

Nutrition 411

Summer 2010



A Personal Message From Your Registered Dietitian

Buying locally grown food is becoming more popular. If you haven't started doing this already, summer is the perfect time of year to start. Find some farmers' markets near you by visiting <http://states.farmersmarket.com/>. Check out the variety of fruits and vegetables. Stock up on berries and try some of the recipes featured in this issue of *Nutrition 411*.



Healthy living starts early in life, and most of us carry with us habits that were formed at a very young age. Make sure that your family is headed on the track to wellness by incorporating some of this issue's tips into your daily routines. *Decoding the Grocery Store* can help you understand the new meat labels that are appearing at your grocery store.

Are you a smart snacker? Take the quiz in this issue to find out and to learn ways for improving your snacking habits.

We wish you a happy, healthy, and delicious summer.

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THE WHOLE BODY

Tips for a Healthy Family

Wellness is an ongoing lifestyle, which requires taking responsibility and making healthy choices. These tips can help you and your family stay on track.

Try new foods. Serve one new food once a week, with no pressure to eat it all. After everyone has tried the food, put it to a formal vote. If everyone enjoys it, add it to the regular menu. Choose an exotic fruit or vegetable or an ethnic dish that you've never tried before. You may find that your children like veggie burgers or hummus served with raw vegetables.

Go meatless at least one night each week. For delicious recipes and information about Meatless Monday, visit www.meatlessmonday.com. This movement is already popular in many countries.



Eat the rainbow. Have your children set a goal of eating a fruit or vegetable from every major color group each week—red, orange-yellow, green, blue-purple, and white. Divide a piece of paper into seven columns, one column for each day. Use markers, crayons, or colorful stickers to help your child mark the colors eaten each day.

Make activity part of your daily routine. Take a walk after dinner. Use the stairs instead of the escalator at the mall. Don't choose the closest parking spot to the store's entrance. Turn on the Wii™ when you can't exercise outside. Work physical activity into everyone's schedule. The possibilities are endless.

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Look for the 'RD'

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

RD

PUT DOWN THAT SALT SHAKER

Vinegar enhances the saltiness of food, according to a discovery made by the Wayo Women's University in Japan. So add a splash of vinegar to your meal, rather than salt.

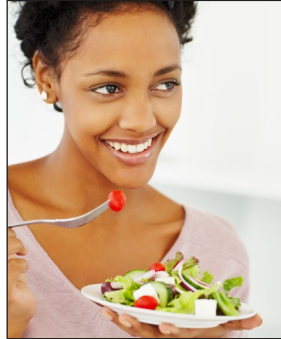


WHAT DO YOU KNOW?

Are You Snack Smart?

1. Snacks:

- Are like "mini-meals," containing smaller amounts of what I eat at meals—a few bites of chicken stir-fry or a small salad
- Kill my diet—by stopping snacking, I could lose a few pounds
- Help me splurge between healthy meals—I like to munch on a cookie or a miniature candy bar, while waiting on my whole-grain and vegetable-laden dinner to finish cooking



2. How many hours do you usually go between eating?

- 2 hours or less
- About 4 hours
- 6 hours or more

3. Before a party that will include food, which are you most likely to do?

- Eat a small snack, such as a banana with peanut butter, 1 cup of yogurt, or a small bowl of cereal, to tide you over
- Eat whatever you want, because you want to enjoy yourself and eat what you like at the party, so you might as well enjoy the whole day
- Try not to eat anything to save up your calories, so that you can enjoy yourself at the party

4. Where do you eat most of your snacks or meals?

- In the car
- In front of the television or computer
- At the kitchen table

5. I usually snack when:

- My stomach is growling
- I know that I will not eat a full meal for quite some time
- I'm feeling stressed or tense

See answers on page 3.

DECODING THE GROCERY STORE

Understanding Meat Labels

Are you confused by meat and poultry labels? What does it mean if your beef is labeled "natural" or an "organic" label appears on your chicken?

