



Nutrition News

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Brought to you by:

Evan Zingman
Z Physique
NSCA-CPT, B.S.
Email: Evan@Z-Physique.com
Voice: 602.750.9647
Online: Z-Physique.com

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Let's Talk Multivitamins...

If you think popping a multivitamin or vitamin C tablet daily will prevent you from getting a chronic illness, think again. While nearly 50% of Canadians and over 65% of Americans take vitamins, minerals, antacids or other nutritional supplements, most science does not support their use.

My “snake oil radar” often goes up when I read claims for other supplements. Take fish oil, for example. The bottle says, “promotes heart, brain, vision, and joint health,” yet studies on omega-3-fatty acid supplements with the above claims have been inconclusive and downright “fishy.” Fish oil does lower triglycerides and may help relieve the pain of rheumatoid arthritis, but it does not reduce the risk of heart disease or slow the progression of age-related macular degeneration. Eating fish twice per week, by contrast,

has been advised by the American Heart Association to lower the risk of heart disease, especially fatty fish like salmon. Fish replaces higher-fat protein sources such as beef or pork and has been linked with a reduction in heart disease .

By Lisa Andrews, MEd, RD, LD



Roasted Romanesco

Ingredients:

- 1 head romanesco*
- 2 tsp olive oil*
- 3 cloves minced garlic*
- 1 cup panko bread crumbs*

Directions:

Trim the head of romanesco to remove the excess leaves and stem, trying to keep it intact. Rinse well under cold running water.

Place the romanesco in a large glass baking dish. Steam it for 2 minutes, covered, in the microwave.

Mix the olive oil, garlic, and bread crumbs. Top the romanesco with this mixture. Bake for 35 minutes or until the bread crumbs are golden brown and the romanesco is roasted to a crisp tender texture. Serve hot.

Chef's Tips:

You can also use cauliflower in place of the romanesco. In this case steam it for 4 minutes in the microwave before roasting it.

Serve it on a nice large platter family style. It would go well served with fresh lemon wedges.

Nutrition Information:

Serves 4. Each 1 cup per person serving: 160 calories, 3g fat, 1g saturated fat, 0g transfat, 0mg cholesterol, 227mg sodium, 28g carbohydrate, 5g fiber, 6g sugars, 8g protein

This is an easy, delicious, and spectacular way to serve a vegetable that is the combination of broccoli and cauliflower.



Sauteed Green Salad

This lightly cooked salad uses fresh greens and is served hot with cool mandarin orange slices over the top.



Ingredients:

- 1 bunch rainbow chard
- 1 bunch yu choy greens or broccolini
- 1 tsp olive oil
- 1 tsp or 2 cloves minced fresh garlic
- 2 tablespoons balsamic vinaigrette
- 1/2 cup sliced green onions
- 1 mandarin orange

Directions:

Trim the greens to remove the excess stems. Rinse under cold water and pat dry.

Chop the greens slightly and reserve them in a bowl.

Saute the garlic in the olive oil in a large nonstick skillet over medium heat. Add the greens and toss well. Cover for a minute, then keep sauteing until they are a little tender. Add the balsamic vinaigrette and onions and place on a plate. Top with fresh mandarin orange segments and serve hot.



Nutrition Information

Serves 4. Each 3/4 cup per person serving: 57 calories, 2g fat, 0g saturated fat, 0g trans-fat, 0mg cholesterol, 281mg sodium, 12g carbohydrate, 2g fiber, 6g sugars, 1g protein.

Natural vs. Added Sugars

By Lynn Grieger, RDN, CDE, CPT



We've all heard the recommendation to reduce the amount of added sugar we consume in order to promote good health, but what exactly is added sugar? And what is the difference between added sugar and naturally-occurring sugars?

Let's keep it simple: naturally-occurring sugars are part of the carbohydrates in fruit, vegetables, and unflavored milk and yogurt. Added sugars are any type of sweetener added to foods during processing, such as adding sugar to cereal, flavored yogurt, pastries, or beverages like soda and energy drinks.

