



# CHIP CHAT

FOR ALUMNI & FRIENDS - SEPTEMBER 1, 2003

## What's the Skinny on Atkins Diet?

### Low Carbohydrate versus High Carbohydrate Diet Compositions

A recent article in the May 22<sup>nd</sup>, 2003 edition of the *New England Journal of Medicine* highlights the continued debate between low carbohydrate and high carbohydrate diet supporters. A total of 63 obese (BMI greater than 35) men and women participated in this study, which took place in the eastern United States of America. They were randomly assigned to eat either a low carbohydrate, high protein and high fat diet (ie. the Atkins diet) or a high carbohydrate, low fat diet for one full year. The amount of weight lost and the changes in cholesterol, triglycerides and insulin resistance were then measured.

The results hit the national press the day before publication because of one main conclusion from this low-powered study: participants eating the Atkins-style diet lost more weight in the first six months than did those eating a high carbohydrate diet. This juicy tidbit has already spread like wildfire among those who wish to condone their typical western eating habits: fast foods, pre-prepared packaged foods, high fat, low carbohydrate, etc.

But wait a minute.... Let's analyze this study a bit more carefully!

The media broadcasts failed to point out that although weight loss appeared to be more rapid in the Atkins-style dieters, this was true for only the first six months; at twelve months of follow-up, the high carbohydrate eaters had caught up. Another very important point to note is that the diet compositions were not really that terribly different! The percentage of fat in the Atkins-style diet was roughly 41%, whereas the percentage of fat in the high carbohydrate diet was still much higher than the ideal, tallying a whopping 33%. The crucial issue is that the diets in truth were really not all that different (compare the CHIP ideal percentage of fat, which is less than 20% of total calories consumed). The authors of the study themselves concluded that the reason for the more rapid weight loss with the Atkins-style diet was that this group had actually consumed considerably less total calories per day than did the high carbohydrate group; thus, the supposedly impressive result was due to calorie restriction, and NOT the specific fat/protein/carbohydrate composition of the two diets. Sadly, this is not what the general public will conclude from the media coverage of this study!

One final point, in case the take-home message is not yet clear: this study does NOT prove superiority of a high protein, high fat, low carbohydrate diet over a high carbohydrate, low fat diet. In fact, it doesn't prove anything other than: **“the more you restrict your calories, the faster you'll lose more weight”!**

*Christine Simpson, MD –Chip Director, Edmonton, AB*

## Quotable Quotes

“Be careful about reading health books. You might die of a misprint.” –*Mark Twain*

**“It took me a quarter of a century to learn this.**

**Diets do not work.”** –*Oprah Winfrey, from her show on January 2, 2003*

“No diet will remove all the fat from your body because the brain is entirely fat. Without the brain you might look good, but all you could do is run for office.” –*Covert Bailey*

## Did You Know?

### Salt Assault

Even if you never touch the saltshaker, there's a good chance you could be getting too much sodium in your diet.

Americans' average salt intake is nearly twice the recommended daily limit, and high sodium intake may contribute to hypertension. Most dietary sodium comes from prepackaged items, such as spaghetti sauce, frozen pizza, canned soups or vegetables, and salty chips or pretzels. Choose reduced- or low-sodium alternatives whenever possible.

*Real Age Tip of the Day, Aug. 14, 2003* <http://www.realage.com/> -(get daily free newsletter tips)

### Sodium Intake Limits

Average American Diet	4000 mg/day
Those with normal blood pressure	2400 mg/day
Those with high blood pressure	2000 mg/day
Those with high blood pressure and congestive heart failure or liver disease	1000 mg/day
Minimum necessary level	250 mg/day

It is no exaggeration to say that salt is a major culprit in causing high blood pressure. A study involved 20 high blood pressure patients who were taking no medication, but reduced their previously high sodium intake to less than 3000 mg a day. After one year their average systolic pressure was lowered by 19 points and diastolic was lowered by 14 points. Blood pressure of 16 of the 20 patients was controlled by simply restricting their salt intake. –*Neil Nedley, Proof Positive p.138*

