

# LIPID CLINIC NEWS

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The Lipid Clinic is located in Suite 330, 3rd floor of the Physicians' Pavilion at OHSU. To make Lipid Clinic appointments, call: (503) 494 - 1794 (new patient) or (503) 494 - 1775 (follow-up).

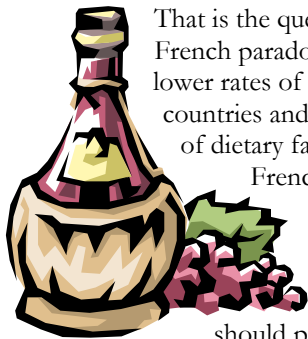
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## To Drink or Not to Drink?



That is the question. We've all heard of the French paradox--the fact that the French have lower rates of heart disease than other European countries and the U.S., despite their higher intake of dietary fat. Some studies attribute this to the French consumption of red wine. Other studies point to the intake of alcohol itself, rather than wine specifically. Is there any truth to either of these theories? If so, should patients with heart disease drink to minimize their risk of having a heart attack? Should healthy individuals drink to prevent heart disease altogether? Should non-drinkers begin drinking to maintain or improve their health? While there are no clear answers to these questions (which we've been trying to answer ourselves for years), we think the following study, and our subsequent analysis, will help clarify the issue.

In an epidemiologic study published in *The New England Journal of Medicine*, researchers evaluated the intake of alcohol in over 38,000 healthy men and their risk of having a heart attack. They assessed intake of beer, red wine, white wine and liquor, and followed the subjects for 12 years. During that time, there were over 1,400 cases of myocardial infarction.

### The Author's Findings:

- Men who consumed alcohol three to four, or five to seven days per week, had a decreased risk of myocardial infarction, compared with men who consumed alcohol less than once per week.
- The type of beverage didn't make a difference (e.g. drinking red wine was no more beneficial than drinking beer or liquor).
- Drinking alcohol with meals did not provide additional benefits.

### What Do We Think?

Well, a simple conclusion would be that drinking alcohol lowers risk of coronary heart disease. However, years of experience tell us that it's never this simple! First of all, we know that drawing conclusions from an epidemiological study would be premature. Epidemiological studies give us clues about relationships between lifestyle and disease. For example, epidemiological data taught us that Eskimos had low rates of heart disease. However, it wasn't until *clinical trials* were performed that we learned the health benefits were due to the omega-3 fatty acids in fish. Without clinical trials, one might simply conclude that the decreased heart disease risk was due to some other lifestyle factor (living in a cold environment, for example). There can be serious problems with using associations to draw conclusions. We've learned this with both vitamin E and female hormone replacement therapies. While epidemiologic associations indicated benefits from these treatments, clinical trials have proven otherwise.

We also know from experience that alcohol causes other problems. In our Lipid Disorders Clinic, we commonly see patients with high triglycerides, which is exacerbated by alcohol consumption. Alcohol contains a lot of calories, which can lead to weight gain. A 3-ounce glass of red wine contains 62 Calories. But who stops at 3 ounces? A typical restaurant might serve you nearly 3 times this amount, and if you order 2 glasses, you've reached 360 Calories. One of our dietitians recently dined at an Italian restaurant that served wine in an extra-large wine glass—big enough to hold an entire bottle of wine (fortunately, the glass was only partially filled)! There are other health problems associated with alcohol consumption--lower life expectancy in heavy drinkers, hypertension, increased cancer risk, liver cirrhosis, alcohol gastritis, dependency, and auto accidents, to name a few.

We believe that the substitution of one disease for another is not a solution. At this time, there is insufficient information to encourage non-drinkers to begin drinking, nor is there evidence to advise people to drink alcohol for medicinal reasons. For some people, drinking alcohol in moderation may be completely safe; for others, it may not. We believe you should discuss any questions with your physician.

## "The OHSU Diet"— Not From OHSU!



Commonly referred to as the “hot dog and ice cream diet” in our office, this diet resurfaces periodically and has been a thorn in our side for years. The original typewritten copy of this diet has been photocopied by hundreds, perhaps thousands, of people looking for *the* weight loss solution. It has circulated across the state of Oregon and perhaps across the country. Developed around 1975 (by some unknown entity), “The University of Oregon Medical School Diet”, which was later renamed “The OHSU Diet”, contains an odd mixture of food and supposedly works on a “chemical breakdown”. A few times a year, somebody will call our office and ask “Is this diet for real?” Callers range from college professors to cattle ranchers. After nearly three decades of inquiries about this unusual diet that promises amazing weight loss results, we decided it was time to address this topic once and for all!

### What is “The OHSU Diet”?

It is a fictitious diet that did **not** come from OHSU. It gives a specific 3-day meal plan, claiming the other 4 days of the week you can eat anything you want. For example, Day 2 dinner includes 2 hot dogs (no buns), 1 cup broccoli, ½ cup carrots, 1 banana and ½ cup vanilla ice cream. (We will not publish the entire meal plan for fear that somebody might take it seriously!)

