

Nutrition411

February/March 2009



A Personal Message From Your Registered Dietitian

Well, we've survived the holiday season. Maybe you stuck to your diet and exercise plan, or maybe you let it go to concentrate on other things. Either way, now is the perfect time to reestablish your goals for a healthy lifestyle. It's the beginning

of the year, and the hustle and bustle of the early winter holidays are over. It is time to take stock of your goals, successes, and setbacks to find ways to enjoy the last months of winter.

February also is the month of love, with the accompanying dinners, wine, and chocolate that is traditional for Valentine's Day. It is never recommended that you completely abstain from such celebration. Everyone enjoys chocolate truffles, even dietitians! In this issue, we offer ways to enjoy yourself without overdoing it.

So, sit back, relax, and read on to learn more about staying healthy all year long.

LOSE TWICE AS MUCH

In a recent study, 1700 adults were followed for 6 months while trying to lose weight. Those who kept a daily food record lost twice as much weight as those who did not. Writing your intake down will help you to meet those New Year's resolutions this year!



In This Issue

- Page CONTROL YOUR EMOTIONAL HUNGER
- 1 Dealing With Emotional Eating**
- START YOUR DAY RIGHT
- 2 Breakfast Makeover**
- ADD FOODS THAT COULD DECREASE YOUR LDL CHOLESTEROL LEVEL
- 2 What Are Phytosterols?**
- ASSESS THE IMPACT OF YOUR CAFFEINE INTAKE
- 3 Mailbox**
- BURN OFF THE CALORIES
- 3 The Valentine's Day Calorie Breakdown**
- DECODING THE GROCERY STORE
- 4 Shopping for Fiber**
- MAKE A HEALTHY AND DELICIOUS VALENTINE'S DAY DESSERT
- 4 Cook's Corner**

THE WHOLE BODY

Dealing With Emotional Eating

The first step in dealing with emotional eating is to try to figure out what specific emotions spur you to eat more. Keeping a detailed food record, including what you were feeling every time that you eat, is a good first step. Once you know what is causing you to overeat, it is easier to figure out what you need to take the place of overeating.



For example, the inner dialogue might go something like this: Are you stressed? How can you find relaxation without having food in front of you? If you did not have food in front of you, what would you do with this feeling? Would you go for a walk, take a hot bath, call a friend, begin a creative project, read a book, or write a letter that you would

Nutrition 411 is published by RD411.com.

(cont'd on page 2)

“

I recently had my annual physical examination, which I get once every 7 years, and when the nurse weighed me, I was shocked to discover how much stronger the earth's gravitational pull has become since 1990.

”

—Dave Barry

Emotional Eating (cont'd)

never send? What needs to change in your life to break this pattern of stress that is so severe that it is driving you to overeat?

One of the most obvious ways to prevent eating unhealthy foods in response to your emotions is to not keep unhealthy foods in the house. Of course, even eating too much “healthy” food can lead to weight gain, but not as easily.

If you slip up from time to time, do not punish yourself. Instead, try to recover as quickly as possible. Look at each fallback as a way of finding out more about how your emotions and diet are linked together.

ADDING VARIETY TO YOUR DIET

Breakfast Makeover

These suggestions can help you add some variety to your breakfast:

- Spread cottage cheese on a piece of raisin bread, top with a dollop of crushed pineapple, and broil for a few minutes.
- Mix Egg Beaters® (cooked), diced red pepper, a crumbled soy sausage patty (cooked), low-fat cheese, and salsa together. Wrap egg combination into a tortilla.



- Mix low-fat pancake mix according to package directions, but add a few handfuls of bran cereal and fruit before cooking.
- Make Cream of Wheat® according to package directions. Stir in reduced-calorie jam and slivered almonds.

- Make a bowl of old-fashioned oats according to package directions. Halfway through the cooking time, add ¼ cup (C) chunky applesauce, 1 diced banana, ¼ C raisins, and a dash of cinnamon. Stir in ¼ C vanilla-flavored soy milk.
- Mix ground turkey, one or two slices of torn wheat bread, sage, a diced apple, and a dash of black pepper together. Form mixture into patties and broil until cooked through.
- Mix Egg Beaters and milk together. Add some vanilla extract and cinnamon. Dip thick slices of whole-grain bread into mixture, coating both sides, and place into a baking dish. Add peach slices to dish. Bake at 450° F for 15 minutes, flipping halfway through baking time.
- Spread a whole-wheat English muffin with peanut butter. Top with a sliced banana and drizzle with honey.
- Top frozen whole-grain waffles with blackberries and lite maple syrup. Add a dollop of reduced-fat whipped cream and a sprinkle of cinnamon.

