

---

## Jefferson Cardiology Association Happenings

---

### Evaluation of Diets

At this time of year, many persons assessing the damage resulting from holiday parties and considering New Year's resolutions about weight loss think about dieting and what is the best diet for them. Recently *WebMD Health News* featured information from the January 4 issue of *US News & World Reports Best Diets 2012* rating 25 different diet plans.

The winner was the DASH diet (Dietary Approaches to Stop Hypertension) which was designed to prevent high blood pressure. This diet was rated best in the overall category. Next was the Therapeutic Lifestyle Changes (TLC) diet which is high in fiber and low in fat and was developed by the National Institute of Health. Tied for third place was the Mayo Clinic Diet, the Mediterranean diet and Weight Watchers.

The Mayo Clinic Diet features fruits and vegetables and allows dieters to eat more while eating fewer calories. The Mediterranean diet includes whole grains, fresh fruits and vegetables as well as olive oil and red wine in moderation. The Weight Watchers diet focuses on portion control and encourages fruits, vegetables, whole grains and low fat dairy products.

This evaluation was performed by a panel of 22 experts who rated diets in 6 additional categories. These categories included the best diabetic diet, best commercial diet plan and easiest to follow.

The diet tied for worst were the Dukan diet featuring high protein, low fat, low carbohydrate plan and the Paleo diet encouraging eating like ancient hunter-food gatherers with fruits, vegetables and animal proteins.

One of the panel members, a dietician from Los Angeles, suggested persons choose their priorities before deciding on a diet. Is the goal to eat better, lose weight or prevent or manage diabetes?

The diets judged easiest to follow were the Weight Watchers, Jenny Craig and Mediterranean diet. The best weight loss diets were Weight Watchers and tied for second place were Biggest Loser, Jenny Craig and raw food. Biggest Loser focuses on weight loss and includes fruits, vegetables, lean protein and whole grains. Jenny Craig is a commercial program using consultants and portion control. Raw-food diets focus on eating plant food in uncooked or unprocessed states.

The panel selected the best commercial plans as Weight Watchers, Jenny Craig and Biggest Losers. The best diabetic diets included Biggest Loser and DASH, which tied for first. Mayo Clinic, Ornish and vegan were tied for second. Vegan diets exclude meat, fish, poultry, eggs and dairy products. The best heart healthy were Ornish, TLC and DASH. For healthy eating, the top diets were DASH, TLC and Mediterranean.

Panel members offered practical advice. Find a diet that matches your lifestyle. If persons don't like or have the time to spend much time in the kitchen then they should not select a diet requiring extensive food preparation. When evaluating diets, inquire how successful other persons were with a particular diet. For weight loss diets, how successful were persons losing weight and keeping off the weight? How successful were the diets after six months? Dieters should think long term and make permanent not temporary diet change.

### **Excess Calories Cause Obesity**

A study published in the January 3 issue of the *American Medical Association* noted that excess caloric intake not any mixture of protein, carbohydrate and fats was responsible for obesity. The authors mentioned that low protein diets may result in loss of lean body muscle mass and may cause weight gain with increased percentage of calories from carbohydrates and fats. The clinical study described in the journal demonstrated varying particular dietary contents does not cause obesity but total excessive caloric intake causes obesity.

### **Staff News**

We would like to wish a very Happy Birthday to Nancy Carlin, Chrissy Falk and Kim Nicholls! Hope you all enjoy your special day!

### **Happy New Year!!**

All of us here at Jefferson Cardiology would like to wish all of you and your families a very happy, safe and prosperous new year.

**HAPPY NEW YEAR**

### **Fudgy Brownies**

½ cup unsweetened cocoa  
½ cup sugar  
1/3 cup all-purpose flour  
½ teaspoon salt  
½ teaspoon baking powder  
½ cup apple butter  
½ cup frozen egg substitute  
2 tablespoons vegetable oil  
1 teaspoon vanilla extract  
Vegetable cooking spray

1. Combine first five ingredients in a medium bowl, stirring well. Combine apple butter, and next three ingredients in a large bowl. Gradually add cocoa mixture to apple butter mixture. Stir with a wire whisk.
2. Pour batter into an 8 inch square pan coated with cooking spray. Bake at 350 degrees for 25 minutes or until toothpick comes out clean. Let cool completely on a wire rack. Cut into 16 squares.

---

*A publication of Jefferson Cardiology Association*

*Alan D. Bramowitz, M.D., Peter M. Lemis, M.D., Michael S. Nathanson, M.D., Gennady Geskin, M.D., Inna V Lamm, M.D.*

Jefferson Hospital Medical Building  
Suite 403, Coal Valley Road  
P.O. Box 18285  
Pittsburgh, PA 15236  
TEL:(412) 469-1500  
FAX:(412) 469-1531

Belle Vernon  
1533 Broad Street Ext  
Suite 200  
Belle Vernon, Pa 15012  
TEL: (412) 469-1500

E-mail: [Jeffcrd@aol.com](mailto:Jeffcrd@aol.com)

<http://www.Jeffersoncardiology.com>