## **In the News**

Sources tell us that Bill and Hillary [Clinton] are on the South Beach Diet, the weight-loss program that's become all the rage among the body-conscious. One of our spies overheard Bill crediting the diet when someone complimented him on looking so good at Hillary's book party at the Four Seasons. "He also said all his friends in Hollywood are on it," the spy reports." –*New York Magazine*

## **Cool Websites**

Go meatless the healthy way. A new food guide published in the Journal of the American Dietetic Association illustrates how to **go meatless nutritiously**.  
[http://www.msnbc.com/modules/exports/ct\\_infobeat.asp?news/952178.asp](http://www.msnbc.com/modules/exports/ct_infobeat.asp?news/952178.asp)

**Fad Diets** are far from the ideal diet and it should be noted they aren't balanced.  
<http://www.webterrace.com/fad/home.htm>

Read the fad diets, laugh at how silly they are and thank God you wouldn't be silly enough to try one of them.

What is the **Excess Cost of being Overweight?**

[http://makinghealthychoices.info/News/news\\_july\\_2003.asp#Overweight](http://makinghealthychoices.info/News/news_july_2003.asp#Overweight)

This website also offers a free newsletter called Making Healthy Choices that is well worth reading.

### **Confessions from a Diet Book Junkie**

<http://www.savekaryn.com/WednesdayWeeklyWonder.htm>

You'll have to scroll down to May 16, 2003 for the confession part... interesting. This young lady was \$20,000 behind on her credit card... came up with the idea to start a website and ask people to help her get out of debt. It worked so well she got on to national TV to tell her success story and is writing a book... and eating junk food... which leads into this crazy confession story.

### **A Cold Soup for a Hot Day** <http://www.msnbc.com/news/954540.asp>

This is a wonderful idea and while the fires are burning up BC... about 240 homes lost this past week in Kelowna... this cold soup would hit the spot!

You will be amazed at all the stuff on Fad Diets on the web... just go to **Google**:  
<http://www.google.com/> to do a search... type in Fad Diets... there is about 55,000 entries! You can find out anything on any diet there is.

***Disclaimer:** Links to websites referred to in this newsletter do not necessarily constitute endorsement by the Adventist Chip Association for all of the content therein.*

## CHIP Happenings

- Sept. 8 **Lincoln, NE** starting 4<sup>th</sup> CHIP –Virgil Carner, *Director*  
**Livermore, CA** starting first CHIP –Alyson Cloke, *Director*  
**Manchester, KY** starting 2<sup>nd</sup> CHIP –Debbie Wagers, *Director*  
**Overland Park, KS** starting 2<sup>nd</sup> CHIP –Carol Blackwell, *Director*  
**Portland, TN** starting 3<sup>rd</sup> CHIP –Ralph Ruckle, *Director*  
**Ventura CA** starting 2<sup>nd</sup> CHIP –Sandi Geli, *Director*  
**West Seattle, WA** starting first CHIP –Ray Foster, *Director*
- 14 **Richmond, BC** starting first CHIP –Branka Sremac, *Director*
- 15 **Calgary, AB** starting 4<sup>th</sup> CHIP –Ron Blaney, *Director*  
**Chilliwack, BC** starting 5<sup>th</sup> CHIP –Anne Clawson, *Director*  
**Fresno, CA** starting first CHIP –Christine Pittman, *Director*  
**Killeen, TX** starting 2<sup>nd</sup> CHIP –Rick House, *Director*  
**Mariposa, CA** starting first CHIP –Jack Hilton, *Director*  
**Mission, BC** starting 3<sup>rd</sup> CHIP –Ernest Rainda, *Director*  
**Sarmia, ON** starting 3<sup>rd</sup> CHIP –Don Horricks, *Director*
- 21 **Aspen Park, CO** starting 3<sup>rd</sup> CHIP –James Row, *Director*
- 22 **Penn Valley, CA** starting first CHIP –Shannon Gleason, *Director*  
**Simi Valley, CA** starting 4<sup>th</sup> CHIP –Bob Stotz, *Director*
- 28 **Spruce Grove, AB** starting first CHIP –Linda Wilkinson, *Director*
- 29 **Armstrong, BC** starting 3<sup>rd</sup> CHIP –Barry Johnston, *Director*  
**London, ON** starting 2<sup>nd</sup> CHIP –Gord & Kathy Rayner, *Directors*  
**Omaha, NE** starting first CHIP –Marilyn Sabata, *Director*  
**Salmon Arm, BC** starting 5<sup>th</sup> CHIP –Myrna Hegesan, *Director*