Organic: All antibiotics, genetic engineering, irradiation, and sewage sludge are prohibited from use at all stages of production. Animals must eat 100% organic feed, which does not contain animal by-products or urine. The animals must have ample space and access to the outdoors. Exception: Chickens can carry the label, even if they are confined.

Certified Humane Raised and Handled:

The American Humane Association certifies that all meat, dairy, and egg products come from animals that were provided access to sufficient food and water and a safe environment, and were raised without growth hormones.



Natural: No artificial flavoring, coloring, chemical preservatives, or artificial/synthetic ingredients were used in production. Animals that were given antibiotics or growth hormone still may carry this label. Natural foods are not necessarily sustainable, organic, or humanely raised. Many advocates state that the label of "natural" is meaningless.

Free Range: This usually refers to chickens and the eggs that they produce. The chickens are not confined, and were able to go outdoors and engage in natural behaviors. Technically, it only means that the bird had some access to the outdoors, maybe as little as 5 minutes/day. Outdoors also could mean a dirty or concrete feedlot.

Grass Fed or Pasture Raised: Animals were raised in pastures. These animal products are often higher in omega-3 fatty acids.

MAILBOX

I recently was diagnosed as “lactose intolerant.” I was given a hydrogen breath test after several months of suffering from severe stomach cramping and gastrointestinal upset. I’m used to consuming a lot of milk, cheese, and other foods containing milk and dairy products, such as pudding and frozen yogurt. Can you give me some tips on how to stick to my new diet, while still enjoying the food that I eat?

Lactose intolerance occurs when a person is lacking an enzyme known as lactase, which is necessary for digestion of lactose, a milk sugar found in dairy foods. Look for the words “whey” and “curds” on all food products that you use, and avoid those that contain them. Know that lactose often is used as a filler in monosodium glutamate (MSG). You will need to avoid the obvious products—milk, cheese, yogurt, most margarine, butter, etc—and carefully check out certain foods before eating them, including cake mixes, bakery items, crackers, luncheon meats, breakfast cereals, drink mixes, instant soups, and condiments, especially salad dressings.



Sometimes you may need to call or write to certain food companies to find out if their products contain lactose, because manufacturers are not required by law to put this information on the food label. You may have noticed special food products, pills that you can take before eating, and milks that are treated with an enzyme called lactase. The liquid or tablets are either added to milk or milk products before eating, or are taken orally before eating. These enzymes can reduce the lactose content of food by about 70%. Ask your doctor if these foods or supplements are appropriate for you.

Remember that you still need to eat foods that contain calcium. Sources of calcium for people on a milk-free diet include collard greens, turnip greens, mustard greens, canned mackerel, salmon, shrimp, tuna, sardines in oil, tofu, fortified oatmeal, canned oysters, kale, brussels sprouts, broccoli, bok choy, oranges, fortified soy milk, pinto beans, and molasses.

If you don't think that you eat enough of these foods, you might want to talk to your doctor or a registered dietitian about taking a calcium supplement.

ANSWERS TO ARE YOU SNACK SMART?

Give yourself 1 point for each of the following correct answers, and 0 points if you chose an incorrect answer.

1. a. Snacks are like “mini meals,” containing smaller amounts of what I eat at meals—a few bites of chicken stir-fry or a small salad
2. b. About 4 hours
3. a. Eat a small snack, such as a banana with peanut butter, 1 cup of yogurt, or a small bowl of cereal, to tide you over

4. c. At the kitchen table
5. b. I know that I will not eat a full meal for quite some time

If your total score is a 4 or 5, you are a smart snacker! Keep up the good work, but don't forget to switch things up every once in a while to keep your repertoire enjoyable.

If your score is 3 or less, keep the following tips in mind:

- Try to eat something every 4 hours. Good examples are fruit and yogurt parfaits, fruit or vegetables dipped in peanut butter or hummus, a high-fiber cereal with milk, or whole-grain crackers served with a reduced-fat cheddar cheese, such as Cabot®

50% Reduced Fat Cheddar, which has only 70 calories and 4.5 grams of fat per 1-ounce serving.

