

NUTRITION NOTES
September - October 2021
Banister Nutrition: Celebrating 40 years of Excellence
Our door opened September 15th, 1981

You are why Banister Nutrition is celebrating 40 years of excellence! Forward-thinking providers like you have been the heart and soul of our practice. Thanks to your referrals, we've been able to positively impact thousands of patients' lives over the past 40 years. We are honored you have invited us to be a part of your patients' healthcare team! **Thank you** for being part of our journey.

Autoimmunity and Diet: Research shows the Western diet can increase risk for autoimmune disease through obesity, dysbiosis, sodium, and leaky gut. While there is no one evidence-based diet, diet is a modifiable risk factor. Patients can benefit from working with an RD at Banister Nutrition to individualize a plan to reduce inflammation through diet, by choosing nutrient-dense whole foods, limiting highly processed foods and aiming for healthy vitamin D levels.

Atypical Anorexia Nervosa (AN): Screening for eating disorders without weight biases in mind is imperative. These patients exhibit traditional AN symptoms, but have a BMI categorized as "normal, overweight or obese." Tips for practitioners: Follow the science and educate others, choose words carefully, and create an inclusive environment.

Adult Onset Food Allergies: A [recent?] study shows 10.8% of American adults report one or more food allergies, and of these 48% developed in adulthood. Potential causes: Avoidance of food for a long time followed by reintroduction, or medications that impact the gut (eg, acid suppressors). The only treatment in adults is avoiding the triggering food.

Chlorophyll water - a TikTok Diet Trend: Research does not support the health claims about liquid chlorophyll, and there can be potential side effects, including photosensitivity, GI distress and dermatitis.