NUTRITARY

What Are Phytosterols?

Phytosterols is the collective term used for both plant stanols and plant sterols. Phytosterols are plant-based substances that may decrease your cholesterol levels by interfering with the absorption of cholesterol from food.

Contains Phytosterols

Studies have shown that LDL cholesterol levels may drop as much as 10%–14%, if the recommended amounts are consumed on a regular basis.

Phytosterols occur naturally in many foods, but not in amounts sufficient to positively alter cholesterol levels. Some margarine-type spreads are fortified with phytosterols, as well as some juices, cereals, granola and breakfast bars, breads, chocolates, cheeses, yogurts, and baked goods. Foods that are fortified with phytosterols usually have this information marked quite predominantly on the label. No matter which product you choose, it's important that you consume it every day for maximum effect.

The Valentine's Day Calorie Breakdown

Calories IN

- Five chocolate truffles: 319 calories
- Five chocolate-covered strawberries: 170 calories
- Three 1-cubic-inch pieces of peanut butter fudge: 286 calories
- One glass of wine: 88 calories
- 3 Tbsp salad dressing: 181 calories
- One piece of lasagna: 376 calories
- 3 ounces of steak: 202 calories
- One slice of black cherry cake: 187 calories
- 1 cup hot chocolate: 190 calories



Calories OUT *(based on a 160-pound person)*

- Dancing, really kicking your heels up: 365 calories/hour
- Ice skating: 511 calories/hour
- Downhill skiing: 365 calories/hour
- Cross-country skiing: 511 calories/hour
- Shoveling snow: 432 calories/hour
- Stacking firewood for winter: 509 calories/hour
- Sledding: 509 calories/hour
- Playing cards: 125 calories/hour
- Preparing dinner: 157 calories/hour
- Watching television: 77 calories/hour



Sources:

Ainsworth BE, Haskell WL, Whitt MC, et al. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Sports Exerc.* 2000;32(suppl 9):S498-S504.
 Mayo Clinic. Exercise for weight loss: calories burned in 1 hour. Available at: <http://mayoclinic.com/health/exercise/SM00109>. Accessed January 19, 2009.

Calorie Control Council. How are you going to burn it off? Available at: <http://www.caloriecontrol.org/exercalc.html>. Accessed January 19, 2009.
 Calories calculated using ESHA Food Processor Version 9.0 (<http://www.esha.com>).

FISH TALES

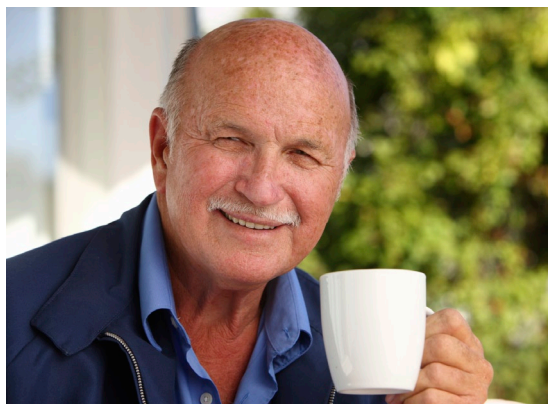
For a long time, tilapia was considered an excellent form of omega-3 fatty acids, but maybe it is not so great after all. According to a study in the Journal of the American Dietetic Association, the fish may not have as positive of a ratio between omega-3 and omega-6 fatty acids as originally believed. You do not need to stop eating tilapia altogether, but do not rely on it to reach your quota of omega-3s. Instead, turn to salmon, herring, trout, or mackerel.

Mailbox

I drink a lot of coffee. My son recently told me that it's bad for me and that I need to stop drinking so much. Is this true?

For most healthy individuals, moderate caffeine consumption poses no health risk. Caffeine is not proven to have a significant relationship with the risk of cancer. Most large studies have not shown any correlation between caffeine consumption and increased risk of heart disease incidence or mortality. However, people with high blood pressure or certain heart valve diseases should limit the amount of caffeine they consume.