- People eat much more food when they are distracted in situations, such as having a meal at the desk while working, eating at the movie theater, or munching on fast food while running errands. Try to take a few moments to focus only on your food.
- Don't look at snacks as a “diet sin.” Actually, snacks will keep your metabolism running, help you to avoid eating too much later in the day, and aid you in getting all of the nutrients that you need to power you through your next workout.



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COOK'S CORNER

A Berry Good Idea

Berries are nutritional powerhouses, high in vitamin C and antioxidants. These berry delicious ideas can help get your creativity flowing.

- Spread Neufchâtel cheese and strawberry jam on whole-grain bread. Layer with sliced strawberries.
- Mix together blackberries and a splash of red wine. Cook over medium heat until mixture becomes juicy. Add a few tablespoons of brown sugar. Continue cooking until mixture becomes syrupy. Marinate salmon with mixture and broil.
- Prepare an easy fruit soup by combining 5 cups (C) of quartered strawberries with ¼ C sugar (or sweetener equal to ¼ C), 1 tablespoon (Tbsp) of lime juice, and a pinch of salt. Puree mixture until smooth. Stir in 1 C of champagne or sparkling cider. Garnish with a few mint leaves before serving.
- Make a simple crepe recipe by mixing together ¾ C flour, a pinch of salt, 1½ C milk, 3 eggs (or ¾ C Egg Beaters®), and 2 Tbsp tub margarine. Heat an 8" nonstick skillet (or spray a skillet with cooking spray), add 2 Tbsp of mixture, and cook until browned on each side (about 20–25 seconds/side). Fill with berries and reduced-fat whipped cream.

MAKE TIME FOR YOUR HEALTH

Set aside time each week to exercise and create healthy meal plans.



TAKE TIME OUT TO EAT

It takes 20 minutes for food to enter your bloodstream as glucose, thus making you feel "full." In other words, eat slowly.

Strawberry-Nut Bread

— MAKES 16 SERVINGS • SERVING SIZE: ONE SLICE —

INGREDIENTS

- | | |
|---------------------------------|--|
| 1¼ C whole-wheat pastry flour | ¼ C fat-free egg substitute or one large egg, beaten |
| ½ C oat flour | ¼ C canola oil |
| ⅔ C sugar* | 1 tsp vanilla extract |
| 2 teaspoons (tsp) baking powder | ½ C chopped walnuts, pecans, or almonds |
| 2 C sliced strawberries | |
| ¼ C nonfat or low-fat milk | |

DIRECTIONS

Preheat the oven to 350° F.

Place the flours, sugar, and baking powder in a large bowl. Stir to mix well. Set aside.

Place the strawberries in a mini food processor or blender. Process into a puree to make 1 C, adjusting the amount, if needed. Combine the strawberry puree, milk, egg substitute or egg, oil, and vanilla extract. Stir to mix. Add the strawberry mixture to the flour mixture. Stir just until the dry ingredients are moistened. Set the batter aside for 10 minutes.

Add the nuts to the batter. Stir for about 5 seconds. Coat the bottom only of a 9"×5" pan (or two 3½"×7" pans) with cooking spray. Bake for about 45 minutes (if using two small pans, bake for about 30 minutes), or just until a wooden toothpick inserted in the center of the loaf comes out clean.

Remove the bread from the oven. Cool on a wire rack for 15 minutes. Remove the bread from the pan. Place on the wire rack to cool thoroughly. Wrap and store overnight before slicing.

Per serving: 141 calories, 20 grams (g) carbohydrates, 2.3 g fiber, 6 g fat, 0.4 g saturated fat, 0 milligrams (mg) cholesterol, 3.3 g protein, 71 mg sodium, 120 mg potassium, 47 mg calcium

Diabetic exchanges: 1 carbohydrate, 1 fat

*To reduce sugar: Replace half of the sugar with an equivalent amount of sugar substitute (–15 calories, –4 g carbohydrate, –¼ carbohydrate exchange).

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