



Nutrition & You

EMPOWERING OUR COMMUNITY TOWARDS BETTER HEALTH

Issue 15, August 2017

Is Coconut Oil Healthy? by Danielle Townsend RDN, LD

The use of coconut oil has become increasingly popular within the last year due to positive health claims. This is a topic my clients bring up often. So. Is it good for you?



Yes and no. You would think that oil coming from a piece of fruit would be healthy but it's not as simple as that. The process of creating coconut oil increases the amount of saturated fat in the finished product. When you are trying to improve your cholesterol numbers (specifically the LDL "bad" cholesterol) coconut oil is not the way to go. In fact, coconut oil has almost 2 times the amount of saturated fat that butter contains; whereas liquid oils like canola contain 12 times less in saturated fat. You don't want this stuff clogging your arteries.

So what's all the hype about? Coconut oil is a fatty acid made up of medium chain triglycerides (MCTs) which can boost metabolism and somewhat aid in weight loss. In short, the body doesn't hold on to this type of fat for very long so we don't absorb the calories as much.

At the end of the day, it's about balance. Use coconut oil. Don't use coconut oil. Use olive oil. Don't use olive oil. Whatever you decide, remember that fats and oils should be consumed in moderation and in small portions.

Dietitian's Dish: Oven-Fried Salmon Cakes Modified from allrecipes.com

- 1 - 7 oz can salmon, drained
- 1 egg, beaten
- 1 Tbsp olive oil
- 2 green onions, finely chopped
- 2 cups whole wheat bread crumbs or Panko
- Lemon pepper to taste

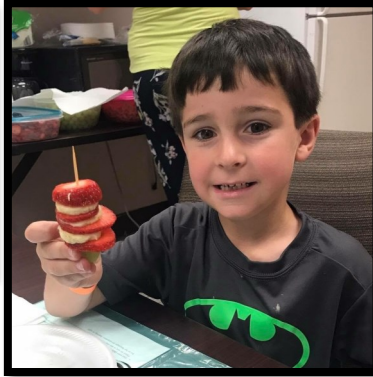
1. Preheat oven to 375 degree F.
2. In a medium bowl, mix together salmon, egg, olive oil, onions and 2/3 cup bread crumbs. Season with lemon pepper to taste.
3. Form mixture into 8 patties. Coat patties with remaining bread crumbs and arrange in a single layer on a baking sheet.
4. Bake 10 minutes, turning once, or until golden brown on both sides.



Nutrition in the Community



Local children enjoy creating Cat in the Hat fruit skewers at One Door Polk Summer Fun Day in Cedartown



PHC's Men's Health Month event offered healthy eating tips and free health screenings at City Hall in Cedartown

PHC is proud to partner with Peach State Health Plan to bring free fruits and veggies to our community in Rossville

Please "Romaine" calm. The Dietitian is in!

Primary Healthcare Centers provides nutrition education counseling services for our patients.

Individualized nutrition counseling is available for a variety of conditions and lifestyle changes, including:

- Weight Management
- High Cholesterol
- Crohn's Disease
- Overweight
- Diabetes
- High Blood Pressure
- GERD
- Renal Disease

Provider referral is required.

If you are interested in an appointment with the Dietitian or any of our Providers, contact the PHCC center closest to you.

Meet with one of our Registered Dietitians!

What can a Dietitian do for you?

- ✓ Identify ways to eat better to improve health
- ✓ Answer questions about confusing nutrition issues in the media
- ✓ Provide recipes, meal plans, and snack ideas
- ✓ Promote positive lifestyle choices



Trenton office: 706-956-2665
 Tunnel Hill at Tiger Creek Elementary: 706-516-1814
 Rossville office: 706-866-5520
 Cedartown office: 678-246-5174
 Summerville office: 706-907-0932
 LaFayette at Gilbert Elementary: 706-620-4494