoes with chicken broth and set aside. Heat a large skillet with olive oil over medium heat. Sauté turkey, onion, celery, green pepper, carrots and tomatoes until turkey is cooked through. Stir in Worcestershire sauce, garlic powder and sage. Season to taste with salt and pepper. Transfer mixture to baking dish. Top with mashed potatoes. Bake for 20 minutes or until dish is piping hot.



Recipe Courtesy of: American Institute for Cancer Research

1117 Perimeter Center West, Suite W-507  
Atlanta, GA 30338



## NUTRIFIT CONGRATULATES: Mary Parker Davis, MS, RDN, LD

Nutrifit Congratulates Mary Parker Davis, for passing her RD Exam! A Registered and Licensed Dietitian, Mary Parker Davis provides individualized nutrition therapy through Nutrifit Sport Therapy Inc. Mary Parker specializes in assisting clients with issues relating to pediatric and adolescent weight management. Over the course of her educational career, Mary Parker has realized nutrition plays a different role in each person's life, but her various past experiences lead her to develop this central philosophy about nutrition; smaller, more realistic changes are the sustainable ones that can last a lifetime and make the biggest difference overall.



Mary Parker's qualifications and experience includes:

- Individual client counseling on a variety of topics including weight management and general wellness for the pediatric and adolescent population
- Working as a Nutrition graduate assistant for the After-School All-Stars program teaching healthy eating habits to middle school aged students within the Atlanta Public school system (2012-2014)
- Serving as the curriculum development leader for the Kids in the Kitchen committee for the Junior League of Atlanta helping to promote healthy eating while getting kids to be hands on in the kitchen
- A Bachelor's Degree in Dietetics and Consumer Foods from the University of Georgia
- A Master's Degree in Nutrition from Georgia State University
- A member of the Academy of Nutrition and Dietetics

## Our Dietitian's Favorite New Product:

Organic Veggie-Go's :  
Chewy Fruit & Veggie Snack



"Great Candy Alternative"  
Available at: Whole Foods

## Mindful Reminders for the Holidays

### Ten Helpful Tips for Mindful Eating:



1. Sit at a dining table or kitchen bar, away from distractions and the TV.
2. Try not to eat in the car or going from point A to point B.
3. At work, take your meals outside, to a break room, or to a dining room away from your workspace.
4. Honor your cravings and plan to eat when you are hungry. Pause to smell and taste the food. Try to stop when you are full.
5. Acknowledge hunger and fullness with meals, and make a mental or written note about it.
6. When choosing where to eat, choose a comfortable environment that is aesthetically pleasing: not too dark but well lit, so you can see your meal. Make the table pretty, and consider a colorful tablecloth, a centerpiece like flowers, and a good color variety in food choices.
7. Slow down while eating. Allow at least 30 to 45 minutes for your lunch and dinner meals. Feel the different textures and tastes of the food.
8. Focus on healthy conversation during the meal, preferably not about food or weight issues. Try not to compare your meal to what others at the table are eating.
9. Eating meals with someone else can make the dining experience more enjoyable and connected. It can also be helpful with distractions. The healthy eaters at the meal can serve as models for a normal eating experience.
10. When you are having a connected eating experience, you will find that you enjoy your food more, are more satisfied when finished with your meal, and will have given your body what it needs.

## Our Dietitian's Favorite App:



FoodTrackerPro:  
Daily Food Eating Log



Track what you eat without the boredom and monotony of counting calories. FoodTrackerPro allows you to eat well without wasting your day counting numbers, and allows you to track food group portions. This app is designed for both iPhone and iPad, can purchase using iTunes for \$1.99.

Try it today!

<https://itunes.apple.com/us/app/foodtrackerpro-daily-food/id365373648?mt=8>



## WALK N' TALK with RD this Fall!

"Walk and Talk" is the ideal option available for you this fall, giving you access to the expertise of a Registered Dietitian, while getting regularly scheduled exercise! "Walk n' Talk with the RD" sessions are similar in content to regular in-office meetings with your Nutrifit dietitian. You will receive the one-on-one attention, expert advice, and answers to your questions about nutrition, fitness, and health. The sessions are 30 to 45 minutes of walking in the fresh air which stimulates your cardiovascular system, increases energy levels and helps weight management. Call today to get motivated!