### Does it Work?

The diet claims to work on a “chemical breakdown”. It promises 40 pound weight loss of “solid fat” in a 30-day period by only dieting 12 days (3 days on, 4 days off). *Our math tells us that this is not possible.* In order to lose 40 pounds, one would need a deficit of 140,000 Calories (remember: 3500 Calories equals a pound). Divide 140,000 by 30 days, and you have a deficit of 4,667 Calories per day needed to lose this amount of weight. This amount of Calories is more than most people eat in a day! Not to mention, if you can eat whatever you want on the other four days of the week, the results will vary tremendously.

### Is it Healthy?

While the diet does include plenty of fruits and vegetables, it lacks many other nutritious foods: whole grains, legumes, lean meats, fish, low-fat dairy products—and variety! We generally steer clear of traditional “diets” for weight loss. Sure, you might lose weight, but that doesn’t mean it’s healthy. We recommend healthy eating styles that one can stick with for the long haul, rather than short-term diets that you follow as long as humanly possible, then throw in the trash can.

### Who Wrote It?

We’ve been wondering the same thing for years.

### If I Have a Copy of This Diet, What Should I Do With It?

We think the paper shredder or recycling bin are good places for it. One of our dietitians keeps her copy in the “Humor” file in her desk drawer. ☺

## Tips For Eating Away From Home

How many of you made a New Year’s resolution to lose weight? Since it’s one of the most popular resolutions each year, we’re pretty sure some of you are doing your best to shed those extra holiday pounds. Besides finding the time to exercise and prepare healthy food, there are many other barriers to weight loss. With 1/3 of our meals being eaten away from home, whether at a coffee shop or your favorite seafood restaurant, eating out can certainly be an obstacle to overcome in the pursuit of a smaller waistline. If you travel frequently, have regular business lunches with clients, or just enjoy eating out with friends, we’ve got some ideas for you! We want you to meet your goals, so we’ve come up with some helpful hints for eating away from home.

- **Pick the place:** If you aren’t comfortable dining in a restaurant that you’ve never been to, offer to find a restaurant that will provide more healthy options.
- **Research the restaurant:** If you know ahead of time where you will be dining, try to find the restaurant’s menu on the internet or call ahead to see what types of foods or cuisine are offered.
- **Bring a healthy dish:** If you’re invited to a party at someone’s house or a potluck at the office, bring a healthy entrée, low-fat dessert, vegetable plate or fruit salad. People will appreciate having healthy choices.
- **Bring your lunch or snacks to work:** Business luncheons can make losing weight difficult, especially when you are required to dine out with associates. Eat a small lunch or snack before dining out so you can avoid ordering something high in fat and calories.
- **Avoid fried, breaded or creamed dishes:** These are red flags when describing menu items. Look for entrées that are steamed, boiled or broiled in order to limit the amount of added calories and fats in your diet. Salads, non-creamed soups and sandwiches are some healthier options to consider.
- **Keep portions small:** Remember that the number one determinant of how much you eat is how much you’re served. You might consider sharing an entrée with your spouse, ordering an appetizer or a la carte item for your entrée, and avoiding “combination” dinners. Or, box up half your meal right away.
- **Order condiments and salad dressings on the side:** High-fat dressings, condiments and sauces can add hundreds of calories to an already high-calorie meal.
- **Order half the cheese on pizza, burritos, salads, etc.** This means half the cheese on all of the food, not *all* of the cheese on half of the item, as one staff member experienced when ordering a bean burrito at a local Mexican restaurant!
- **Keep a cooler in your car:** When running errands, be prepared—keep snacks, such as yogurt and water, in a small cooler.

**Bottom Line:** Most of us have found that we can visit any restaurant and customize our order to make it work for us. If you’re like most Americans and eat 1/3 of your meals out, then these tips are for you!

## Successful Crock-Pot® Cookery

They're back! With the *"Fix-It and Forget-It Cookbook"* on the New York Times Best Seller's list, it appears that slow cookers are back in fashion. A couple of our staff members have recently dusted off their Crock-Pots to practice the art of one-pot cooking. Over the holidays, one dietitian simplified the task of feeding a houseful of hungry relatives by preparing meals in the morning and letting them simmer until dinnertime in the slow cooker. Another newly married staff member is learning to cook meals for two in her wedding gift slow cooker. The convenience of one-pot cookery is irresistible for any busy household. Whether it's soups, stews, entrees or appetizers, we think that there is a Crock-Pot recipe for everyone. And they're great for the health-conscious cook. What better way is there to cook beans or vegetable soups?

Some great tips are offered in Crock-Pot cookbooks; we'd like to share a few with you in the hopes that you'll be inspired as well.

### Tips for Successful Slow Cooking:

- Do not lift the lid during cooking—it can take 15-20 minutes to regain lost heat. Successful slow cookery depends on the high temperatures that produce steam that cooks the food.
- Do you find yourself too busy to assemble the ingredients in the morning? Try preparing the ingredients the night before. Place all ingredients in the removable pan, refrigerate overnight, and pop into the cooker before heading out the door in the morning. It doesn't get much easier than that!
- As with any cooking, Crock-Pot cookery takes practice. Be open-minded with new recipes. Chances are you may have to cook a few different recipes to find the ones you like—but don't give up! You can start with this delicious recipe below.

