

Nutrition 411

Summer 2009



A Personal Message From Your Registered Dietitian

It's time again for cookouts, summer vacations, and all sorts of fun in the sun! This month, we want to help you grill a healthier meal, understand the science behind fortified foods and beverages, and make your exercise program even more effective. Whatever you enjoy doing during summer, we hope that

you stay safe while making lasting memories. Perhaps John Lubbock summed up the feelings about the season best when he said, "Rest is not idleness, and to lie sometimes on the grass on a summer's day listening to the murmur of water, or watching the clouds float across the sky, is by no means a waste of time."



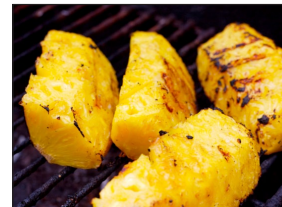
FIRE UP THE GRILL

Grilled Fruit for Dessert

Have you ever thought about grilling dessert? If not, you should definitely give grilled fruit a try. The heat caramelizes the sugars and brings out the juices in stone fruits, such as peaches, plums, and nectarines. Pineapples, pears, apples, and bananas also are great for grilling.

In a large plastic bag or bowl, make a marinade with the juice of one lemon, 1–2 tablespoon of honey, depending on how sweet your fruit is, and a ½ teaspoon nutmeg. Slice fruit in half and remove seeds and cores. Don't remove the skin. Add fruit to marinade.

Clean grill thoroughly and heat to 400° F. Coat grill with cooking spray and then place fruit on the grill. Don't move fruit often. Flip softer fruits (peaches, plums, bananas) after 2 minutes and cook 2–3 minutes longer. Harder fruits can tolerate 3–4 minutes/side without falling apart.



Serve grilled pineapple with a main dish or as dessert.

Consider topping with sorbet, yogurt, or granita. Try adding rum or juices to the

(cont'd on page 2)

THE POWER OF PISTACHIOS

Pistachios contain natural phytoestrogens, which help lower low-density lipoprotein (LDL) and total cholesterol levels. Some studies have shown that regularly eating pistachios also may reduce cancer risk, particularly of the breast and prostate.



THE MAGIC OF VITAMIN C

Vitamin C seems to help to reduce damage brought on by the sun, protect against DNA damage, reduce wrinkles, and improve overall skin texture. Vitamin C is found in oranges, broccoli, bell peppers, strawberries, sweet potatoes, tomatoes, watermelon, grapefruit, kiwi, mangoes, and pineapple.

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NEED TO EAT MORE VEGETABLES?

Here are some quick ways to include more vegetables in your diet. Top your pizza with mushrooms, peppers, or onion. Put a slice of avocado on your regular sandwich. Add mushrooms, peppers, onions, or diced carrots to your spaghetti sauce. Include chopped celery, onion, carrot, or bell pepper in your meatloaf mixture.

Grilled Fruit (cont'd)

marinade for extra flavor. The alcohol will cook off on the grill, but the flavor will last! You also can turn this recipe into kebabs for a beautiful presentation.

THE WHOLE BODY

Why Exercise Alone Might Not Lead to Weight Loss

Exercise is an integral piece to the weight-loss puzzle, but it certainly doesn't stand alone. Eating right is actually more important for weight loss than exercise alone. The best weight-loss prescription, of course, is to do both—watch what you eat and exercise regularly. These tips can help you get maximum results from your hard work and diligence.

Level of exertion

Make sure that your exercise gets results by working at your ideal level of exertion. The best way to do this is to check your pulse against your maximum heart rate. You can calculate your maximum heart rate by subtracting your



THAT'S GOOD CHOCOLATE

Dark chocolate is full of heart-healthy flavonoids. Treat yourself to a few bite-sized pieces every once in a while.

age from 220. You should have the ability to speak without gasping for air, but should work hard enough that you don't really want to have to talk much. You will need to take in 500–1000 calories/day less than what you expend in order to lose 1–2 pounds/week.

Extra food

Avoid the tendency to eat extra food on days that you've exercised. Remember that all of those extra bites and spoonfuls can really add up.

Exercise routine

Doing the same exercise routine every day can lead to less energy expenditure over time, because you burn more calories when you're first learning a routine. Interval training, such as walking fast for 2 minutes and then jogging or running for 30 seconds, is recommended to increase the number of calories burnt.

