



Going Dutch

Your *FIRST* Choice in Physical Therapy

March 2010
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Monthly Calendar

March 6:
Susan G. Komen Race for the Cure:
Look for the Dutch PT water station

March 10 :
O.N.E. Weigh Nutrition Seminar

March 16:
BR Rotary Club;
Philippe Guest Speaker

March 24:
Dr. Warner sponsored by
New Balance of Baton Rouge

Don't Forget...

Register to attend the
*Helping You Help
Yourself seminars!*

March 10, 2010, 12:30pm
Nutrition 101 with
O. N. E. Weigh System
at Dutch PT
5627 Bankers Avenue

March 24, 2010, 6:30pm
HYHY with Dr. Warner of
the Bone and Joint Clinic
at Dutch PT
5627 Bankers Avenue



For more details, visit:
www.dutchpt.com/hyhy.htm

Maintain a healthy nutritious lifestyle

March is national nutrition month, and to celebrate, we decided we would offer helpful advice to make sure you stay on the right track.

Staying healthy and following a nutritious diet is not about depriving yourself of good food and does not require long hours of planning meals. It is an easy habit to form and only takes an extra minute to look over menu options and carefully make decisions about your meals. It is not always easy but the results are worth the extra time, you will feel better and look great. Once you have begun the habit, the commitment to it will come easier and easier.

Most people think that it is hard to follow a healthy diet in today's busy lifestyle. Americans are always on the run and have limited decisions on where to eat in a hurry and it has taken a toll on our waist lines. It is still possible to eat healthy and affordable even on the most hectic of days. Follow these simple rules to make sure you are making the most nutritional decisions at meal time.

Don't have time: Keep single serving non-perishables at home or in your desk drawer such as peanut butter, crackers, tuna, fruit or soup so that you have a quick healthy option right at your finger tips. These items can help you to create a quick fulfilling lunch instead of having to raid the vending machine for unhealthy snacks.

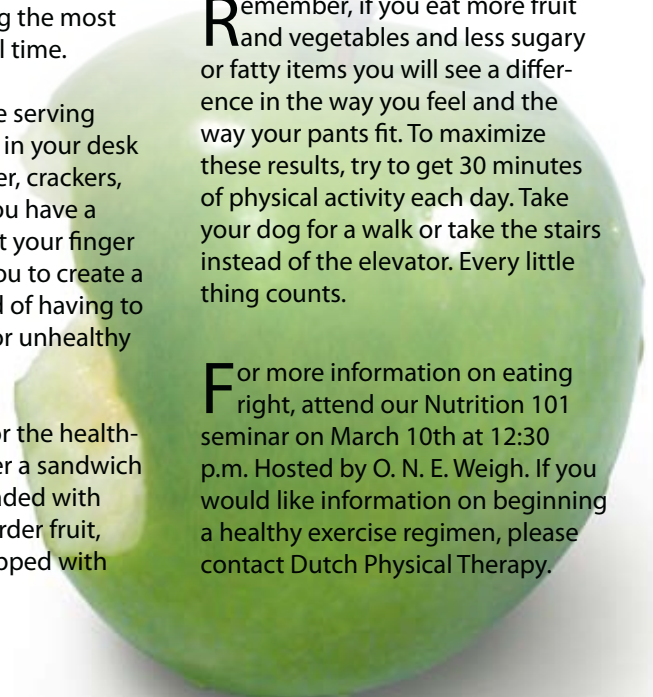
Need something fast: Opt for the healthier version of fast food. Order a sandwich wrapped in a soft tortilla loaded with grilled or raw veggies and order fruit, salad, or a baked potato (topped with

salsa, not sour cream) as your side item. Authentic foods offer good options and a little more flair to your diet; order stir fry with veggies and chicken, a veggie stuffed pita, or grilled fajitas (no cheese or sour cream). Remember to stay away from fried food and to substitute fatty side items, such as fries and order sauces and dressings on the side so you can control how much you use.

Dining Out: Ask your waiter to bring out the complimentary bread or chips with your entrée, rather than before and order soup or salad prior to your meal so you can fill up on lower calorie foods. Look for meals that you may be able to split with someone; this can help you to save money and calories. Also, this may leave a little room for you to split a dessert and satisfy that sweet tooth without all of the guilt.

Remember, if you eat more fruit and vegetables and less sugary or fatty items you will see a difference in the way you feel and the way your pants fit. To maximize these results, try to get 30 minutes of physical activity each day. Take your dog for a walk or take the stairs instead of the elevator. Every little thing counts.

