



**BANISTER  
NUTRITION LLC**  
CHANGING HABITS  
CHANGING HEALTH  
CHANGING LIVES

## Nutrition Notes

### April 2018

- **Neuroplasticity:** Great news, your brain is plastic, not actually made of plastic... Neuroplasticity/brain plasticity refers to the brain's ability to change throughout life. Officially, neuroplasticity is the brain's ability to change, remodel, and reorganize for the purpose of better adaptation to new situations. The theory of neuroplasticity was introduced about 120 yrs ago but has recently enjoyed increased research. The success of our patients to change behaviors, improve biomedical markers, decrease meds, lower weight is directly dependent on the benefits of a "plastic brain". ☺ Conversations with our patients frequently involve blazing a new trail in their brains, rewiring. Do NOT think dietitians at BN just hand out attractive educational brochures or meal plans. Our goal is to facilitate each patient's ability to change the neural pathway of how they think about food and life so new behavior and health status is permanent.—*cb*  
*"Every man can, if he so desires, become the sculptor of his own brain."—Santiago Ramon y Cajal*
- **Intuitive Eating:** Recognizing and respecting children's signals of hunger and satiety is foundational to enjoying peaceful family meals. Intuitive eating is a flexible eating style that focuses on trusting natural signals of hunger and satiety as the guide to when, what and how much to eat. The parent/caregiver is responsible for deciding what food is served at meals/snacks—then trust must prevail, allowing children to build autonomy. Parents, be advised—the fun, frivolous foods we all enjoy on occasion (candy/cookies/ice cream)—*do not* label them as "bad" or "unhealthy"...because they are not bad or unhealthy. These foods may have fewer nutrients than other foods, but they still have purpose in our overall intake. If you need to "judge", judge an entire week of intake, not individual foods. Raising children to eat intuitively can be challenging. BN has lots of experience guiding and navigating this journey if your patients/parents need support.
- **Vitamin D:** Current IOM recommendations for vitamin D is to maintain levels approximately between 20-30 ng/mL. There may be risks with vit. D toxicity. The rule of thumb for raising serum levels of 25-hydroxy D is 100 IU (obese need 200 IU) of vit D2 or D3, which raise serum levels by about 1 ng/mL in adolescents and adults. A vit. D supp. should be taken with a meal containing fat to ↑ absorption.
- **Case Study:** P.P 67 yof, 20-yr history of T2DM, emotional eating. In 3 months her A1c is down from 6.7% to 5.3%. She has lost 5.4 lbs and has an average post-prandial blood glucose of 142 mg/dl, which is down from 210 mg/dl. She has curtailed most emotional eating and plans meals to optimize her blood sugars.

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