

Dear Dietitian

Dear Readers,

Last week we discussed U.S. News' rankings of the top 3 diets for overall health, so it seems only balanced to examine the bottom three this week. A panel of nutrition experts evaluated the diets based on seven categories: how easy it is to follow, its ability to produce short-term and long-term weight loss, its nutritional completeness, its safety, and its potential for preventing and managing diabetes and heart disease (1).

The AIP (Autoimmune Protocol) and the Whole30 diets tied for the 35th out of 39 places. The AIP targets foods that may increase inflammation in those with an autoimmune disease, such as lupus or rheumatoid arthritis. Pro-inflammatory foods are eliminated, then gradually added back to the diet to target specific foods that cause symptoms. Although the expert panel suggested this diet might be worth trying if you have an autoimmune disorder, it scored low overall due to its restrictiveness and need for more scientific research.

The Whole30 diet's claim, although lacking scientific evidence, is that our modern, industrialized food production is the cause of many health problems. Alcohol, grains, dairy, legumes, and sugar are eliminated for 30 days in this diet. On the 31st day, you begin adding foods back to your diet so you can identify the

ones that cause digestive distress (2).

The keto and modified keto diets are tied for the #37th best diet. Keto is a high-fat, low-carbohydrate diet. This diet provides quick weight loss initially, and many claim they don't feel hungry. Since you are taking in very few carbs, your body's preferred energy source, your body goes into a state of ketosis where it relies on fat for energy. The fat isn't broken down efficiently in the absence of carbohydrates, producing ketones in the process. Hence, the name keto.

The modified keto diet is slightly lower in fat and allows a few more carbs each day. These modifications make the diet easier to follow than the classic keto.

Bringing up the rear are the Dukan and GAPS diets. The Dukan diet was created by French physician Pierre Dukan. Its premise is that eating protein helps people lose weight, so on this diet, you eat a lot of meat with non-starchy vegetables. It promises fast weight loss initially, and once you've reached your goal, you slowly add bread, cheese, and fruit back to your meal plan (3).

The GAPS (Gut and Psychology Syndrome) diet eliminates foods in an effort to detoxify the body. GAPS is a term coined by Dr. Natasha Campbell-McBride, who believes if problem foods are eliminated, the intestinal lining can heal. She believes there is a direct connection to

gut-brain health. While the diet may have positive digestive benefits, scientific research does not support its claims.

Dear Dietitian does not recommend any of the above diets for weight loss or better health. Please talk to your doctor before beginning a new diet.

Until next time, be healthy!

Dear Dietitian

References
U.S. news best diets: how we rated 35 eating plans (2020, January 4). Retrieved from <https://health.usnews.com/wellness/food/articles/how-us-news-ranks-best-diets>

Whole30 (2019). Retrieved from <https://whole30.com/whole30-program-rules/>

Spritzler, Franziska. The Dukan diet review: does it work for weight loss? Dec 12, 2018. Retrieved from <https://www.healthline.com/nutrition/dukan-diet-101>



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 today at deardietitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or diet plans.



ASK Dr. Angelia Winter Blues

The temperature is dropping, it is dark when we wake up and it is already getting dark when we leave work. For many people, less natural light during the colder, darker months can spell Winter Blues.

I confess; during the winter months, I survive – dreaming of the Spring. Truthfully, I start thinking SAD thoughts. Mental health is real. Taken from a usually fast-paced life, I am feeling challenged. Not depressed, just a little SAD. I confess; I struggle with symptoms known as Seasonal or Winter Depression.

Seasonal affective disorder* is a form of depression known as SAD, seasonal depression or winter depression. In the Diagnostic Manual of Mental Disorders (DSM-5), this is identified as a type of depression – Major Depressive Disorder with Seasonal Pattern. Symptoms usually occur during

the winter months when there is less sunlight. The most difficult months for people with SAD tend to be January and February.

According to the National Institute on Mental Health (NIMH), symptoms of SAD include fatigue, even with too much sleep, and weight gain associated with over-eating and carbohydrate cravings. SAD symptoms can vary from mild to severe and can include many symptoms similar to major depression, such as: 1) Feeling sad or having a depressed mood, 2) Loss of interest or pleasure in activities once enjoyed, 3) Changes in appetite; usually eating more, craving carbohydrates, 4) Change in sleep; usually sleeping too much, 5) Feelings of worthlessness or guilt, 6) Difficulty thinking, concentrating, or making decisions and most serious of all, 7)

Thoughts of death or suicide. If thinking thoughts of suicide, ask for help. You can start by calling the National Suicide Prevention Line: 1-800-273-8255 (TALK).

The good news is if you can get out in the sunlight for a time during the day. Also, a brief, brisk walk will help. If symptoms continue, see a mental health professional to help you through the next several months.

Remember, John 16:33, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Seeking Hope for 2022 in Faith and Love. Love God and All People Amen.

Dr. Angelia S. Bryant, Professional Counselor and Educator angelia.s.bryant@gmail.com 270.566.1122

CRASH,

— Continued from Page One

the parkway, caused eastbound traffic to be blocked for around two hours.

The truck was loaded with electrical wire being transported to a business in Somerset, authorities said.

The accident was investigated by Polston and Chief Deputy Jerry Melton - with the assistance of Russell County EMS, Russell Springs Volunteer Fire Department, and other first responders.

Somerset Pulaski County Special Response / KY Haz-Mat 12, Ky Transportation Cabinet, Candido's Towing and Eco-Tech USA also responded for assistance and clean-up of the scene.

FREEZE YOUR SUBSCRIPTION RATE before rates increase!

It's cold outside and you need something to read.

Subscribe to the **Russell County Times-Journal** and get the paper in your mail each week.



Get the Russell County Times-Journal newspaper delivered to your mailbox for only \$29.00 for in-county and surrounding counties; elsewhere in Kentucky or out of state \$39.00



Yes, I want to subscribe to the Russell County Times-Journal today and take advantage of this special offer. I will receive a one-year subscription for only \$29.00 for in-county and surrounding counties; elsewhere in Kentucky or out of state for \$39.00.

RETURN THIS AD WITH YOUR PAYMENT AND WE WILL START YOUR SUBSCRIPTION RIGHT AWAY!

Name: _____

Address: _____

Phone: _____

Please mail payments and this form to the Russell County Times-Journal
P.O. Box 190, Russell Springs, KY 42642 or stop at our convenient location
120 Wilson Street, Russell Springs, KY • (270) 866-3191
HURRY, ACT QUICK! OFFER EXPIRES 3-31-22

