



Nutrition News

January 2018

Brought to you by

Evan Zingman
NSCA-CPT, B.S.
Email: Evan@Z-Physique.com
Online: Z-Physique.com

Inside the January Edition

1. Pizza Roasted Cauliflower by Judy Doherty, BS, PC II
2. Shopping Spotlight: Jackfruit by Lynn Grieger, RDN, CDE, CPT, CHWC
3. Diabetes Meal Planning by Jill Weisenberger, MS, RDN, CDE, CHWC, FAND
4. A Mediterranean Diet May Prevent Cognitive Decline by Lisa Andrews, MEd, RD, LD

Holiday Party Tips:

The holidays are full of parties and events that can make it hard to stick to a healthful eating pattern. Here are some tips to help make that easier!

- **Plan Ahead:** Eat an apple, pear or other light snack before parties and festivities to curb hunger.
- **When You Contribute Food, Be Thoughtful:** Bring a nutritious holiday dish to the party. Try a plate of vegetables with a flavorful dip or a beautifully-arranged tray of fresh and dried fruits like the one pictured here.
- **Keep the Focus on the Holiday Itself:** Celebrate what the holidays are really about – spending time with family and friends. Find creative activities, play a game, or get active together instead of focusing solely on food.



Winter Squash Salad

Pull out all the stops this winter!

Ingredients:

6 cups arugula or raw spinach (pre-washed and ready to serve)

1 acorn or butternut squash, whole

1 cup toasted walnuts

1/2 cup diced sourdough bread (about 1 slice)

Dressing: Light spray of olive oil, balsamic vinegar to taste, cracked black pepper, chopped fresh parsley, small squeeze of lemon



Directions:

Roast the acorn or butternut squash until it is tender. Cut it in half, remove the seeds and then remove the squash from the peel with a spoon. Allow to cool and dice into large 1-inch cubes. Place the arugula in a bowl with the toasted walnuts, squash, and bread. Toss lightly with the dressing ingredients and serve immediately.

Nutrition Information

Each 2 cup serving: 447 calories, 26g fat, 3g saturated fat, 0g trans fat, 0mg cholesterol, 126mg sodium, 50g carbohydrate,

12g fiber, 4g sugars, 11g protein.





Winter Squash: Nutrient Powerhouse

By Lynn Grieger, RDN, CDE, CPT, CHWC

Both summer and winter squash are available year-round, but in the depths of winter, it feels good to turn on the oven and roast some squash or make it into a delicious, smooth-textured soup.

A half cup serving of winter squash on average contains 38 calories, 9 grams carbohydrate, 3 grams fiber, less than 1 gram fat and 1 gram protein.

Small and round, the **acorn squash** is often sliced in half and baked. It's a good source of potassium, magnesium, thiamin, and vitamin B6.

Butternut squash's beige-colored outer rind is softer than other types of squash, which makes butternut squash easier to peel. The flesh is often roasted or used in soups. $\frac{1}{2}$ cup provides 25% of your daily vitamin C needs.

Delicata squash has a thinner, edible outer skin and a creamy flesh. You can roast them in the oven and top with a little cinnamon for a winter treat.

When cooked, the flesh of the **spaghetti squash** separates into spaghetti-like strands and can be used in place of pasta. It's lower in total calories and carbohydrate than other types of winter squash, with only 20 calories per $\frac{1}{2}$ cup serving.



Get to Know Squash

*There are several different varieties of winter squash, and what they all have in common is an **inedible, hard outer rind and large seeds.***

*Most winter squash have **orange-colored flesh,** which means that they're an especially rich source of **vitamin A and beta-carotene,** antioxidants that play an important role in healthy bones, vision, and a great immune system.*

Eating Mediterranean

By Lisa Andrews, MEd, RD, LD

Overcoming Hurdles

Following a Mediterranean eating patterns is often considered a wise idea, but there are a few common pitfalls that can make it difficult to implement in daily life. Try these tips to sidestep these traps and make the Mediterranean eating pattern work for you!



Reduce Cost

- Buy seasonal fruits & veggies -- they're less expensive and more nutritious.
- Canned beans, canned tuna, and lentils are cheap protein sources.
- Choose stores that offer low prices without compromising food quality.

Prioritize Nutrients

- Choose whole grains instead of refined grains for a nutrient and fiber boost.
- Limit your purchases of foods with empty calories.
- Stock up on frozen spinach, broccoli, and peppers for extra vitamin C.



Boost Flavor

- Flavor your food with dried and fresh herbs like basil, oregano, and thyme.
- Add depth and spice to your meal with garlic.

Defeat Diabetes with Legumes!

If you need one more reason to eat less meat and more beans, look no further. A recent study published in *Clinical Nutrition* looked at data from the PREDIMED study, research of over 3,000 subjects with elevated risk for heart disease, but without type 2 diabetes. The study found that after 4 years, **participants with the highest intake of legumes had a 35% reduction in risk for diabetes.**

The study was led by Jordi Salas-Salvadó from Rovira i Virgili University, University Hospital of Sant Joan de Reus, and Institute of Health Carlos III in Spain. The author maintains that substituting legumes, especially lentils, for other high-carbohydrate or high-fiber foods was linked with the reduction in risk, though more research is needed to support these conclusions. Salas-Salvadó and his research team reviewed diet histories of his subjects at the outset of the study and annually for four years. Incidence of type 2 diabetes was evaluated based on dietary intake. Compared to lowest intake of legumes (about 1 ½ servings per week), participants with the highest consumption (approximately 3 1/3 servings), had a 35% lower risk of getting type 2 diabetes.

The researchers compared types of legumes consumed and found that **lentils in particular were linked with a 33% reduction in diabetes risk.** This was observed with just one serving of lentils per week versus less than ½ serving. Chickpea consumption showed a smaller effect in lowering the risk of diabetes, while other

dried beans and peas showed no significant link. Substituting half a serving of legumes daily for half a serving of grains or high-protein foods like eggs or meat may aid in reducing risk for diabetes.

Add More Legumes to Your Eating Pattern:

Here are some simple ways to add more legumes to your diet:

- Make lentil soup or chili
- Add cooked lentils to casseroles or salad
- Add chickpeas to soups or salads
- Make your own hummus from chickpeas or lentils

By Lisa Andrews, MEd, RD, LD

Reference:

Nerea Becerra-Tomás, Andrés Díaz-López, Núria Rosique-Esteban, Emilio Ros, Pilar Buil-Cosiales, Dolores Corella, Ramon Estruch, Montserrat Fitó, Lluís Serra-Majem, Fernando Arós, Rosa Maria Lamuela-Raventós, Miquel Fiol, José Manuel Santos-Lozano, Javier Diez-Espino, Olga Portoles, Jordi Salas-Salvadó. “Legume consumption is inversely associated with type 2 diabetes incidence in adults: a prospective assessment from the PREDIMED study”. *Journal of Clinical Nutrition*, 2017. 03.015