

The Lifestyle and Culinary Medicine Newsletter

we're so glad you're here!

THIS MONTH'S FOCUS

National Nutrition Month

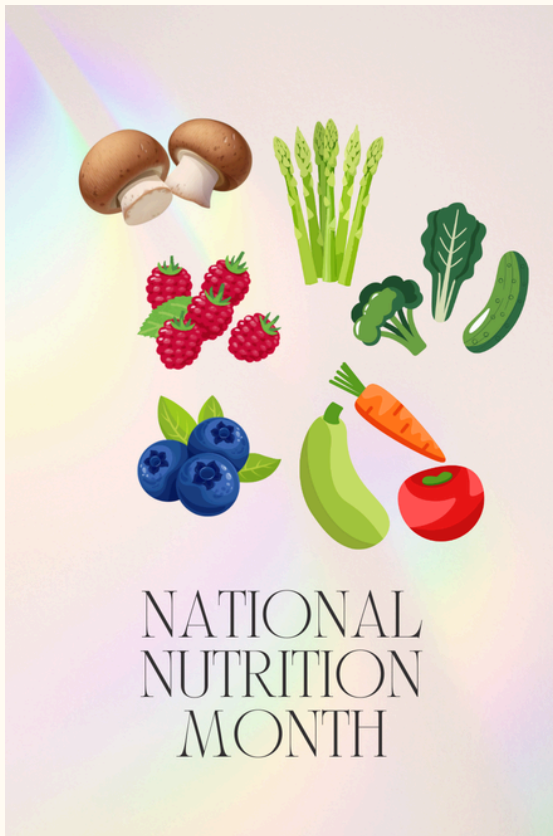
March is National Nutrition Month, initially started by the Academy of Nutrition and Dietetics. It focuses on providing education about nutrition and developing healthy eating and physical activity habits. This year's theme is "Discover the Power of Nutrition"

A healthy diet and lifestyle prevent diseases like Obesity, Diabetes, Heart disease and Hyperlipidemia.

Everyone has different calorie needs, and one should eat based on their preferences, cultural traditions and budget.

Wishing you and your loved ones an amazing month with joy, resilience, and most importantly, vibrant health.

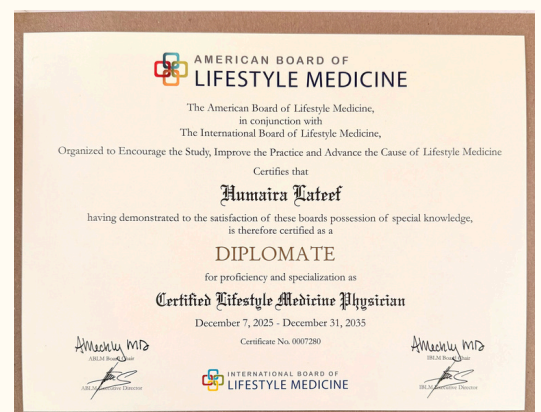
With care,
Dr Lateef.

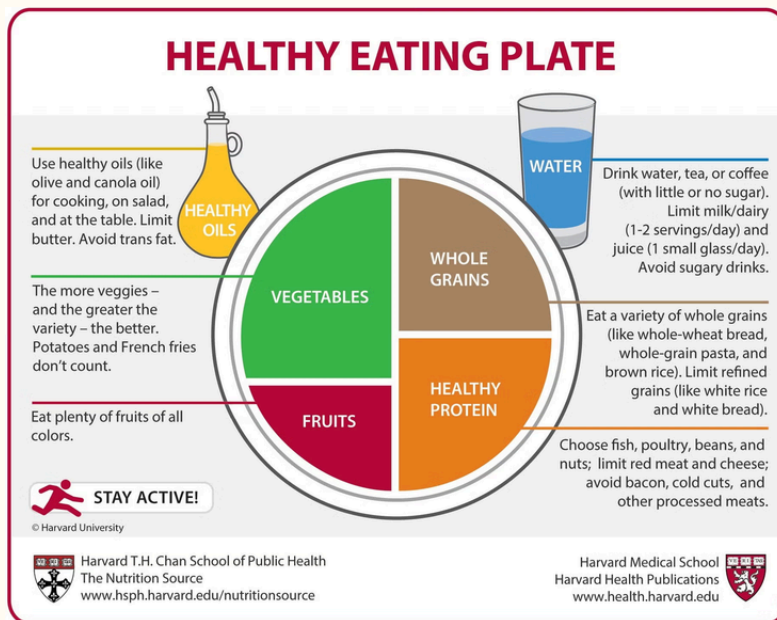


A New Milestone

DIPLOMATE AMERICAN BOARD OF LIFESTYLE MEDICINE

I am excited to share the news of my board certification in "Lifestyle Medicine" that involved countless hours of studying evidence-based lifestyle therapeutic practices to help prevent, treat and reverse chronic diseases.





How to make healthy food choices

Making healthy food choices doesn't have to mean living on kale and ice cubes. It's more about finding a sustainable rhythm that fuels your body without making you miserable at mealtimes.

Think of your plate as a bank account: you want most of your "spending" to go toward high-value investments (nutrients) while leaving a little room for the "fun stuff" (treats) so you don't go broke emotionally.

