

Dear Dietitian

Dear Readers,

Just in time for many New Year’s resolutions, the US News and World Report has ranked the best diets. Coming in first for overall health (not just weight loss) was the Mediterranean Diet; the Flexitarian and DASH Diets tied for second place. A panel of nutrition experts ranked the diets based on seven categories: how easy it is to follow, the ability to produce short-term and long-term weight loss, nutritional completeness, safety, and their potential for preventing and managing diabetes and heart disease (1).

Most of us have heard of the Mediterranean diet, but American scientist Ancel Keys first correlated the diet with health benefits (2). It is a plant-based diet rich in fruits, vegetables, whole grains, nuts, and olive oil. Moderate amounts of fish, poultry, and dairy serve as protein sources, but red meat is eaten no more than once a week. Red wine and caffeine are allowed in moderation (3).

DASH is an acronym for Dietary Approaches to Stop Hypertension. This diet emphasizes whole grains, fruits, and vegetables. It is low to moderate in fat and allows 6 oz of meat per day. The DASH diet reduces salt to one teaspoon per day (2,300 mg). Keep in mind this includes the amount of salt already in the food before using the salt shaker. Studies

have shown that the DASH diet improves high blood pressure in two short weeks. Caffeine and alcohol are permitted in moderate amounts (4).

The term flexitarian (flexible and vegetarian) was coined by registered dietitian Dawn Jackson Blatner. It is a plant-based diet that allows limited amounts of fish and meat. Alcohol and caffeine are not restricted, but it’s wise to use them prudently (5). This diet is easy to follow, and as the name implies, its ease lies in its flexibility.

The MIND diet (Mediterranean-DASH intervention for neurodegenerative delay) came in fourth place and has been shown in studies to slow cognitive decline. This diet focuses on fruits and vegetables, nuts, and berries, and beans. Poultry, fish, and beans are the main protein sources. Olive oil replaces butter and margarine. One glass of wine may be enjoyed each day. Sweets, cheese, and red meat are limited, and fried food is highly discouraged.

All of these diets are good choices for better health in 2022. When making a lifestyle change, give yourself at least 4-6 weeks to get accustomed to it. If you “fall off the horse,” get back in the saddle. That’s the only way you’ll learn to ride.

Until next time, be healthy!

Dear Dietitian

References


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Leanne McCrate, RDN, LD, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her at deardietitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or diet plans.

Wrestling in the New Year

By Brandon T. Wilson

FERGUSON, KY - Triple Crown Wrestling presented “Wrestling in the New Year” featuring the Main Event, “Blue Collar” James Caney vs. Fiji Wildman.

This match was sanctioned due to an attack on Caney by Fiji Wildman after Caney losing to TCW World Champion Cameron J. Walker after Walker used a chain to knock Caney out.

Pre-show Match featured Lady Inferno vs. Love Child in Triple Crown Wrestling’s first-ever Women’s Match. Lady Inferno won by pinfall.

Match 1: Shelby “Gummybear” McLovins vs. “Thee” Chris Rose. Rose won by pinfall.

Match 2: Rage Adams/Joker Jones vs. Cypher Code (Christopher Alexander Matthews/Blackjack Roberts). Adams/Jones won by pinfall. (Roberts).

Match 3: Tim Starr vs. Jeremiah L. Brake. Starr won by pinfall.

Match 4: Dominick McVay vs. Adrian Alexander. McVay won by Pinfall.

Match 5: Ross Bray/Tyler Logan vs. Cameron J. Walker (World Champion)/DeWayne Davis (All-American Champion). Walker/Davis won after Walker hits Logan with the TCW World Title, resulting in a pinfall.



The action spilled outside the ring during Triple Crown Wrestling’s “Wrestling in the New Year” event when Blue Collar” James Caney was attacked by Fiji Wildman as Lady Inferno looked on.

After the match, Logan grabbed the TCW World Title and tried to get Walker back in the ring.

Triple Crown Wrestling officials sanctioned a match between Cameron J. Walker and Tyler Logan for January 8th in Monticello at the Aspire Center, but added at the time of this release that this match will now be for the TCW World Championship.

Match 6: “Blue Collar” James Caney vs. Fiji Wildman with Lady Inferno in a No Holds Barred Match.

The match gained momentum quickly as Caney attacked Fiji outside the ring and total chaos ensued.

Lady Inferno got involved with a Kendo stick and hit Caney - changing the momentum of the bout.

Caney would regain control several times throughout, but Fiji Wildman would counter every time resulting in a broken shoulder for James Caney, and Fiji ending the match via pinfall with a spear in the corner of the ring through a door that Caney had placed earlier.

At the time of this release James Caney had been consulting with his doctors about moving forward.

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