Sports drinks and supplements

Many sports drinks and bars contain nearly a meal's worth of calories. They are more appropriate for a person who is running a marathon than for a person who is taking an aerobics class or going for a brisk walk.

Time vs intensity of workout

Rather than increasing the length of time that you spend exercising, most experts agree that it's better for weight loss to increase the intensity of your workout, while keeping the time spent the same or decreasing it.

NUTRITARY

Functional Foods: Is There a Magic Bullet?

Functional foods are foods that are likely to provide benefit beyond basic nutrition. The best plan for everyone is to eat a diet that contains a large variety of foods and that represents every major food group, rather than treating any of the phytochemicals (found in plant foods) or zoochemicals (found in animal foods) as "magic bullets."

Many food products are introduced each year that have functional food claims. Many of these claims are limited, incomplete, or unproven. Some manufacturers of functional foods with proven health benefits still have not documented the necessary levels of consumption. So, even though we know that these products are effective, we still don't know how much to consume to realize those benefits.

Foods provide many more health benefits when eaten in combination than they do when eaten alone, reinforcing the idea that a well-balanced diet is necessary to

functional foods

garner all of the potential benefits. The most basic functional foods are unprocessed foods—fruits, vegetables, milk, grains, fish, and meat.

NUTRITIONAL BREAKDOWN



A Healthier Cookout Meal

TRADITIONAL MEAL

Cheeseburger with mayonnaise on bun:
374 calories, 20 grams (g) fat

½ cup (C) macaroni salad with egg:
187 calories, 12 g fat

One medium cob of corn with 1 tablespoon (Tbsp) margarine:
210 calories, 12 g fat

One fudge brownie (2" square):
170 calories, 7 g fat

HEALTHIER MEAL

4-ounce extra-lean turkey burger on whole-wheat bun with 1 Tbsp yellow mustard:
253 calories, 3 g fat

½ C fruit salad:
50 calories, 0 g fat

One small tossed salad with 3 Tbsp lite salad dressing:
85 calories, 5 g fat

One small slice of angel food cake:
143 calories, 0 g fat

941 calories, 51 g fat **TOTAL** **531 calories, 8 g fat**

Source: US Dept of Agriculture, Agricultural Research Service. What's in the food you eat search tool. Available at: <http://www.ars.usda.gov/Services/docs.htm?docid=7783>. Accessed March 31, 2009.

BEGIN WITH BREAKFAST

Start your day off right with a healthy meal. People who eat breakfast usually get more vitamins and minerals, less fat, and less cholesterol than those who skip this important meal.

Look for the 'RD'

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

RD

MAILBOX

Many beverages, such as bottled waters, now have vitamins, minerals, or fiber in them. They claim to burn calories, give you energy, relax you, and improve your immunity. What do you think of these products?

No clinical studies exist to show benefits to any degree of certainty regarding vitamin intake and immunity, unless a person is severely malnourished. Likewise, no solid evidence proves that any vitamins help to either increase your energy or calm you down when you're feeling frazzled.

The water products that claim to increase energy often contain high levels of caffeine, with some products actually supplying more of the stimulant than popular soft drinks. Some fortified-water formulations contain guarana, a plant that is full of caffeine.

Other waters boast a whole array of added vitamins. The water-soluble vitamins are passed into your urine if your intake is more than what you need. However, fat-soluble vitamins (vitamins A, D, E, and K) are stored in your body,

and carry the possibility of overdose with some negative health effects.

The kind of fiber found in this water isn't the insoluble form that keeps you regular. It's a soluble form, which may or may not help to keep you feeling full for longer.

Many "fortified" or "enhanced" waters contain sugar, sometimes as much as a soft drink, as

well as the calories that go with it. In many cases, you could get the same amount of vitamins or other added nutrients with less sugar and fewer calories in the form of whole food. This is even the case with low-calorie enhanced waters, which are flavored with artificial sweeteners. Whole foods provide more fiber, and other

phytochemicals and antioxidants that are important to your health.

Save money, the environment, and your health by choosing fruits, vegetables, whole grains, and lean protein over a bottle of clear liquid with a handful of questionable add-ins.



FUEL THE BODY, FEED THE BRAIN

Carbohydrates are necessary to fuel the body and feed the brain. The brain needs glucose, because it can't get energy from any other source. Therefore, if it's not getting the fuel that it needs, muscle is broken down, so that the brain can get the glucose it needs to function.

