



Nutrition News

August 2018

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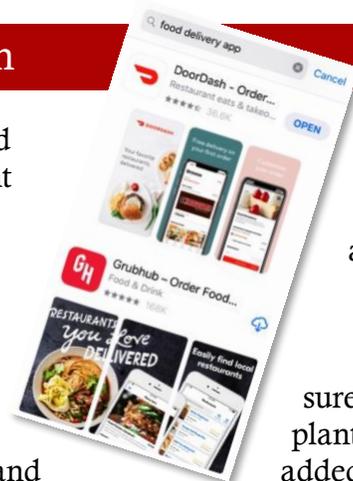
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In the past decade, pizza or Chinese food was about the only things you could order for home delivery. But now with UberEats, Grubhub and Doordash, you can have virtually any cuisine delivered to your door. In a recent Morgan Stanley survey, 43% of delivery patrons said meals ordered in were replacing those that would normally be eaten at a restaurant. Like any other food delivery apps can be downloaded directly to your phone or tablet. Savvy consumers can use these apps to get

Food Delivery Apps and Health

healthful meal options on the go. Be try a variety of foods and seek out based meals that are low in saturated fat and sugars. If the app or restaurant provides nutrition information, be sure to check it out before placing your order. *By Lisa Andrews, MEd, RD, LD*



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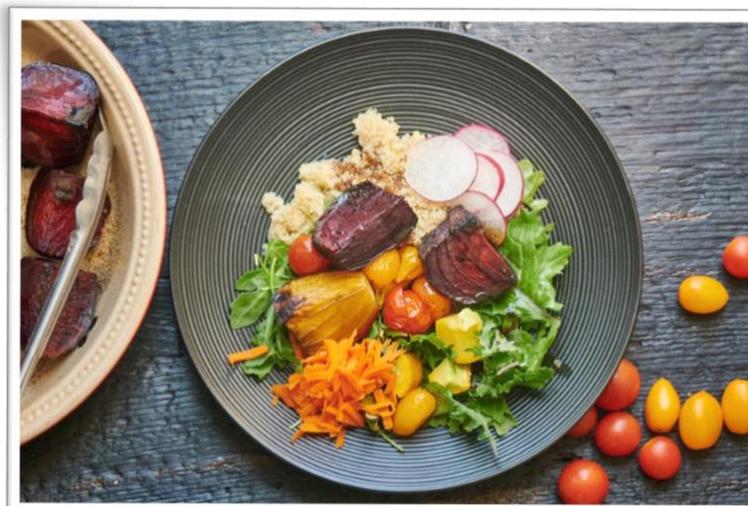
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Vegetarian Poke Bowl

Ingredients:

2 cups cooked quinoa
 2 cups assorted greens - we used kale and arugula
 1 red beet, trimmed and rinsed clean
 1 golden beet, trimmed and rinsed clean
 1 zucchini
 1 yellow squash
 1 cup cherry or grape tomatoes
 2 radishes, sliced thin
 1 carrot, grated
 olive oil spray
 balsamic or red wine vinegar



Directions:

Cut the beets in quarters and roast in an oiled pan at 450 degrees until they are soft, about 45 minutes. During the last 15 minutes of roasting the beets, toss the diced zucchini, yellow squash, and tomatoes in a pan, top with olive oil spray and roast them in the oven. Pull all veggies out of the oven when tender and allow to cool for 10 minutes.

Arrange the quinoa and greens as a base on the plate.

Top the quinoa with the beets and other roasted veggies. Spray with olive oil spray and top with vinegar.

Top everything with sliced radishes and grated carrots.

Chef's Tips:

This is a great dish to make using farmer's market ingredients or items from a summer garden. You can add grilled seafood, too.

Nutrition Information:

Serves 4. Each 1-bowl serving contains: 194 calories, 4 grams of fat, 0 grams of saturated fat, 0 g trans fat, 0 mg cholesterol, 86 mg sodium, 35 g carbohydrate, 7 g fiber, 9 g sugar, and 8 g protein.



Summer Fruit Tart

This delicious tart is so easy to make because you get to skip the dough, the baking, and the custard. The focus is on the fruit!

Ingredients:

- 5 apricots, pitted and cut in wedges
- 2 peaches, pitted and cut in wedges
- 1 cup strawberries, hulled
- 1 cup blueberries
- 1 cup blackberries
- 1 cup raspberries
- 1/2 cup dried bananas (or real banana slices)
- 1 tablespoon peach preserves, warmed
- 1 tablespoon roasted pistachios



Directions:

Heat the peach preserves in a bowl in the microwave for 30-60 seconds.

Place the prepared fruit in a large ceramic tart pan as shown in the photo. Keep it neat and arrange in rings. We put the berries on the outside and the peaches and apricot wedges in the center.

Top the center with the warmed peach preserves and the pistachios.

Place the sliced bananas on the top last.

Chef's Tips:

Serve immediately. It is really great if you can obtain your fruit from a farmer's market so it is ripe and fresh.



Nutrition Information

Serves 8. Each 1 cup serving: 80 calories, 1g fat, 0 g saturated fat, 0g trans fat, 0 mg cholesterol, 2 mg sodium, 18g carbohydrate, 4g fiber, 11g sugars, 2 g protein.



Nutrient Dense or Energy Dense?

