

Summary of the May, 2012 Program**“Getting Your Plate In Shape”****Speaker: Joy Semelka, MS, RD, LDN, CDE**

Joy Semelka, MS, RD, LDN, CDE was the guest speaker at our May meeting, and her subject was “Getting Your Plate in Shape”. Joy is a Nutrition Counselor and as you can see by her many designations is well qualified in the field. She educates in many areas including weight loss, nutrition, diabetes, cardiovascular risk reduction, eating disorders and all areas of nutrition counseling. Joy’s busy schedule has forced her to limit her speaking engagements but privileges our group by continuing to do presentations for us.

Over the years food group recommendations have changed. The latest change has gone from a pyramid to a plate which was developed by the University of Florida for older adults. Nutrition needs change as we get older.

Most people do not get the necessary amount of fruits and vegetables. It is necessary as much as possible to make sure that the fruits and vegetables we eat are not processed. Also, grains come in many forms and too many are also processed. We need to get back to eating unprocessed fruits, vegetables and grains. There are many ways other than meat to get protein. Beans are a great source of protein and are lower in fats and calories. Another category is oils, the best source being nuts. Also dairy, although people have switched to non fat dairy products they are still eating cheese which is high in fat, thus it is a wash.

Joy spoke about the politics of food. Science has a problem overcoming money and politics. Big food companies have more influence on the food recommendations than science. Foods go from the farmer to the processing plants and then to us. She believes that is what is responsible for today’s obesity epidemic.

In 1984 scientists Brown & Goldstein won the science Nobel Prize for a study on LDL which is the bad cholesterol. They discovered that the human body does not have enough receptor sites to counteract bad cholesterol thus we need to be on a fat free or low fat diet to make sure are LDL levels are not too high. It is important to keep our Cholesterol (LDL) low. In their article that appeared in the magazine Scientific America they gave 6 reasons why this would not work.

1. There are economic consequences: -it would impact the medical field, less, heart procedures, less statin drugs produced, etc.—
2. Social consequences, - people would have to change the type of restaurants they frequent.
3. There are diseases that are prevented by fat. (Joy said the article didn’t explain what diseases)
4. Most Americans will not follow low fat diets.
5. Only 50% of the population will die of atherosclerosis.
6. People would have to quit going to fast food restaurants and stay away from convenience foods.

There are several books on the market that Joy said are excellent sources to help you eat healthy. They are:

1. Several books written by Dean Ornish
2. Volumetrics by Barbara Rolls (Excellent)
3. China Study
4. Engine 2 Diet (written by a fireman great recipes)

These books can be found on Amazon.

Joy and her husband are vegetarians (vegans). Since her husband 's heart attacks they have changed their eating habits drastically and have found her husband's LDL is at very healthy level.

Joy's advice is to load up on veggies and fruits and exercise as much as is safe for you.

"No matter how slow you go you still are lapping everyone on the couch"

Joy Semelka is in private practice at "DIA-TRITION" (Diabetes Nutrition, Inc.), and can be reached at 352 291-5505.