



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

Nutrition Notes

May 2018

- **Protein Supplements:** A review of 34 clinical trials of individuals consuming protein supplement drinks and participating in resistance exercise showed an advantage to taking the supplement with meals opposed to between meals. Individuals taking their supplement with meals experienced a larger % increase in muscle (94% vs 90%) and a larger body fat reduction (87% vs 59%). Researchers suspect the reason being that the supplement replaces “other” energy intake that may be have been consumed at the meal.
- **Probiotics and Fermented Foods:** WHO defines probiotics as “live microorganisms that confer a health benefit on the host when administered in adequate amounts.” To be a probiotic food, a fermented food must retain an adequate level of live microbes that have been shown to have a health benefit. Not all fermented foods are probiotics. Demonstrating that a microorganism confers health benefits requires substantial evidence. These studies require specific microbial strains to be defined. *Lactobacillus rhamnosus GG* is a known probiotic.
- **Basal Insulin Check:** When our insulin-dependent patients with diabetes are experiencing elevated BGV, there are many avenues we explore in our problem-solving journey. One of these is to do a basal check, which consists of a controlled dinner meal, taking prescribed I:C meal-time insulin *plus* basal. No additional food intake until noon the next day, checking BGV at prescribed times from pre-dinner, through the night until noon. We ask patients to repeat this test 3x. Following the BGV from 10pm until noon tells if the prescribed basal amount is appropriate. The results of this test are provided to the patient’s physician for insulin adjustment.
- **Arthritis Patients / Weight Loss Counseling:** 1/3 of 54 million adults suffering from arthritis are overweight/obese. The American College of Rheumatology recommends weight loss counseling as part of the treatment protocol for these individuals. Recent research indicates adults with arthritis who are overweight and receive referral to a dietitian for weight loss/support from their clinician are 4x more likely to attempt weight loss than those whose doc doesn’t discuss weight.
- **Thanks for taking the time to send us this note Dr. D.D:** “LB, 48 yof is here with an A1c of 6.6%, down from 8.2%, and 10-lb weight loss. She has been working with CB at Banister Nutrition. I am delighted she is doing so well making lifestyle changes to manage her diabetes. She has responded well to treatment, which she will continue.”—D.D/M.D.

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