Caffeine makes some people feel "jumpy" and overenergized. It also increases the pain of fibrocystic breast disease in women. People



with ulcers or irritable bowel syndrome should avoid caffeine, as it is likely to lead to an exacerbation of symptoms. Coffee is possibly linked to lower bone density; so, make sure to

drink and eat plenty of calcium-rich foods and beverages to make up for this, or make your next cup a latte.

Caffeine increases alertness in most people. It also can help to end asthma attacks by relaxing the constricted bronchial muscles. Caffeine is found in many painkillers, because

it leads to dilation of blood vessels, making it particularly useful in headache relief. However, buyer beware—sometimes a rebound effect occurs from caffeine withdrawal once the medication wears off. Coffee also is shown to reduce the chances of forming gallstones.

(cont'd on page 4)

Look for the 'RD'

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

RD

FOOD INTAKE IS THE KEY

All foods can fit into a healthful diet, but “can” is the important word here. It all depends on what your food intake looks like over an extended period of time.

Mailbox (cont'd)

Drinking two to three cups of coffee a day is OK for most people. If you think that you are drinking too much, do not try to quit cold turkey. Caffeine is addictive. If you suddenly begin to abstain from caffeine completely, you are likely to have withdrawal symptoms. It is much wiser to slowly wean yourself from fully caffeinated beverages by mixing them with decaffeinated varieties.

DECODING THE GROCERY STORE

Shopping for Fiber

Fiber is everywhere these days, even in popular brands of ice cream and drink mixes. It seems that with all of these high-fiber choices flooding the market, no one should end up short—right? Actually, the type of fiber that is added to common food products is isolated fiber, which is very different from the intact, natural fiber found in fruits, vegetables, and whole grains. Unfortunately, not much research exists to prove that these additive fiber sources are as beneficial to our health as the naturally occurring kind.

Inulin, maltodextrin, oat fiber, and polydextrose, the most commonly added isolated fibers, are found in everything from yogurt to cookies. What we do know for sure is that these fibers can not lower cholesterol, although some may still help with regularity. Eating large quantities of foods containing either inulin or polydextrose can lead to gas or

bloating, or even have a laxative effect.

Eating these foods in moderation is not harmful, but it surely is



not as beneficial as the food labels would have us believe. Do not let these foods take the place of whole fruits and vegetables, or whole grains in your diet. Read the ingredient labels carefully before putting your faith in products with added fiber.

Kahlúa Chocolate Cheesecake

Cook's Corner

This issue, *Cook's Corner* features the perfect recipe for a healthy dessert that you can easily prepare at home.

Servings: Makes 12 servings
Serving size: One slice (one twelfth of the cheesecake)

$\frac{3}{4}$ cup (C) graham cracker crumbs (about nine squares)
1 teaspoon (tsp) brown sugar
 $1\frac{1}{2}$ tablespoon (Tbsp) melted butter or margarine
15 ounces (oz) part-skim ricotta cheese
16 oz 1% low-fat cottage cheese
 $\frac{3}{4}$ C Egg Beaters®
 $\frac{2}{3}$ C cocoa
2 C white sugar
 $\frac{1}{2}$ C brown sugar, firmly packed
2 Tbsp cornstarch
1 C lite sour cream
1 tsp vanilla extract
 $\frac{1}{4}$ C Kahlúa
Strawberries, freshly sliced (for garnish)

Preheat the oven to 350° F. Combine the crumbs, 1 tsp brown sugar, and the melted butter/margarine in a small bowl. Press firmly into the bottom of a 10" springform

pan. Bake for 10 minutes, then set aside to cool. Turn oven down to 325° F.

Mix the ricotta and cottage cheese in a blender or food processor, adding small amounts at a time, until smooth.

In a large, separate bowl, blend Egg Beaters with cocoa, both sugars, and cornstarch. Add the cheese mixture to the egg/cocoa mixture, along with the sour cream, vanilla, and Kahlúa. Blend well.

Pour mixture over the baked crust and bake at 325° F for 1 hour and 15 minutes, or until cake sets in the middle. Let cake cool in the oven, with the door slightly ajar, for about 2 hours. Chill for at least 4 hours. Release sides of pan. Garnish with fresh strawberries, if desired.

Per serving: 287 calories, 9 g fat, 24 mg cholesterol, 2 g dietary fiber, 277 mg sodium

Recipe from: Katahn M, Katahn T. *The Low-Fat Good Food Cookbook: For a Lifetime of Fabulous Food*. New York, NY: WW Norton and Co; 1994:360.