

EAT RIGHT BOSTON

2 0 1 9 S P R I N G N E W S L E T T E R

Chefs For Seniors

I realize that this newsletter may reach readers outside of the Massachusetts area but I am excited to share this news with my locals. I meet a lot of elderly patients in my practice who enjoy good food but can no longer cook for themselves. There are home delivery services available to them, but I hear multiple complaints as to the quality of the meals.

Most recently, I was introduced to John O' Neill, a professional chef with over 30 years of experience in the food service industry who has done something about this. John is formally-trained and provides a meal-service in the greater Boston area called *Chefs For Seniors*. Their mission is to prepare high quality, affordable, and nutritional value in

the home to improve seniors' lives through food. They can accommodate low-sodium, diabetic friendly, gluten-free, Kosher, and renal diet meals.

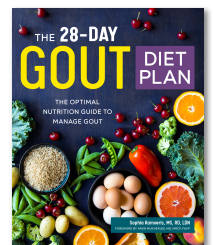
This service will provide much needed assurance to family members, as well, who will be grateful that their loved ones will be enjoying home-cooked meals in their own homes.

For more information or to schedule a free, no obligation consultation contact at: (781) 664-3542 or email:

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Website: chefsforseiors.com/greater-boston

**Don't forget to check out my book,
The 28-Day Gout Diet Plan on Amazon**



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Will That Be One Marshmallow or Two?

How hard is it to postpone immediate gratification for the sake of a later outcome? Sounds pretty scientific, right? Let me put it in an easier frame of reference. You have a wedding to go to in a few weeks, but there you are out to dinner with friends and here comes the waitress with the desert menu....what do you do? Indulge or pass?

How you respond is called “**willpower**.”

Believe it or not, some of today’s studies on willpower are based on research done in the 1960’s with preschoolers. Now famously called the *Marshmallow Test*, a team of researchers, led by Walter Mischel, PhD, monitored the responses of 4-year olds that were left alone in a room with a single marshmallow on a plate in front of them. They were told that they could eat that one marshmallow immediately, or wait until the researcher returned, and then they could have two marshmallows! You can actually see some of these interviews on You Tube; it’s fun to watch the kids deal with this tempting predicament!

This study laid the groundwork for explaining how willpower works. Dr. Mischel proposed what he calls a “hot-and-cool” system to explain why willpower succeeds or fails. The cool system allows for “thinking” to occur versus the hot system, which is more impulsive and emotional.

The same marshmallow-test subjects were recontacted at several intervals during their adolescence and adulthood. Dr. Mischel

found that the teenagers who had waited longer for the marshmallows (as preschoolers) were more likely to achieve higher scholastic performance. Parents also noted that they coped well with stress and frustration, and they were able to concentrate more without becoming

distracted. The researchers surmised that an individual’s sensitivity to so-called *hot stimuli* might persist throughout a person’s lifetime. In other words, the ones who didn’t wait long before they ate the marshmallow had an inability to show self-control later on in life.

In 2011, there was another group of researchers (including Mischel) that tracked down 59 of the original preschoolers (now in their 40’s), and tested their willpower strength with a laboratory task known to demonstrate self-control in adults. They also looked at brain activity using MRIs; which was more scientific than just the hot and cold theory. The scans demonstrated that the area of the brain that controls executive functions (i.e. decision making) was more active in the subjects with better self-control. And conversely, the part of the brain that processes rewards and desires was greater in those with less self-control.

In summary, there does appear to be a *physiological* reason why some people exert more self-control than others, which of course interests me as a dietitian. So maybe the next time you struggle with ordering that piece of cheesecake on the menu, you might just wonder if you were one of those kids stuck in a room with one marshmallow in front of you...what would you have done?



Can A Virus Cause Celiac Disease?



Celiac disease affects approximately 1% of Americans, or approximately 3 million people. It is a genetically mediated disease, meaning an ancestor passes along the gene. We know that celiac is an immune mediated disease; in other words, something “foreign” to the body can trigger its onset. We also know that celiac disease is believed to result from gluten intake, but what researchers don’t know is whether environmental triggers factor into genetically susceptible individuals.

Celiac disease causes damage to the small intestine when left untreated. For those afflicted with celiac disease, being on a gluten free diet is not a fad. A gluten free diet is administered for life and for one’s lifetime! Once the disease is activated, the immune system responds by causing intestinal damage (villous atrophy), which is accompanied with gastrointestinal symptoms. Nutritional deficiencies can develop, as well, since the villi absorb nutrients via the small intestinal lining. When damaged, the lining does not absorb the nutrients efficiently.

In a study published (February 13, 2019) in the journal, *BMJ*, researchers from Norway, Sweden and the Czech Republic found an association between enterovirus and celiac disease. They found that children that had a higher frequency of enterovirus during early childhood were at greater risk for later development of celiac disease. The sampling of children was small and researchers are calling for a study that involves a larger sample size. They noted that if enterovirus is confirmed as a trigger, vaccination could reduce the risk of celiac disease developing. But, researchers agree that determining whether or not the environment plays a role in celiac disease is challenging.

Enterovirus is a group of viruses that cause infections. Most people that have it report mild symptoms including mild respiratory symptoms, flu-like fever and muscle aches, fever with a rash, and gastrointestinal symptoms. The exploration of viruses and celiac disease is not new. In the past, the Epstein-Barr virus (a causal agent in mononucleosis) has been connected to other autoimmune conditions. Autoimmune diseases may begin years before there are any clinical symptoms.

Springtime Featured Recipe

Asian Apple and Cabbage Slaw with Roasted Chicken

Servings: Makes 2 (about 2 cups each)

Using a grocery store rotisserie chicken makes this quick and easy, although you can feel free to use your own cooked skinless chicken breast, as well. Store this with the dressing separate from the slaw and mix it all together just before eating.

- 1 apple, peeled, cored, and julienned
- 3 cups of grated green cabbage or bagged coleslaw mix
- 2 green onions, finely chopped
- 1 tablespoon toasted sesame seeds
- 4 ounces cooked skinless chicken breast
- 1 recipe Asian Vinaigrette (see recipe below)

Directions: Combine all of the ingredients in a large bowl and toss to mix!

Asian Vinaigrette Dressing

Servings: Makes 4 servings (2TbIs each)

- ¼ cup apple cider vinegar
- 2 tablespoons lime juice
- ½ teaspoon sriracha (optional – or to taste)
- ½ teaspoon Chinese hot mustard
- 2 tablespoons olive oil
- 1 garlic clove minced
- 2 tablespoons chopped, fresh cilantro
- 1 tablespoon freshly grated gingerroot



(Recipe reprinted from *The 28-Day Gout Diet Plan*)