By Lynn Grieger, RDN, CDE, CPT, CHWC

Energy density and nutrient density are two important terms to understand when making food choices. Foods that are energy dense contain a higher number of calories per serving, while foods that are nutrient dense contain a higher level of vitamins, minerals, and other important nutrients with little or no added sugars or fats that raise calories. Think of the difference between potato chips and a plain baked potato, or sweetened yogurt and plain yogurt, or creamed spinach vs steamed spinach. Adding fat or sugar to foods increases the calorie content, making these foods more energy dense.

Choosing nutrient-dense foods more often allows us to consume a higher number of essential vitamins and minerals that promote good health, while avoiding consuming too many calories that can lead to overweight or obesity. At daily calorie levels between 1,200 and 1,800, <10% of the total calorie budget remains after consuming foods that contain all the nutrients we need. By the time you eat all the fruit, vegetables, whole grains, and protein foods that your body needs for optimum health, there are only 120-180 calories left over each day for sugars and fat.

What's the Science?



A recent meta-analysis of 13 experimental and observational studies that looked at over 3600 people age 18 to 66 years showed a significant association between consuming low energy-density foods and body weight.

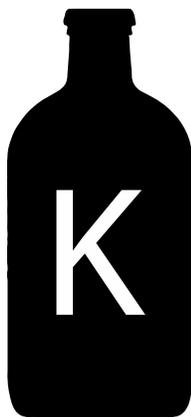
In other words, people who ate more nutrient-dense foods that are naturally low in calories — foods like fresh vegetables and fruit, whole grains, fat-free dairy products and lean sources of protein — weighed less than people who consumed more foods that are higher in calories and low in nutrients.

Kombucha 101

By Lynn Grieger, RDN, CDE, CPT, CHWC

What is Kombucha?

Kombucha is made by fermenting tea — usually black tea but green tea can also be used — with a combination of bacteria and yeast known as a SCOBY (symbiotic culture of bacteria and yeast), and sugar. Kombucha fermentation is a two-part process. First, the yeast converts sugar into ethanol and carbon dioxide, and then the bacteria convert the ethanol into organic acids. As kombucha ferments, the flavor changes from a fruity, sour flavor to a vinegary taste. The longer it's brewed, the more tart the flavor.



What's in Kombucha?

Kombucha contains live bacteria and yeast, organic acids, B vitamins, antioxidants, and trace amounts of minerals. Unflavored kombucha typically contains about 30 calories, 2-3 grams of sugar, and small levels of caffeine per serving. Kombucha contains no fat or cholesterol. Adding fruit juice or flavoring will change the nutrient content.

What are Possible Health Benefits?

The health benefits of kombucha are thought to be due to the probiotics it contains. Probiotics are live bacteria in fermented foods that are beneficial for our digestive health. Some studies show possible health benefits for our immune system, cardiovascular disease, arthritis, and digestive health, although more research is needed.



Is Kombucha Safe for Everyone?

Anyone with compromised immune function, pregnant or lactating women, young children, or people with preexisting health conditions should avoid drinking kombucha due to the potential for foodborne illness. It's important to remember that kombucha contains small amounts of alcohol.

Exercise to Regenerate Your Cells

Researchers recognize that **exercise improves sleep, reduces depression, helps regulate weight, maintains muscle, and boosts immunity**. Now scientists have found that certain types of **exercise may help regenerate key cells that normally decline with aging**. Scientists published an article in Cell Metabolism magazine stating that HIIT (high intensity interval training) cardiovascular exercises like biking and walking induced cells to produce more proteins for energy-making mitochondria and protein-building ribosomes, which help halt aging at the cellular level.

The study's senior author Sreekumaran Nair, an MD and diabetes researcher at the Mayo Clinic in Rochester, Minnesota had 36 women and 36 men aged 18-30 years old ("young group") and volunteers aged 65-80 years old ("older group") in the study. Each group was divided into three different exercise programs: one in which volunteers did high-intensity interval biking, one where volunteers used weights and did strength training, and one that used both strength training and interval training. Then the scientists took biopsies from participants' thigh muscles and compared the molecular makeup of their muscle cells to samples from inactive volunteers. Scientists evaluated the subjects' lean muscle mass as well as insulin sensitivity. The research was led by Matthew Robinson, who at the time was a post-doc and is currently an Oregon State University faculty member.

While strength training was effective at increasing muscle mass, the biggest benefits at the cellular level were seen with HIIT. A 49%

increase in mitochondrial capacity was observed in the younger volunteers and older subjects saw a 69% increase. Insulin sensitivity, which shows a lower risk of developing diabetes, was also seen in the interval training groups. Interval training was not as effective in improving muscle strength, which normally declines with age. Dr. Nair advises, "If people have to pick one exercise, I would recommend high-intensity interval training, but I think it would be more beneficial if they could do 3-4 days of interval training and then a couple days of strength training." He notes that any exercise beats no exercise.

The study was completed to understand how exercise benefits individuals at the molecular level. The energy-producing ability of our cells' mitochondria decline as we age. In comparing RNA-sequencing and proteomic data from individuals doing different exercises, the scientists found evidence that exercise promotes cells to make more RNA copies of genes coding for proteins in the mitochondria and those necessary for muscle growth. Mitochondrial proteins were also produced via exercise.

The increase in muscle protein content was the most impressive finding of the research.

By Lisa Andrews, MEd, RD, LD