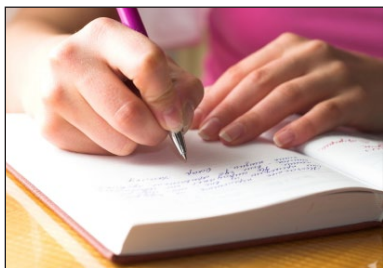




A Personal Message From Your Registered Dietitian

Do you remember how exciting it was to get new notebooks and other school supplies each year? The optimism inherent of the blank page—it seems that some of us never outgrow it.

Studies show that people who write down what they eat lose more weight and are able to maintain weight loss longer, and individuals who keep a journal have a lower risk of stress-related diseases, such as cardiovascular disease. In addition, those who plan their menus eat a healthier overall diet. So, you might want to pick up a few school supplies for yourself this autumn.



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BUILDING BONE

Get More Calcium Without Milk or Supplements

ARE YOU WORRIED THAT you or your kids aren't getting enough calcium? Or maybe you're just tired of milk and want to try something new. Whatever your reason, you'll find many different ways to get calcium without drinking milk or taking supplements. These tips provide some suggestions to help build bones.

JUICE: Switch from regular fruit juice to a calcium-fortified product, but watch your serving size. The calories from juice can add up fast!

SALMON BURGERS: Make salmon burgers, but not from boneless salmon—you actually want to consume the tiny bones.

CEREAL: Choose a calcium-fortified cereal, such as General Mills Total®.

BREAD: Choose bread that is fortified with calcium.

ALMONDS: Add almonds to your favorite baked goods or eat them whole.

TOFU: If you have never tried tofu before, don't fear. The important thing is to make sure that you choose a product that is calcium-fortified. Tofu essentially

[CONT'D ON PAGE 2]



Look for the 'RD'

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

RD

WATCH FOR ADDED SUGAR

An emerging, but inconclusive, body of evidence links a high intake of added sugars to increased blood pressure.

In the Framingham Heart Study, for instance, people who consumed more than one soft drink/day had a higher chance of developing hypertension and a 44% increased chance of having a diagnosis of metabolic syndrome.



Get More Calcium [CONT'D]

has no taste, taking on the flavors of whatever other foods it is cooked with. You even can add silken tofu to a fruit smoothie or milk shake.

FRUIT DIP: Make a fruit dip using 8 ounces of vanilla yogurt, 2 tablespoons (Tbsp) of sugar (or an equivalent amount of sugar replacement), a dash of cinnamon, 3 Tbsp of orange juice concentrate (make sure it's calcium fortified), and ¼ cup of shredded coconut.

DRIED FIGS: Add some dried figs to your frozen yogurt, salad, hot cereal, or snack mix.

BEANS: Add beans to your favorite soups and

casseroles. Look for new recipes containing beans.

REDUCED-FAT CHEDDAR CHEESE:

Top your chili, baked potatoes, casseroles, crackers, or tacos with reduced-fat cheddar cheese. Cabot® 50% Reduced Fat Cheddar contains 70 calories, 4.5 grams (g) of fat, 8 g of protein, 6% of your daily allowance for vitamin A, and 20% of your daily allowance for calcium in each ounce. For many other ways to incorporate this healthy source of protein and calcium into your diet, visit www.cabotcheese.com.



THE WHOLE BODY

Adolescence: Worrying About Weight and Diet

The media portrays kids as happy and worry-free, but it's not always that way. Kids have many things on their mind, and many adolescents begin to worry about their diet and weight around the age of 12 or 13 (and sometimes much earlier).



If you are a parent, what are you communicating in your home about food and weight? Ask yourself the following questions. Answering "yes" to any of them is indicative of something that you can change to improve the message you are giving.

- Is food used as a reward or form of punishment within the home?
 - "If you eat it all, you can have some ice cream."
 - "If you don't finish your homework, you can't have dessert tonight."
- Is food integral to celebrations within the home?
- Is food served at specific times of day, with little acknowledgement given as to whether or not family members are physically hungry?
- Do you expect people to clean their plates at mealtimes? Is a clean plate seen as a compliment to the cook?
- Does the family sit down together for meals, or are meals more casual or grab-and-go style?
- Is food used as a method for keeping children busy?
- Is food used as a way to comfort during times of emotional upset or physical illness?
- Do you often make statements about foods that you eat, such as the following?
 - "I really shouldn't be eating this."
 - "I'm being so bad."
 - "I'm going to regret this."
- Is great emphasis placed on approval or disapproval of the appearance of others?

Yogurt: What to Buy and What to Ignore

PROBIOTICS

Look for a statement that reads “contains live and active cultures” to guarantee that your yogurt contains gut-friendly probiotics. Yogurts that are labeled as having special digestive benefits do not. These yogurts often contain much of the same types and levels of bacteria as other yogurts, and any extra ingredients are not proven to bestow any extra digestive help to the consumer.

While probiotics are very likely to help improve gut health, they are not a “cure” for digestive problems. Experts point out that fluid consumption, total fiber intake, physical activity, and stress reduction also are important for a healthy digestive tract. Not all frozen yogurt contains probiotics. Read the label to see if your favorite brand contains these healthful bacteria.



VITAMIN D

Not all yogurts are fortified with vitamin D, as milk is. It is important to read labels carefully.

