

YOU ARE WHAT YOU EAT

"Diet" doesn't have to be a four-letter word. Boca-based nutritionist **Ginny Erwin** works as a trainer at Fitness for Women in Boca Raton and also makes house calls as a dietician to help rid your kitchen and pantry of harmful and unnecessary foods. She talks to *Boca Raton* about her secrets and how you can eat like a nutritionist.



WHY IS IT SO IMPORTANT TO STAY HYDRATED, AND WHAT ARE SOME PRACTICAL WAYS TO DO IT?

Our bodies are made up of mostly water. Dehydration or too little fluid can impair many bodily functions (brain, muscle, digestion). To prevent dehydration, drink before you get thirsty. Sipping fluids throughout the day, at least 4 ounces every 20 to 30 minutes, and eating more fruits and vegetables during the day (natural source of fluids and minerals the body needs to function at its peak) are good ways to stay hydrated.

COCONUT WATER IS BEING TOUTED AS THE NEW NATURAL HYDRATOR. ARE YOU A FAN?

I am. It's a great alternative to overly processed grab-and-go beverages. It contains good sources of vitamins and minerals, and it's easily digested compared to some of the high-sugar beverages on the market. I am also a big fan of low-fat and nonfat milk.

WHAT ARE FIVE FOODS EVERYONE SHOULD HAVE/ INCORPORATE IN THEIR DIETS?

In general terms the five "foods" everyone should eat every day include fresh or frozen fruit (whole/organic), vegetables (greens and root), nuts (unsalted, plain), whole grains (like brown rice) and legumes (beans and lentils). Include some or all of these into your daily meal plan, and I guarantee you will feel and look better!

HOW CAN SOMEONE NEW TO EATING HEALTHY EASE INTO THESE LIFE-CHANGING HABITS?

The easiest way to start eating better is to begin making better food choices. Eat as if your life and health depend on it. Don't buy into the quick and easy packaged foods or what food-marketing executives are selling to you in the media. Eat food that is as close to its natural state as possible. That means no packaging or labeling; it can't sit on your shelf for months.

EAT LIKE A NUTRITIONIST

Ginny Erwin eats five mini-meals a day.

BREAKFAST:

Oatmeal with walnuts and blueberries, and coffee

MORNING SNACK:

Fuji apple and green tea

LUNCH:

Nonfat Greek yogurt with berries, walnuts and green tea

MIDAFTERNOON SNACK:

Two hard-boiled eggs (only one yolk) and an orange

DINNER:

Grilled chicken or fish with brown rice, steam-sautéed greens, and fresh fruit or a few dark-chocolate-covered raisins.



WEST BOCA MEDICAL CENTER: 25 YEARS

What started as a trailer in the middle of a field is now an award-winning health-care facility with state-of-the-art technology and top physicians. West Boca Medical Center is celebrating its 25th anniversary this year, and for some of the people that have been with the facility since the beginning, like **Dr. Mitchell Goldstein**, watching the community grow around the hospital has been a fascinating process.

"I wanted to be a rural doctor," Goldstein says, so he moved his practice to west Boca in 1981. "My office was a trailer in the middle of a field. There was nothing around. Just cows and horse pastures. There weren't even roads here yet."

Goldstein's small practice turned into west Boca's first emergency room. "I was the only doctor in the community; all of the construction workers building the shopping centers, roads and homes would come to me with their injuries," Goldstein says. Then came a knock on the door from a member of the steering committee for the soon-to-be-built West Boca Medical Center. Goldstein was offered a spot with the hospital.

The rest really is history.

BOCA WEST: BY THE NUMBERS

BED SIZE	ADMISSIONS	ER VISITS	OP VISITS
1986: 185	1986: 6,976	1986: 20,277	1986: 42,140
2010: 185	2010: 9,965	2010: 31,645	2010: 66,989

