

Nutrition411

Holiday 2009 / Winter 2010

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A Personal Message From Your Registered Dietitian

'Tis the season for pretty holiday decorations, hearing from long-lost friends, and shopping, shopping, shopping! Of course, it's also the season for cookies, chocolate, appetizers, spirits, and a variety of other goodies. At one time, it was believed that each person gained an average of 5 pounds during the holidays. Luckily, that's not true!

Follow our recipe modification tips in this newsletter to help ensure that you do not gain an ounce and can still enjoy the flavors of the season. Think about past holidays. Were you surprised by how exhausted you felt after a day of gift wrapping, cleaning house, or holiday baking? Don't reward yourself with that piece of pie just yet, though. In this issue, we'll explore exactly how many calories you burn doing these chores, as well as how many calories you burn by participating in traditional winter sports.

However you celebrate the season, we wish you much happiness and peace during the holidays.

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RECIPES REWORKED

Holiday Cooking Made Healthy

These tips can help make your holiday cooking healthier!

Sweet potato casserole

- * Substitute egg whites or Egg Beaters® for the whole eggs
- * Use lite margarine, or reduce the margarine amount and add some applesauce to the sweet potato mixture



- * Make with fresh sweet potatoes instead of canned sweet potatoes
- * Choose pineapple packed in its own juice instead of the kind in heavy syrup
- * Add a cut-up apple to the streusel topping, and cut down on the amount of pecans

Stuffing

- * Use low-fat margarine
- * Substitute egg whites or Egg Beaters for the whole eggs
- * Replace the pork sausage with chicken or turkey sausage
- * Add fat-free, low-sodium chicken broth
- * Choose whole-grain bread

FOOD FOR THOUGHT

Fill two thirds of your plate with fruits, vegetables, and whole grains, and the remaining one third with lean protein.

Look for the 'RD'

Get your nutrition advice from a registered dietitian (RD). RDs are the real deal!

RD

CHECK OUT THE SODIUM

Choose instant hot cereals that contain no more than 100-150 milligrams of sodium/serving.

GO FOR THE WHOLE GRAINS

At least one half of your total grain intake should come from whole grains. This is equal to three to five servings/day.

Holiday Cooking Made Healthy (cont'd)

Mashed potatoes

- * Use low-fat cream cheese or lite butter
- * Replace some of the potatoes with steamed cauliflower (it sounds odd, but it works)
- * Substitute 2% milk or low-fat buttermilk in place of the heavy cream

Squash or pumpkin soup

- * Use lite margarine
- * Add low-sodium chicken or vegetable broth
- * Choose lite whipping cream or low-fat half-and-half

DECODING THE GROCERY STORE

Are You Using the Right Oil?

How do you choose the right oil when faced with so many choices at the grocery store? Use the following guide to help you determine which bottle to pick up.

MUFA = monounsaturated fatty acids • PUFA = polyunsaturated fatty acids • SFA = saturated fatty acids

Olive oil

77% MUFA, 9% PUFA, and 14% SFA

A versatile oil for use in dressings, marinades, sauces, pasta, stir-fries, soups, and meat dishes. Olive oil contains more MUFAs and antioxidants than any other oil. The polyphenols in olive oil contain anti-inflammatory and anticlotting properties. Olive oil is believed to decrease the risks of heart disease and cancer. Extra virgin olive oil contains more antioxidants than the other varieties. Virgin olive oil and extra virgin olive oil are best used on cool dishes, while the other varieties are used in cooking and even baking.

Canola oil

62% MUFA, 32% PUFA, and 6% SFA

Best used in dishes with a mild flavor, but an all-purpose oil overall with applications in frying and general cooking. Canola oil is cholesterol free, contains the lowest amount of SFAs of any oil, and has a high percentage of MUFAs. Used sparingly, canola oil may decrease the risk of coronary heart disease.

Walnut oil

19% MUFA, 67% PUFA, and 14% SFA

Not especially good for cooking, but useful in fruit smoothies and salad dressings. This oil needs refrigerated, because it becomes rancid quickly. Walnut oil contains magnesium, potassium, and vitamin E.

Sesame oil

40% MUFA, 46% PUFA, and 14% SFA

Used as both a condiment and a cooking oil, especially suited to Asian dishes and in foods cooked at fairly low temperatures. The darker the oil, the richer and nuttier the flavor.

Sesame oil is used in dipping sauces and salad dressings, and to finish cooked foods, such as noodles and rice. Sesame oil contains vitamin E, magnesium, copper, calcium, iron, and B vitamins. The sesamin and sesamol found in sesame oil lower cholesterol levels and protect the liver.

Peanut oil

49% MUFA, 33% PUFA, and 18% SFA

Especially well suited to dishes containing nuts; has a rather bland taste. Refined peanut oil is used for popping popcorn, frying, roasting, and grilling. Unrefined peanut oil is used in dishes that call for



low-moderate cooking temperatures or in salad dressings, marinades, and chocolate-flavored smoothies. Peanut oil may help in lowering blood lipid levels when used in conjunction with a moderate-fat diet. In fact, it is possibly as effective in protecting against heart disease as olive oil is. Peanut oil contains the antioxidant resveratrol, which is found in wine, and is believed to reduce the risks of cancer and heart disease.