GREEK-STYLE YOGURT

Greek-style yogurt, such as the Chobani® brand, is becoming increasingly popular, not only because of its thickness and creaminess, but also because it contains more protein and calcium than regular yogurt.

FRUIT-FLAVORED YOGURT

Many fruit-flavored yogurts contain no actual fruit at all. The healthiest form is plain yogurt. Just add your own fruit to sweeten plain yogurt to your liking.

BEST BITES

The much-respected Center for Science in the Public Interest states that the “best bites” in yogurt contain 180 calories or less, 1.5 grams (g) of saturated fat or less, 30 g or less of sugar, more than 5 g of protein, and more than 20% of your Daily Value for calcium in a 6-ounce cup.

MAILBOX

I'm hearing scary things about monosodium glutamate. Can you tell me what foods this substance is found in, and whether or not it's really as dangerous as everyone says that it is?

Glutamate is a natural amino acid. Glutamate is produced in the body and is essential to human metabolism, the digestive tract, and brain function. Glutamate is found in meat, fish, poultry, milk, and some vegetables.

Monosodium glutamate (MSG) is the sodium salt of glutamate combined with water and sodium. MSG is produced through a natural fermentation process, using molasses from sugarcane or sugar beets, as well as starch and corn sugar. To put things in perspective, the average human makes about 50 grams (g) of glutamate/day, consumes about 11 g/day from natural sources, and consumes less than 1 g/day from MSG. MSG is used to enhance the natural flavors of meats, poultry, seafood, snacks, soups, and stews. It often is used in Asian cuisine, as well.

MSG is defined as safe to consume by the US Food and Drug Administration, the National Academy of Sciences, the European Community's Scientific Committee, the American Medical Association, and the Federation of American Societies for Experimental Biology. In fact, the Joint Expert Committee on Food Additives of the Food and Agriculture Organization of the United Nations and World Health



Organization placed MSG in the safest category for food additives. The American College of Allergy, Asthma, and Immunology has concluded that MSG is not an allergen and is a safe food ingredient. However, it is possible that a person will have a mild reaction to extremely large doses of MSG, but this is usually transient and benign.

What Is Resveratrol?

Resveratrol, a nonflavonoid antioxidant found in red wine, purple grapes, peanuts, blueberries, and cranberries, appears to help prevent arteries from becoming clogged with fatty blockages. These studies have involved mice, not humans. Other animal studies have shown that resveratrol reduces low-density lipoprotein (LDL) cholesterol levels, prevents blood clots, protects against obesity, and reduces the risk of diabetes. However, to get the same dose of resveratrol used in the mice studies, a human would need to consume between 100 and 1000 bottles of red wine a day.

Resveratrol is not toxic to humans, according to the US Food and Drug Administration, and it does not produce adverse effects in humans. However, few clinical trials are complete.

Anyone taking anticoagulant medication and nonsteroidal anti-inflammatory drugs should avoid resveratrol supplements, because resveratrol seems to increase bleeding. In addition, people who are taking HMG-CoA reductase inhibitors, calcium channel antagonists, antiarrhythmic agents, antihistamines, benzodiazepines, drugs used to treat erectile dysfunction, and HIV protease inhibitors may want to avoid resveratrol.

A GOOD NIGHT'S SLEEP

Make sure you're getting enough sleep. Fatigue increases your risk for obesity, heart disease, diabetes, and certain cancers.



Cook's Corner

Are you looking for a nutritious alternative to cookies to pack in school lunches or to serve as an after-school snack? Look no further!



Maple-Almond Granola Bark

— MAKES ABOUT 32 SERVINGS • SERVING SIZE: ONE PIECE —

INGREDIENTS

½ cup (C) maple syrup	1 C raw, sliced almonds
¼ C, plus 1½ tablespoons (Tbsp) sugar	½ C dark raisins
3 Tbsp canola oil	½ C unsweetened shredded coconut
1 teaspoon (tsp) vanilla extract	¼ C dried cranberries
1½ C quick-cooking (1-minute) oats	¼ C raw pumpkin seeds

DIRECTIONS

Preheat the oven to 250° F. Line a large-rimmed baking sheet (about 11"x17") with parchment paper. Coat lightly with nonstick cooking spray. Set aside.

Place the maple syrup, ¼ C of the sugar, oil, and vanilla in a small bowl. Stir to mix. Set aside. Set the remaining sugar aside for the topping.

Place the oats and the remaining ingredients in a large mixing bowl. Toss to combine. Pour the maple syrup mixture

over the oat mixture. Stir until the dry ingredients are evenly moist. Turn the granola onto the prepared pan. Press firmly into a rectangle about 9"x13" and slightly less than ½" thick. Sprinkle the reserved 1½ Tbsp of sugar over the top.

Bake until the granola is lightly browned and firm to the touch, about 50 minutes. Note: It will become crisper as it cools. Cool in the pan. After cool, break the granola into pieces (about 1½"x2"). Store in an airtight container.

Per serving: 88 calories, 12 grams (g) carbohydrate, 1.1 g fiber, 4.3 g fat, 1 g saturated fat, 0 milligrams (mg) cholesterol, 1.6 g protein, 2 mg sodium, 15 mg calcium, 78 mg potassium

Diabetic exchanges: 1 carbohydrate, 1 fat

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