



# Nutrition News

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## Brought to you by:

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## Meal Planning: It's Time to Get Started!

When it comes to food and health, no one size fits all and it doesn't have to. If you're not a gourmet cook, never fear! The majority of folks have not been trained in the best culinary kitchens of America.

Planning meals should be simple. Ideally, it should be based on what you can afford, what is available, what you enjoy eating, and what is convenient for you. Maintaining good health is all about sustainable habits that you can continue for a lifetime. So where do you start?

Begin by picking one meal that you'd like to work on. Say, breakfast. Breakfast can range from an apple and peanut butter and whole grain toast to zucchini muffins and fruit. It doesn't need to be eggs Benedict.

*By Lisa Andrews, MEd, RD, LD*



# Potato Salad

## Ingredients:

- *3 cups boiled small potatoes, cut in quarters*
- *1 tablespoon light mayonnaise*
- *1 tablespoon red wine vinegar*
- *1/2 tsp mustard powder*
- *pinch wasabi horseradish*
- *2 cups bibb or romaine leaf lettuce, washed and ready to serve*
- *optional: 1 cup sliced red bell pepper*



## Directions:

Boil the potatoes for 20 minutes or roast them for 45 minutes in a 350 degree oven. You can also microwave them on full power until tender about 10 minutes. If the potatoes are small they will not take a long time to cook. But if the potatoes are larger you will have to cook them until tender, which might take longer. The best potatoes to use are Yukon or red potatoes.

Chill the potatoes then cut them in quarters. Toss them with the mayonnaise, mustard powder, wasabi horseradish, and lettuce leaves. Serve chilled.

## Chef's Tips:

Keep going with the veggies and serve a side of crunchy carrots, celery, and cherry tomatoes, too.

### *Nutrition Information:*

*Serves 5. Each 1/2 cup serving: 51 calories, 1g fat, 0g saturated fat, 0g trans fat, 1mg cholesterol, 7mg sodium, 10g carbohydrate, 1g fiber, 1g sugars, 1g protein*



## Potato Casserole

This dish uses the most nutritious and budget minded ingredients: potatoes, carrots, and cabbage.



### Ingredients:

- 1 pound Yukon gold potatoes, cut in quarters
- 2 cups cubed cabbage
- 2 carrots, peeled and sliced thin
- 1 onion, sliced thin
- 1 tablespoon of olive oil
- 1 tsp turmeric powder
- 1 tsp garlic powder
- Pinch of salt and black pepper

### Directions:

Toss all of the ingredients together and then place in an oven-proof casserole dish.

Cover the dish. Bake for one hour at 350 degrees or until the potatoes are very soft.

It is great if you can bake a whole chicken or other protein item to serve with this dish.

Serve hot immediately. Or chill and serve as a salad the next day.



### Nutrition Information

Serves 6. Each 1/2 cup serving: 101 calories, 2g fat, 0g saturated fat, 0g transfat, 0mg cholesterol, 64mg sodium, 19g carbohydrate, 3g fiber, 5g sugars, 2g protein.

# Prevention



## Nutrition for Prostate Cancer Prevention

By Lynn Grieger, RDN, CDE, CPT, CHWC

Prostate cancer is the most common type of cancer and the second leading cause of cancer death for men in the United States. It's estimated that 11% of men will be diagnosed with prostate cancer in their lifetimes.

According to the National Cancer Institute, many men, especially those with a family history of prostate cancer, are interested in how they might prevent the diagnosis of prostate cancer with food choices and/or supplements. A survey of 542 men with at least one brother diagnosed with prostate cancer found that almost 60% used vitamins or supplements to try and prevent prostate cancer. A May 2018 report

from the National Cancer Institute details the scientific research around foods and supplements commonly believed to prevent prostate cancer. While there is often epidemiological evidence that eating more of certain foods is associated with decreased risk of developing prostate cancer, to date there is little hard evidence that demonstrates cause & effect.

Regularly choosing foods that are associated with a decreased risk of prostate cancer as part of an overall healthful and well-balanced diet may provide some benefit, and all of these foods also contain a variety of nutrients important for good health.