Added sugars go by a lot of different names that you'll see on food ingredient lists, including brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn

syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, turbinado sugar, evaporated cane juice, and concentrated fruit juice. We also add sugars to our foods at home, such as putting a teaspoon of sugar in coffee, spreading jam or jelly on toast, pouring maple syrup on pancakes, or adding honey to a smoothie.

The 2015-2020 Dietary Guidelines recommend limiting calories from added sugars to no more than 10% of the total calories consumed each day. That's 200 calories, or about 12 teaspoons, for a person eating a 2,000 calorie per day diet. The average American consumes 270 calories of added sugars each day. That's about 17 teaspoons of sugar!

Tips to Help You Reduce Added Sugars

It's simple and easy to measure the amount of sugars you add to foods and beverages at home. That way, you can make sure that you're staying under the recommended amount.

The Food and Drug Administration (FDA) has mandated changes to the food label, listing the amount of added sugars as a separate line under total sugars so that you'll know exactly how much added sugar is in your favorite breakfast cereal, cookies, flavored yogurt, or ice cream.

For food labels that aren't yet updated, look at the list of ingredients. Ingredients are listed in descending order by weight, so the first three ingredients are the most important. Choose foods that don't have added sugars at the tops of their lists.

Which Salt is Right for You?

By Lynn Grieger, RDN, CDE, CPT, CHWC

What Exactly is Salt?

While we used to not pay much attention to salt, there are now numerous types of salt available in the market, each one presenting itself as the very best choice. Salt is a combination of 40% sodium and 60% chloride, minerals that are naturally present in the ocean and in the ground. Salt is either harvested from salt mines or evaporated from salty sea water. Let's look at some of the most common types of this flavoring agent...



Meet Table Salt:

Table salt is refined into small crystals that dissolve easily. During processing, any additional minerals that are naturally present in the salt are removed and often a flaking agent is added to prevent clumping. Most table salt is fortified with iodine, an essential mineral that is crucial for the production of thyroid hormones. Low levels of iodine in our diet can lead to hypothyroidism, goiter, and neurocognitive impairments.

Meet Kosher Salt

Kosher salt has a larger flake size than table salt and does not contain added iodine. It dissolves quickly and provides the same taste as refined salt. Since the larger flakes make it easier to pick up with our fingers, kosher salt can easily be sprinkled over foods.



Meet Sea Salt:

Sea salt is a broad term for salt harvested by evaporating ocean water. Sea salt is usually not as finely ground as table salt, producing a coarse crystal and more of a burst of flavor. The amount of sodium, chloride, iodine, and other minerals in sea salt varies depending on where it's produced. However, due to ocean pollution, sea salt can also contain trace amounts of heavy metals like lead that are dangerous to health.

Calorie Restriction Improves Cell Function

A recent experiment conducted on mice highlighted how a reduced-calorie diet may protect the brain from cell death linked with Alzheimer's, Parkinson's, epilepsy, and stroke. To carry out the experiment, mice were divided into two groups. In the first group, the scientists estimated the average number of calories the mice would consume without calorie restrictions. They fed the second group 40% fewer calories. Then the mice in the two groups were given a shot that contained a compound known to cause seizures, damage, and neuronal cell death after 14 weeks.

The researchers discovered that the group without caloric restrictions had seizures while the animals with caloric restriction did not.

"Understanding how metabolism works is vital for preventing and treating metabolic conditions like obesity," states Alicia Kowaltowski, a professor at the USP Chemistry Institute. She notes that obesity is a key prognostic factor of unhealthy aging. "Obese individuals are much more likely to have age-related diseases. This includes neurodegenerative diseases like Alzheimer's, proliferative diseases like cancer, and metabolic diseases themselves, such as Type 2 diabetes, hyperlipidemia, heart attack, and CVA. Obese people have a higher incidence of all of these."

These diseases can largely be prevented by preventing obesity. Despite constant warnings about the need for balanced nutrition and exercise, the global obesity epidemic has not declined. Kowaltowski added "If we try to understand the mechanisms through which obesity increases those diseases, we will have more tools to fight and prevent them."