OIL THAT'S GOOD FOR YOU

The sesamin and sesamol found in sesame oil lower cholesterol levels and protect the liver. Sesame oil comes in raw, toasted, and seasoned varieties. It is used in dipping sauce, salad dressings, and foods that are cooked at a fairly low temperature. Sesame oil also is used to finish cooked foods, such as noodles and rice. Sesame oil contains vitamin E, magnesium, copper, calcium, iron, and B vitamins.

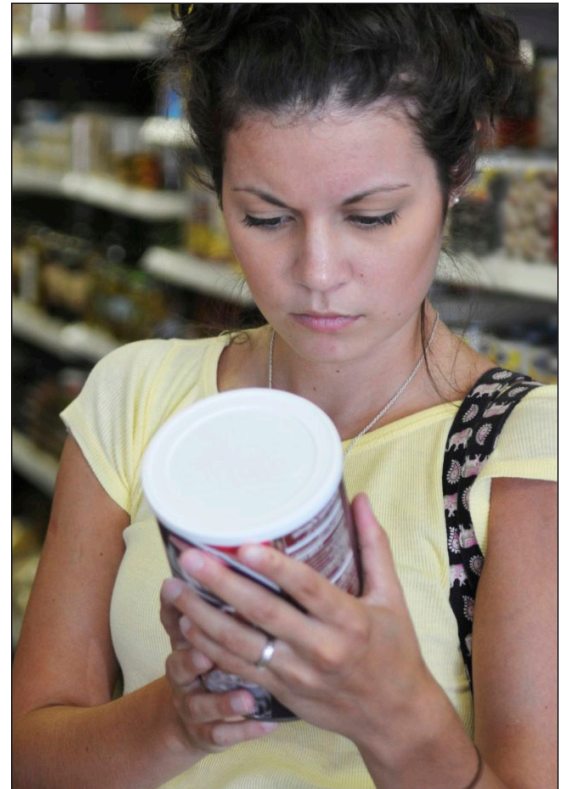
DECODING THE GROCERY STORE

Foods That Aren't as Healthful as They Appear

Yogurt-covered raisins: Do you know that $\frac{1}{4}$ cup (C) of yogurt-covered raisins contains nearly 200 calories and 6 grams (g) of fat, and most of that fat is the saturated kind? This small portion also has nearly 35 g of carbohydrate and 30 g of sugar.

100% real fruit juice snacks: At between 100–150 calories and less than 1 g of fat/packet, you certainly could find worse choices. Most brands contain 15 g of sugar, but with added vitamin C to make them seem nutritious. Choose a fresh orange instead—60 calories, no fat, and 12 g of sugar, with fiber and antioxidants that the fruit snacks don't contain.

Cereal bars: A fruit-filled cereal bar is probably better than nothing, but not by much. The average cereal bar of this type contains 140 calories, 3 g of fat (1 g of which is saturated), 13 g of sugar, less than 1 g of fiber, and less than 1 g of protein.



Cook's Corner

Too many zucchini? Looking for a new summer recipe? Even though you can make this recipe year-round, it is especially good when made with summer-ripened zucchini, which are more flavorful than the force-grown variety.

Roasted Zucchini With Sun-Dried Tomatoes and Basil

— MAKES FIVE SERVINGS —

INGREDIENTS

Three medium-large zucchini squash, halved lengthwise and sliced about $\frac{3}{8}$ " thick (to make 4 C)
One medium yellow onion, sliced into $\frac{1}{2}$ "-thick wedges
3 tablespoons (Tbsp) chopped sun-dried tomatoes packed in olive oil, drained (reserve the oil)
1 teaspoon (tsp) dried basil
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ tsp ground black pepper

Per $\frac{2}{3}$ -C serving: 56 calories, 6 g carbohydrate, 2 g fiber, 3.5 g fat, 0.5 g saturated fat, 0 milligrams (mg) cholesterol, 1.7 g protein, 131 mg sodium, 27 mg calcium, 363 mg potassium

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DIRECTIONS

Preheat the oven to 450° F.
Coat a 9"×13" pan with cooking spray. Add the zucchini, onions, and sun-dried tomatoes. Drizzle with 1 Tbsp of oil from the sun-dried tomatoes. Sprinkle with the basil, salt, and pepper. Toss to mix.
Bake uncovered for 10 minutes. Stir and cook for about 5 minutes more, or until tender and nicely browned. Serve hot.

GI rating: Low

Diabetic exchanges: 1 vegetable, $\frac{1}{2}$ fat