THE "PLATE ARCHITECTURE"



Power Half rule

50% OF PLATE: VEGETABLES & FRUITS

Aim for rainbow colors; Different colors usually mean different phytonutrients

COMPLEX CARBS SHOULD MAKE 25% OF THE PLATE



Protein is the "satiety king"

IT KEEPS YOU FULL

chicken, fish, beans, tofu, lean meats and Greek yogurt

EXAMPLES OF COMPLEX CARBS: QUINOA, OATS, SWEET POTATOES AND BROWN RICE

Identify Hidden Saboteurs

SOMETIMES "HEALTHY" FOOD ISN'T WHAT IT SEEMS. WATCH OUT FOR THESE COMMON CULPRITS

Low-Fat Yogurt --- Often loaded with sugar to fix the taste-- a better choice is Plain Greek yogurt + fresh fruit.

Salad Dressings--- Can have more calories than the salad itself—a better choice is Olive oil and lemon or balsamic vinegar.

Fruit Juice---All the sugar, none of the fiber--- a better option is the actual whole fruit.

Granola Bars--- Basically "health-halo" candy bars—a better choice is a handful of raw nuts and seeds.

Mindful Eating Habits

The 20-Minute Rule: It takes about 20 minutes for your brain to realize your stomach is full. Eat slowly.

Hydrate First: Sometimes thirst masquerades as hunger. Drink a glass of water before reaching for a snack.

Don't "Ban" Foods: Categorizing foods as "evil" usually leads to binging later. If you want a cookie, have a cookie, enjoy it, and move on.

And most importantly, don't try to overhaul your entire kitchen overnight. Start with one "swap" this week—like replacing soda with sparkling water or adding one extra veggie to your dinner.



Master the Grocery Store

THE LAYOUT OF MOST SUPERMARKETS IS A TRAP. HERE IS HOW TO NAVIGATE IT

- Shop the Perimeter of the store: The middle aisles are where the "ultra-Processed" foods live. So, avoid them
- Follow 5-ingredient rule: If a packaged food has more than five ingredients, it is likely processed.
- Never shop hungry: A University of Minnesota found that hungry shoppers spend 64% more money than those who have eaten.

Instagram | @humairalateefmd

Chicken Rice Soup with Mushrooms and Ginger

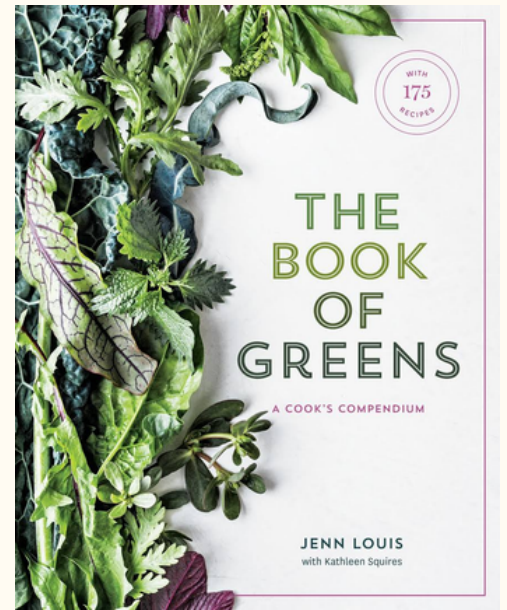
A VERY HEARTY AND NUTRIENT DENSE SOUP. MICRONUTRIENTS IN MUSHROOMS HAVE ANTI-INFLAMMATORY, ANTI-CANCER PROPERTIES, IT BOOSTS IMMUNITY, PREVENTS OXIDATIVE STRESS AND IMPROVES FATIGUE.

Ingredients:

2Tbs extra Virgin olive oil
1 onion chopped, fine
4 oz shiitake mushrooms, stemmed and sliced thin
2 Tbs grated fresh ginger
1/2 tsp salt and pepper each
1/2 cup brown rice, boiled
2 scallions, white part sliced thin, green part cut into 1/2-inch pieces.
1/4 cup fresh cilantro leaves, chopped
1/2 chicken boiled (cut in small pieces) (May use rotisserie chicken)
6 cups chicken broth

Instructions:

Heat oil in large saucepan on medium heat.
Add onions, mushrooms, ginger, salt and black pepper and cook till beginning to brown... about 4 minutes.
Add broth and boiled brown rice.
Add shredded chicken/scallions
Continue to cook until heated through
Transfer soup to serving bowls, sprinkle with cilantro and serve.



The Book of Greens

A COOK'S COMPENDIUM OF 40 VARIETIES, FROM ARUGULA TO WATERCRESS, WITH MORE THAN 175 RECIPES

The Book of Greens is essentially a love letter to the often-overlooked world of leafy vegetables and hardy stalks.

BY JENN LOUIS
AND KATHLEEN SQUIRES

Instagram | @humairalateefmd

Movement Tip

OPTIMAL VOLUME OF PHYSICAL ACTIVITY REQUIRED TO MAINTAIN WELLNESS

- 150 minutes per week of moderate-intensity aerobic activity like brisk walking or cycling OR
- 75 minutes per week of vigorous-intensity activity like running or HIIT (high-intensity interval training)
- 2 days of muscle-strengthening activities that hit all major muscle groups, about 15 minutes each day.



Health Benefits of Physical activity

- Reduced risk of chronic diseases, such as hypertension, cardiovascular disease, type 2 diabetes, breast and colon cancer and depression
- Increased muscular and cardiovascular fitness
- Improved bone health and less risk of falls
- Maintenance of healthy weight
- Reduced anxiety and depression
- Improved cognitive function and reduced risk of dementia.



Physical Activity and Cancer Prevention

CURRENT EVIDENCE: 3-4 HOURS OF MODERATE TO VIGOROUS ACTIVITY EACH WEEK

lowers colon cancer risk by 17-30% and
breast cancer risk by 25%

MOVE IT OR LOSE IT

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