## Spotlight on Soy and Green Tea



*Countries where people drink more green tea have the lowest rates of prostate cancer in the world. Green tea contains a group of polyphenols called catechins that act as antioxidants in our body.*

*Numerous studies have shown that prostate cancer incidence is very low in Asian countries where diets tend to be high in soy foods such as tofu, tempeh, miso and soy milk. Soy foods contain a variety of phytochemicals that may play a role in prostate cancer prevention.*

# Food Safety in the Kitchen

By Lynn Grieger, RDN, CDE, CPT, CHWC

## Where is the Danger?

Where in your kitchen do you find coliform and Staph bacteria, yeast, and mold? If you guessed your sponge or dish cloth, then you're right. According to the NSF International survey of U.S. homes 77% of sponges and dish cloths contained coliform bacteria, 86% had yeast and mold, and 18% were contaminated with Staph bacteria. These organisms can cause nausea, vomiting, abdominal cramps, diarrhea, headaches, and general fatigue.

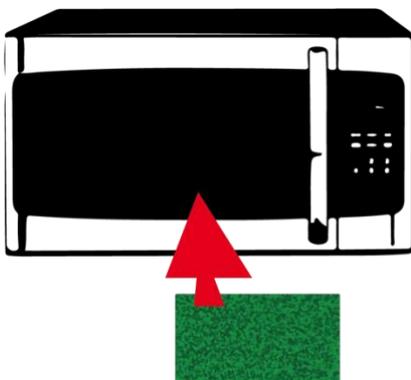


## Let's Talk Sponges

The FDA Food Code, the Food and Drug Administration's best advice to promote safe food in retail and food service, does not allow sponges to be used in restaurants. Sponges contain hundreds of nooks and crannies where bacteria can multiply, and the wet environment on a sponge promotes rapid bacteria multiplication.

## If You Can, Eliminate Sponges

Instead, use a clean dish cloth each time you clean your kitchen countertops. After each use, toss the dish cloth in the laundry and run it through a hot water cycle on your washing machine. Dry the dish cloths thoroughly in a hot dryer.



## If You Use Sponges, Sanitize Them

The most effective way to kill 99% of the bacteria lurking in your kitchen sponge is by microwaving a wet sponge at full microwave power for 1 minute. Be sure the sponge is wet before microwaving or it may catch fire!

Even when you microwave or launder your sponges every day, replace them at least monthly.

# Beginner's Guide to Fiber

Plant foods such as vegetables, whole grains, beans, lentils, and nuts are rich in fiber. Fiber is a type of carbohydrate found in plants. It will be included on a food label as part of the total carbohydrate along with added sugar.

Sadly, most of us don't meet our fiber needs, which are 25 to 35 grams of fiber per day. **A diet high in fiber has been linked to a reduction of obesity, heart disease, and cancer as well as a lower risk of diabetes.**

Fiber comes in two varieties -- soluble and insoluble:

- Soluble fiber is the type of fiber found in oatmeal, barley, beans, and the flesh of fruit. This type of fiber dissolves in water and has been found to lower cholesterol and blood sugar and help to curb appetite.
- Insoluble fiber does not dissolve in water and is found in foods such as wheat, rye and other grains as well as in the skins of fruits and vegetables. This type of fiber is beneficial for promoting laxation/regularity and curbing appetite.

Fiber supplements are also available for people who struggle to meet their fiber needs. Note that fiber attracts water. When you add more fiber to your diet, you must also drink more fluids to prevent constipation. Six to eight cups of plain water per day is a good place to start.

*By Lisa Andrews, MEd, RD, LD*

If you have not been consuming much fiber in your diet, it's important to add it gradually to prevent discomfort. For example, switch from white bread to 100% whole wheat bread or white rice to brown rice. Add an extra piece of fruit or serving of vegetable daily for a week, then add more the following week. Including dried beans or peas in salad or grain dishes is another way to sneak in more fiber in your diet.