

# NUTRITION NEWS

A FRESH PERSPECTIVE ON HEALTH AND WELLNESS

APRIL 2019

## KETO-WHAT? FAD DIETS AND NUTRITION BUZZWORDS

Clean. Organic. Keto. Raw. Paleo. What are all of these buzzwords and what do they mean? Well, it depends on who you ask! With the internet and social media always at our fingertips, it is easy to become wrapped up into the web of ever-changing nutrition information, diets, and social buzzwords. The internet is a great tool but can also become clogged with unreliable information from unreliable sources.

Consider the following points when reading up on new diets and deciding whether or not to go forward with a new eating regimen:

- **Look at the source.** Is the article or claim from a Board Certified doctor or clinic? Only trust sources such as those from an accredited health organization like the NIH, American Diabetes Associate, Academy of Nutrition and Dietetics, or Mayo Clinic.
- **Be SMART.** Consider whether or not your new diet goal is attainable and realistic. Is the diet or fad claiming a quick fix? While many diets on the market provide structure eating patterns making them sound appealing and easy to follow, if it claims to lead to fast results, it may not be safe and likely not effective long term. If something sounds too good to be true, it probably is.

- **Consider your diet as a whole.** What foods are eliminated with this particular diet? Be cautious of any diet that eliminates major food groups such as carbohydrates. Eliminating foods completely may rid your body of important nutrients such as fiber, vitamin A, vitamin C, and B vitamins. Be aware of terminology used to describe foods within specific diets. Terms such as “allowed”, “good”, and “bad” tend to put shame or guilt on us if we do not follow through.

- **Do your research.** Put in time to research the diet, claim, or brand. Consult multiple credible sources and talk to a doctor or registered dietitian to get their opinions. Some diets may be appropriate for you, such as an elimination diet to target the cause of stomach discomfort. However, this should be done after consulting with a provider or dietitian to make sure you are receiving proper, balanced nutrition including all of the macro and micronutrients.

Instead of searching for the latest diet trend, focus on a diet that is sustainable, realistic, balanced, and includes a variety of all foods. If you are drawn to specific foods or diets, make sure the claims and sources are reputable and ask your provider or dietitian any questions you may have.

## BLACK BEAN TOSTADAS

### INGREDIENTS

Makes 4 Tostadas

½ Yellow Onion | 2 tsp Chopped Garlic | 1 c. Black Beans  
1 Tomato | 1 T Vinegar | 1 tsp Chili Powder | 4 Corn Tortillas  
Suggested Toppings: Avocado, Lettuce, Plain Greek Yogurt

### DIRECTIONS

1. Preheat oven to 350°F. Dice onion and tomatoes.
2. Place tortillas in oven for 6-8 minutes or until crispy.
3. Meanwhile, sauté onion and garlic in 1 tablespoon olive oil until soft. Add beans, tomatoes, vinegar, and chili powder. Continue cooking until mixture is soft and mashable.
4. Remove tortillas from oven and divide bean mixture between tortillas. Top with avocado, lettuce, and yogurt as desired.



Nutrition Information: **Cal 150 Total Fat 6g Sat Fat .5g Chol 0mg Sodium 220mg Carb 20g Fiber 6g Protein 6g**