



Nutrition News

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Brought to you by:

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Let's Talk About Types of Milk!

There are so many milks on the market today! Each new variety comes covered in packaging that touts myriad health claims and nutrient boosts, but which milks actually provide decent nutrition? We compared 10 different plant and animal milks on the market to further explore the nutrition facts behind the package claims. The serving size for all milks was 1 cup (8 ounces), and if there were several varieties of milks, we chose the store brand, unsweetened, unflavored options to compare.

So, how do these milks measure up? Almond milk was the lowest in calories and one of the highest in calcium, though its protein content couldn't measure up to traditional cow's milk or pea milk. Skim milk was lowest in fat. All plant milks are cholesterol-free, and skim milk, oat milk, and rice milk were lowest in heart-endangering saturated fat. Most of the unsweetened plant milks were lowest in sugars, though oat milk and rice milk surprised us with their levels of naturally-occurring sugars.

By Judy Doherty, BS, PC II



Fajita-Roasted Chicken

Ingredients:

- 2 chicken breasts*
- 1/2 bell pepper, core and seeds removed, sliced in thin strips*
- 1 lime*
- 1/2 sweet onion, peeled and sliced thin*
- 1/2 tsp chili powder*
- 1/2 tsp garlic powder*
- 1/2 tsp dried oregano*



Directions:

Sear a chicken breast with a light spray of oil in a cast iron skillet or other oven proof skillet over high heat. Turn over so the brown side is up. Add the peppers and onions, and season the chicken.

Bake until the chicken reaches an internal temperature of 165 degrees, about 20 minutes at 375 degrees in the oven. We are using a thermometer that sounds an alarm when the internal temperature is reached so the chicken is cooked perfectly.

Chef's Tips:

Use a variety of peppers to add sweet and spicy flavor and color. This dish goes great with a baked yam, salad, fresh steamed veggies, and a side of salsa.

Nutrition Information:

Serves 2. 1 breast serving: 132 calories, 3g fat, 1g saturated fat, 0g trans fat, 51mg cholesterol, 62mg sodium, 5g carbohydrate, 1g fiber, 2g sugars, 21g protein.

Salad Pizza

This fun pizza is bursting with roasted and fresh veggies!

Ingredients:

- 1 pizza crust (about 8 to 12 ounces) see below
- 1/2 cup tomato sauce
- 1 cup mushrooms
- 2 plum tomatoes, sliced
- 1 cup asparagus spears, sliced lengthwise
- 1/2 cup sliced red onion
- 1 tsp dried oregano
- 1 clove garlic, peeled and sliced thin
- 4 cups arugula or other fresh greens
- 2 tablespoon fresh basil, shredded
- Drizzle of olive oil
- Dash of vinegar
- 2 tablespoons of grated Parmesan cheese



Directions:

Roll a pizza crust to a large 10 or 12 inch circle and place on a pizza stone. Preheat the oven to 425F. Top the pizza with the sauce, mushrooms, sliced tomatoes, asparagus, onion, garlic, and oregano. Bake for 20 minutes, or until the crust is golden. Top with arugula, fresh basil, olive oil, vinegar, and Parmesan cheese.



Chef's Tips:

Buy your pizza dough from a local market or make it easily yourself: 1 1/2 cups tepid water, 3.5 cups flour, 1 packet of yeast, 1 tsp olive oil, dash of salt and 1 tsp of sugar; knead for 10 minutes to smooth dough. Allow to rise one hour, punch down and use to roll pizza. For whole grain pizza use white whole wheat flour in place of regular flour. King Arthur's makes a great one found in most baking sections of stores or online.

Nutrition Information

Serves 4. Each serving: 230 calories, 2g fat, 0g saturated fat, 0g trans fat, 107 mg cholesterol, 586 mg sodium, 34g carbohydrate, 6g fiber, 3g sugars, 20g protein.

What is CBD?

By Lynn Grieger, RDN, CDE, CPT, CHWC



According to the National Restaurant Association, one of the top food trends for 2019 is infusing foods and beverages with CBD.

If you're not familiar with CBD, it stands for cannabidiol, one of the active ingredients in cannabis. The primary active ingredient in marijuana is THC, or tetrahydrocannabinol. Although both are varieties of the cannabis plant, there's a significant difference between marijuana and hemp. Marijuana contains more THC, which is the psychoactive component that can account for as much as 40% of the total cannabinoid content. Hemp has more CBD with only 0.3% THC or less. CBD is not psychoactive and has been used for centuries to manage pain, anxiety, insomnia, and epilepsy.