*What's happening in your area? Why not drop me a note so I can share it?  
Let us know when your next CHIP program is scheduled so we can post it on our  
web site. –Sherwin Goerlitz: [chipchat@sdachip.org](mailto:chipchat@sdachip.org)*

## Looking for a CHIP Program?

Check out the CHIP Website to find the location and date of the next CHIP closest you and share it with your friend or family member.

<http://sdachip.org/locations/>

## Recipe of the Day

### Awe Full Falafel

This awful good vegetarian delight is the pride of the Middle East. It is frequently found in restaurants and delicatessens in the Middle East and North America.

**1 lb. dry chickpeas (do not use cooked chickpeas)**

**1 medium onion, quartered**

**1 medium potato, peeled, quartered**

**4 garlic cloves**

**1 tsp. ground coriander**

**2 tsp. cumin**

**1/3 c. dried parsley flakes**

**1 T. flour**

**1/2 tsp. baking soda**

**salt, pepper, and cayenne to taste**

Soak chickpeas for 24 hours. Drain. Put chickpeas, onion, potato and garlic through meat grinder twice, using the finest grind or chop in a food processor.

Add all remaining ingredients except the baking soda. Mix well. Cover and let rest for 2-3 hours.

Spray frying pan with olive oil. While your pan is warming, add the baking soda to the chickpea mixture. The mixture is quite soft so either dampen your hands to make the balls or use a small ice cream type scoop. Lower into the pan. When you turn the balls they will flatten out.

After you have just quickly browned the patties on both sides lay them on a cookie sheet and bake in the oven for 25 minutes at 375.

Note: Most falafels you buy have been deep-fried. I have tried only baking the falafels. If you choose that method, bake for 35-45 minutes at 375. Watch and remove when browned.

Serve Falafel inside a round of pita bread with cucumber, lettuce, radish, tomato slices, peppers of any sort, chopped fresh parsley or vegetables of your choice. Drizzle the filled pita with a creamy tofu topping or a Sesame Seed Sauce.

<b>NutritionFacts</b>	
per serving makes 24 servings	
Amount per serving	
<b>Calories</b>	43
Calories from fat	2
% Daily Value *	
<b>Total Fat 0.2g</b>	0%
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 139mg</b>	6%
<b>Total Carbohydrate 8.6g</b>	3%
Dietary Fiber 1.3g	5%
<b>Protein 1.6g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b>Additional Information</b>	
4.7% of calories from Fat 80.4% from Carbohydrates 15% from Protein	

## Laugh a Little

Subject: Coffee making



Who should make the coffee?

A man and his wife were having an argument about who should brew the coffee each morning.

The wife said, "You should do it, because you get up first, and then we don't have to wait as long to get our coffee".

The husband said, " You are in charge of the cooking around here and you should do it, because that is your job, and I can just wait for my coffee."

Wife replies, "No you should do it, and besides it is in the Bible that the man should do the coffee."

Husband replies, " I can't believe that... show me."

So she fetched the Bible, and opened the New Testament and shows him at the top of several pages, that it indeed says...

(are you ready for this... )

**"HEBREWS"**

*(Thanks to Irene Radchenko, Penticton, BC for forwarding this)*

**Closing Thought**

*Free refills cost you your figure.*

**What is CHIP?** CHIP stands for **Coronary Health Improvement Project**. The Adventist CHIP Association is an international, non-profit, grassroots and volunteer-driven organization whose mission is: *To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.* To find out more about CHIP or the next CHIP program nearest you check out Adventist CHIP Online at <http://www.sdachip.org>

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