The Winter Calorie Breakdown

Calories IN

- ✿ 1 piece of pecan pie (one eighth of a 9" pie): 456 calories
- ✿ 1 cup (C) eggnog made with whole milk: 343 calories
- ✿ 3 ounces (oz) of beef brisket (lean and fat eaten): 281 calories
- ✿ ¼ C cheese ball: 248 calories
- ✿ 3-oz slice of ham (lean and fat eaten): 231 calories
- ✿ 1 sufganiyot (a jelly-filled doughnut traditionally eaten during Hanukkah): 221 calories
- ✿ 1 C tomatoes, okra, and corn (fat added during cooking): 124 calories
- ✿ 1 sugar cookie (3½"-4" diameter): 119 calories

Calories OUT (based on a 140- to 150-pound person)

- ✿ 1 hour of cross-country skiing (moderate pace): 573 calories
- ✿ 1 hour of snowshoeing: 573 calories
- ✿ 1 hour of snowboarding: 537 calories
- ✿ 1 hour of regular ice skating: 501 calories
- ✿ 1 hour of skiing downhill (moderate pace): 430 calories
- ✿ 1 hour of housecleaning: 191 calories
- ✿ 1 hour of holiday baking/cooking: 159–195 calories
- ✿ 1 hour of grocery shopping: 146 calories
- ✿ 1 hour of wrapping gifts: 98 calories



See next page for sources

NUTRITINARY

Enhancing Our Foods Through Biotechnology

Biotechnology is the science that allows the food industry to modify the DNA of crops and animals. About 60%-70% of our food supply contains foods that are enhanced through biotechnology. The US Environmental Protection Agency, US Department of Agriculture, and US Food and Drug Administration (FDA) regulate bioengineering.

Foods derived from biotechnology do not need special labels unless they are significantly different from their conventional alternatives. The food label must mention the presence of any allergens or differences in nutritional

quality from the conventional alternative. Any food labeled "organic" cannot contain any genetically modified organisms.

Some people are worried about the possible inclusion of allergenic foods into foods that generally do not contain them. For instance, if a peanut DNA were added to a form of produce, a person who is allergic to peanuts could become ill from eating the produce. However, the FDA regularly tests foods to prevent this from occurring. If a food contains a common allergen, it must list this on the food label.

Here are some examples of biotechnology:

- » The Bt gene, taken from the bacteria *Bacillus thuringiensis*, is applied to crops to resist insect infestation. Bt presents no risk to human health and does not harm beneficial insects.
- » Half of the cheese made in America is created using chymosin, an enzyme that is created through biotechnology.
- » Broccoli was created by crossbreeding cauliflower and peas.
- » Nectarines were created by crossbreeding peaches and apples.



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Enhancing Our Foods Through Biotechnology

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MAILBOX

I'm confused about alcohol. I hear some people saying that a drink a day is good for me and will help to prevent heart disease, and others are telling me that I should abstain from all alcohol. I enjoy a glass of wine with dinner about five times a week, but don't know whether I should continue to drink it or not. What do you think?



The studies regarding the beneficial effects of alcohol on heart disease risk remain controversial. In fact, heavy drinkers appear to have an increased risk of developing heart disease. It's not recommended that a man consume more than two drinks/day or a woman more than one drink/day. You only drink an average of five drinks/week, making you a "light" drinker.

While it's true that alcoholism can wreak havoc on the mind and the body, I believe that your glass of wine with dinner is not doing you any harm, and may, in fact, provide some benefits. A glass of wine only contains around 100 calories and is one of the lowest-calorie alcoholic drinks available.

Cook's Corner

This recipe for a fast and easy hearty soup will quickly become a favorite in your collection of warming meals. Pair it up with a cheese sandwich made with whole-wheat bread and a low-fat cheese for a satisfying meal that will help to power you through the next round of wrapping gifts or addressing cards!

Tomato-Basil Soup

— MAKES FIVE SERVINGS • SERVING SIZE: 1 CUP —

INGREDIENTS

1 pound fresh tomatoes, chopped, about 3 cups (C) or 1 can (14½ ounces) no-added-salt diced tomatoes	2½ C chicken or vegetable broth
¾ C chopped onion	1 teaspoon (tsp) dried basil
¾ C chopped celery	¼ tsp ground black pepper
¾ C chopped carrot	1 tablespoon extra virgin olive oil
	¼ C grated Parmesan cheese

DIRECTIONS

Place the tomatoes, onion, celery, carrot, broth, basil, and pepper in a 3-quart pot. Cover and bring to a boil. Reduce the heat to low. Simmer for about 12 minutes or until the vegetables are soft.

Add the olive oil to the soup. Using an immersion blender, puree the soup until smooth.

Serve hot, topping each serving with some of the Parmesan cheese.

Per serving: 88 calories, 10 grams (g) carbohydrate, 2.3 g fiber, 4.6 g fat, 1.4 g saturated fat, 4 milligrams (mg) cholesterol, 3.5 g protein, 444 mg sodium, 90 mg calcium, 358 mg potassium

GI rating: Low

Diabetic exchanges: 2 vegetable, 1 fat

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