CBD is found in a wide variety of foods and beverages, from coffee and juices to muffins, jelly beans, snack foods, and ice cream.

Why the high interest in CBD-infused foods and beverages?

CBD is often used to help manage anxiety, and some studies show that CBD may help people fall asleep and stay asleep. CBD is also used to treat chronic pain, although more human studies are needed to substantiate these claims.

Our recommendations:

Exercise caution with any food or beverage infused with CBD. It is currently impossible to accurately know the amount of CBD in foods and beverages, and there are no scientifically recommended safety levels.

CBD Laws and Regulations

The FDA requires any type of cannabis product that's marketed claiming therapeutic benefits to be approved by the FDA for its intended use before it can legally be marketed and sold via interstate commerce.

There are many unresolved questions regarding the cumulative exposure to CBD when accessed across a broad range of consumer products, as well as questions regarding the intended benefits of CBD in such products. There are also questions about the amount of CBD in foods and beverages that won't interfere with prescription medications. The FDA will continue to issue warning letters to companies making unsubstantiated claims.

Exercise for Diabetes Prevention

By Jill Weisenberger, MS, RDN, CDE, CHWC, FAND

Diabetes Prevention is Possible

Walking, biking, lifting, and other movement can help you stop prediabetes. And the exercise benefit is separate from weight loss, which also helps prevent type 2 diabetes. If your goal is to halt or even reverse prediabetes, give your exercise routine a 3-prong approach.

Check out the recommendations from the American Diabetes Association (ADA) below.



Engage in Cardiovascular Exercise

Cardiovascular, aka aerobic, exercise is great for your health. Swimming, biking, jogging, fast walking and other aerobic exercise lessens insulin resistance -- a hallmark of prediabetes and type 2 diabetes -- with every bout of exercise. Regular exercise improves blood glucose control, insulin sensitivity, blood pressure, triglyceride levels, and lowers cardiovascular risk.

Lift Weights

Any kind of resistance exercise will do, including using elastic bands or lifting your body weight in push ups and other exercises. Resistance training improves blood glucose control, insulin sensitivity, lean body mass, bone density, strength, physical function, blood pressure, and cholesterol levels.



Stop Sitting So Much

Long periods of sedentary behavior are associated with increased risks for type 2 diabetes and poorer blood glucose control, as well as a host of other chronic illnesses. The ADA recommends breaking up long periods of sitting with 3 minutes of light activity every half hour. Be creative to get active. Try toe raises, torso twists, leg lifts, walking while talking on the phone – anything that gets your muscles moving.

Achieving Diabetes Remission

According to the American Diabetes Association, in 2015 30.3 million Americans -- 9.4% of the population -- had diabetes. 90-95% of people with diabetes have type 2 diabetes where insulin resistance develops slowly over several years. Healthy food choices, regular physical activity, and weight loss are key strategies to manage blood sugar levels and reduce the risk of developing diabetes complications. While it's impossible to cure diabetes, researchers continue to look for strategies for remission, where blood sugar levels drop to healthy, non-diabetic ranges.

The Diabetes Remission Clinical Trial (DiRECT) aimed to determine if treating people with type 2 diabetes with current best practices that include medications, or focusing on weight loss, lead to diabetes remission. People were enrolled into the study if they were between 20 and 65 years old, had a BMI of between 27 and 45 kg/m², had type 2 diabetes for a maximum of 6 years and were not receiving any forms of insulin therapy.

The weight loss group used a low-calorie liquid diet of 825-853 calories per day for 3 months, which was followed by reintroducing whole foods over the next 2-8 weeks and an ongoing monthly program to promote weight loss maintenance. After the liquid diet phase, participants used step counters to reach up to 15,000 steps per day. The control group followed the current best practice recommendations to manage type 2 diabetes, including using oral medications.

Complete remission of diabetes, as defined by an HbA1c of <6.5% after withdrawal of all antidiabetic medications for at least 2 months and fasting blood sugars <126 mg/dL, was observed in 46% of participants in the weight management group and only 4% of patients in the control group. Two years of ongoing follow-up showed that about half of the people who originally gained remission of type 2 diabetes remained in remission.

After 12 months, 24% of the participants in the weight loss group lost at least 33 pounds compared to no participants in the control group. The more weight participants lost, the higher the remission rate:

- No one who gained weight achieved remission.
- 7% of participants who maintained their weight or lost up to 10 pounds achieved remission.
- 34% of participants who lost 11- 22 pounds achieved remission.
- 57% of participants who lost 23-33 pounds achieved remission.
- 86% of participants who lost more than 33 pounds achieved remission.