## Black Bean Picante Soup

2 teaspoons vegetable oil  
1 cup chopped onion  
1 clove garlic, minced  
2 cans (16 ounces each) black beans, undrained (we like S & W 50% Less Salt)  
1 can (16 ounces) unsalted tomatoes  
½ cup picante sauce  
1/8 to ¼ teaspoon red pepper flakes or ¼ teaspoon Spicy Pepper Seasoning (Spice Islands)  
½ teaspoon dried oregano leaves  
Nonfat sour cream or nonfat plain yogurt, for garnish

Heat oil in a small skillet. Sauté onions and garlic until onions are soft. Pour into a slow cooker; add undrained beans, tomatoes, picante sauce, pepper flakes, and oregano. Cook on low heat 2 to 3 hours. Serve with a dollop of sour cream or yogurt on top of each serving. Makes 6 cups.

*Per cup: Calories 198; Sodium 400 mg; Fiber 10 gm; Total Fat 3 gm; Saturated Fat trace; Cholesterol 0 mg; CSI trace*



## Amazing Patient Success Story

Every so often, we have one of those patients that inspires all of us around the office-- and hopefully you as well! Mr. Weightloss\* first came to Lipid Clinic in February 2002. He arrived with a triglyceride level in the 1,000s, Type 2 diabetes controlled with medications, and a weight of 270 pounds. At 6'5", he had a body mass index (BMI) of 31 kg/m<sup>2</sup>, which is considered obese. Mr. Weightloss was given recommendations for extensive lifestyle changes, which included several dietary goals from one of our dietitians, and an exercise prescription from the doctor. The eating goals that he developed with the help of a Registered Dietitian included:

1. Buy Guiltless Gourmet tortilla chips.
2. Buy light microwave popcorn.
3. Eat salad at dinner in addition to a vegetable, and eat a larger serving of the vegetable.
4. Use half the amount of margarine on bread and vegetables.
5. Buy Lite Salt.
6. Delete egg yolks--use white and/or egg sub only.

In addition to achieving the above goals, Mr. Weightloss started walking an hour and a half each day, by walking 3.5 miles twice a day. Mr. Weightloss was very diligent and was determined to control his diabetes with exercise and eating (and eventually go off of his diabetes medications.) Six months later, he arrived in our office 56 pounds lighter with a near normal BMI level of 24.8 kg/m<sup>2</sup> (a healthy BMI level is 19-24 kg/m<sup>2</sup>). He was taken off of his lipid *and* diabetes medications at this time because he had a normal triglyceride level (74 mg/dL), and well controlled, normal blood sugar levels. Mr. Weightloss set out to control his diabetes and lipid levels with exercise and eating, and he did it!

Our ideas and encouragement helped him get started and motivated him throughout his endeavor, but Mr. Waitloss had the motivation and self-determination to take our ideas and run with them—and more importantly stick with them as a lifestyle change! Way to go! We hope to see more patients like Mr. Weightloss, with the motivation to make healthy changes.

*\* All names have been changed to protect the identity of the patient.*

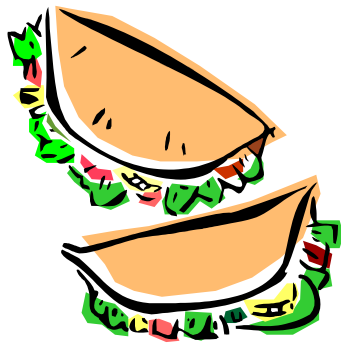
### Cooking Tip of the Month

Wash, dry and cut lettuce as soon as you get home, so salads will be a snap to prepare at dinnertime!

## Fresh Fish Tacos

*Almost like you'd eat in a restaurant, but the fish isn't deep-fried so it's much healthier. This is definitely a quick-to-fix dinner!*

- 2 tablespoons taco seasoning
- 1 tablespoon freshly squeezed lime juice
- 1 tablespoon orange juice
- 1 pound white fish (cod, halibut, etc.), cut into bite-sized pieces
- 2 teaspoons oil
- 2 cups pre-sliced green cabbage
- ½ cup chopped green onions
- ½ cup fat-free sour cream
- 8 (6-inch) corn tortillas
- 8 lime wedges



In a medium bowl, combine taco seasoning, lime juice and orange juice. Add fish and toss to coat. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add fish; sauté 5 minutes or until fish is cooked.

In a medium bowl, combine cabbage, green onions and sour cream. Set aside. Warm tortillas by placing 4 at a time in a wet paper towel; microwave 45-60 seconds. Spoon ¼ of the cabbage mixture down the center of each tortilla. Spoon about 2 tablespoons of the fish mixture in each tortilla. Fold in half and serve with lime wedges.

Makes 4 servings (2 tacos each).

Per Serving:	
Calories 277	Total Fat 5 gm
Sodium 432 mg	Saturated Fat 1 gm
Fiber 5 gm	Cholesterol 50 mg
Cholesterol-Saturated Fat Index 3	

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