For more information on eating right, attend our Nutrition 101 seminar on March 10th at 12:30 p.m. Hosted by O. N. E. Weigh. If you would like information on beginning a healthy exercise regimen, please contact Dutch Physical Therapy.



New additions to Dutch Physical Therapy

If you have visited Dutch Physical Therapy, you may have noticed the two new additions to the staff. The new employees, Fleur and De Lis, are not your typical front desk staff but they bring a smile to patients and employees faces every morning.

Fleur and De Lis are chocolate Labradors that have recently been adopted by Philippe Veeters and Mirjam Maassen, the owners of Dutch Physical Therapy. They were rescued from the Ascencion and Abbyville animal shelters. Both

dogs were about to be euthanized but have found a happy new home



with Philippe and Mirjam. They enjoy spend long hours working in the office of Dutch PT on Bankers Avenue cheering on patients and staff

as they are hard at work each day.

If you stop by, don't be alarmed if the person who greets you at the front desk looks like a dog, it is just the friendly faces of Fleur and De Lis.



Healthy & Nutritious Recipes

Chipotle Bean Burrito

Total Time: 30 minutes

Yield: 6 servings (serving size: 1 burrito)

Ingredients

- 1 tablespoon canola oil
- 1 garlic clove, minced
- 1/2 teaspoon chipotle chile powder
- 1/4 teaspoon salt
- 1/3 cup water
- 1 (15-ounce) can organic black beans, drained
- 1 (15-ounce) can organic kidney beans, drained
- 3 tablespoons refrigerated fresh salsa
- 6 (10-inch) reduced-fat flour tortillas
- 1 cup (4 ounces) pre shredded reduced-fat 4-cheese Mexican blend cheese
- 1 1/2 cups chopped plum tomato
- 1 1/2 cups shredded romaine lettuce
- 6 tablespoons sliced green onions
- 6 tablespoons light sour cream



Preparation

1. Heat oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 1 minute, stirring frequently. Stir in chile powder and salt; cook 30 seconds, stirring constantly. Stir in 1/3 cup water and beans; bring to a boil. Reduce heat,

and simmer 10 minutes. Remove from heat; stir in salsa. Partially mash bean mixture with a fork.

2. Warm tortillas according to package directions. Spoon about 1/3 cup bean mixture into center of each tortilla. Top each serving with about 2 1/2 tablespoons cheese, 1/4 cup tomato, 1/4 cup lettuce, 1 tablespoon onions, and 1 tablespoon sour cream; roll up.

Nutritional Information

Calories: 361, Fat: 10.3g (sat 3.8g, mono 3.1g, poly 2g), Protein: 16.8g
Carbohydrate: 52.2g, Fiber: 11.4g
Cholesterol: 19mg, Iron: 3.3mg
Sodium: 735mg, Calcium: 395mg

Roasted Chicken with Balsamic Peppers

Total Time: 40 minutes

Yield: 4 servings

Ingredients

- 3/4 teaspoon salt, divided
- 3/4 teaspoon fennel seeds, crushed
- 1/2 teaspoon black pepper, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 4 (6-ounce) skinless, boneless chicken breasts
- 2 tablespoons olive oil, divided
- Cooking spray
- 2 cups thinly sliced red bell pepper
- 1 cup thinly sliced yellow bell pepper
- 1/2 cup thinly sliced shallots
- 1 1/2 teaspoons chp fresh rosemary
- 1 cup fat-free, less-sodium chkn broth
- 1 tablespoon balsamic vinegar

Preparation

1. Preheat oven to 450°.
2. Heat a large skillet over medium-high

heat. Combine 1/2 teaspoon salt, fennel seeds, 1/4 teaspoon black pepper, garlic powder, and oregano. Brush chicken with 1 1/2 teaspoons oil; sprinkle spice rub over chicken. Add 1 1/2 teaspoons oil to pan. Add chicken; cook 3 minutes or until browned. Turn chicken over; cook 1 minute. Arrange chicken in an 11 x 7-inch baking dish coated with cooking spray. Bake at 450° for 10 minutes or until done.

3. Heat remaining olive oil over medium-high heat. Add bell peppers, shallots, and rosemary; sauté 3 minutes. Stir in broth, scraping pan to loosen browned bits. Reduce heat; simmer 5 minutes. Increase heat to medium-high. Stir in vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook 3 minutes, stirring frequently. Serve bell pepper



mixture over chicken.

Nutritional Information

Calories: 282, Fat: 11g (sat 2.1g, mono 6.4g, poly 1.7g), Protein: 35.9g
Carbohydrate: 8.8g, Fiber: 1.9g
Cholesterol: 94mg, Iron: 2mg
Sodium: 644mg, Calcium: 38mg