



# Nutrition News

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## Brought to you by:

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## New Burgers on the Scene:

Veggie burgers originated in England in 1982 as a plant-based ‘hamburger’ option for people who preferred a vegetarian eating style. These original veggie burgers didn’t claim to taste like hamburgers; they were simply a non-meat option usually made from legumes, vegetables, and soy. Fast forward to today with two plant-based burgers that are designed to taste like meat. The Impossible Burger and Beyond Burger are non-meat burgers that are marketed both as a vegetarian burger option as well as a way for responsible consumers to protect the climate. But are they healthier than hamburgers? Impossible Burgers and Beyond Burgers contain similar amounts of calories, protein, total fat, and saturated fat as 85% lean ground beef burgers. The Impossible Burger and Beyond Burger contain over 4 times as much sodium as the 85% lean ground beef; a significant difference if you’re reducing sodium for healthy blood pressure reasons.

*By Lynn Grieger, RDN, CDE, CPT, CHWC*



# Beet Fennel Bowl



## Ingredients:

- 8 cups spring greens, rinsed and ready to serve
- 1 golden beet, sliced thin
- 1 bulb of fennel, sliced thin
- 1 large red beet, diced and boiled
- 1/4 cup dried cranberries
- 1/2 cup toasted walnuts
- 4 slices of goat cheese
- 4 tablespoons of raspberry vinaigrette

## Directions:

Prepare all ingredients. Assemble into four beautiful bowls and serve. Or allow everyone to make their own bowl. Add a steamed grain like quinoa or brown rice to boost calories.

## Chef's Tips:

You can substitute carrots for golden beets. The nuts are optional and can be substituted with another type of nut or with lentils.

Serves 4. Per 2-cup serving: 172 calories, 11g fat, 4g saturated fat, 0g trans-fat, 11mg cholesterol, 517 mg sodium, 19g carbohydrate, 4g fiber, 7g sugars, 6g protein.

# Lentil Quinoa Salad

This robust salad features many different delicious ingredients that add up to a crunch and delicious bowl salad meal.



## Ingredients:

- 2 cups cooked lentils, drained
- 1 cup canned garbanzo beans, drained
- 8 cups of greens, pre-rinsed and ready to serve
- 1 red pepper, cored and sliced thin
- 1 golden beet, sliced thin
- 1 carrot, sliced thin
- 1 avocado, sliced thin
- 1 sprig of fresh parsley
- 1/2 cucumber, sliced thin
- 1 lemon, cut in wedges
- 2 tablespoons of balsamic vinaigrette

## Directions:

Prepare all ingredients. Assemble into four beautiful bowls and serve. Or allow everyone to make their own bowl.

### Chef's Tips:

You can substitute carrots for golden beets. Add nuts if you would like even more crunch. Any vinaigrette dressing can work and we added lemons for more zing.



## Nutrition Information

Serves 4. Each 2-cup serving: 347 calories, 9g fat, 1g saturated fat, 0g trans-fat, 0mg cholesterol, 248mg sodium, 56g carbohydrate, 17g fiber, 9g sugars, 17g protein.

# Raw Food vs. Cooked Food

By Lynn Grieger, RDN, CDE, CPT, CHWC



Cooking foods can decrease water-soluble and heat-sensitive nutrients like vitamin C and some types of antioxidants. Different types of cooking methods have varying effects and in general more nutrients are lost with higher cooking temperatures, longer cooking times, and immersing foods in water. For example, water-soluble antioxidants called glucosinolates in cauliflower and broccoli are lost during boiling, but unchanged with steaming.

However, cooking some vegetables actually increases the ability of our body to digest some types of nutrients, such as the carotenoids in carrots and lutein in tomatoes. Cooking also kills harmful microbes that can cause food poisoning.

The raw foods diet theory that cooking destroys the enzymes in foods necessary for digestion and nutrient absorption is false. Our body

produces enzymes to digest food and absorb nutrients, and the enzymes in foods are deactivated by stomach acidity.

A meta-analysis of nutrient intakes of people who eat raw food vs cooked food showed that some beneficial nutrients are higher when people eat a raw foods diet: fiber, vitamins A, B6, C and E; folate, copper and potassium. However, some nutrients are lower: protein, vitamin B12, phosphorus, and zinc. People who eat a raw foods diet tend to consume less total fat, saturated fat, and cholesterol primarily because they are not eating animal products or dairy foods that are higher in these nutrients. They also tend to consume less sodium because they are not eating processed foods.

There is currently no research on any nutrient differences between people who eat a raw diet and those who eat a cooked vegan diet. In general people who eat a plant-based diet have

## The Bottom Line

*Numerous research studies show that eating more plant sources of food -- vegetables, fruit, grains, nuts and seeds and legumes -- is a key strategy to improved health and decreased risk of cardiovascular disease, obesity, diabetes and cancer. All nutrients except for vitamin B12 are found in plant foods. People who eat a cooked or raw plant-based diet need a B12 supplement or should choose foods that are fortified with B12. Vitamin D is less prevalent in plants, with the major food sources in fish, liver, and egg yolks. However some mushrooms are high in vitamin D and our skin produces vitamin D from the sun's ultraviolet light. Because uncooked foods like sprouts, berries and lettuce are often linked to food-borne illness, all produce should be thoroughly washed before eating.*

# 4 Considerations Before Buying a Nutrigenomics Test

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

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## Do You Really Need to Know?

Much of the advice from genetic testing suggests the benefits of eating more fruits, vegetables, and whole grains and less sodium. Does knowing your unique genetic makeup help you follow this common advice? A good first step is to work with a registered dietitian nutritionist (RDN) to create a personalized

2

## Do You Want That Information “Out There?”

Even if you choose a reputable genetic testing company, it’s possible for your genetic information to be used improperly. Even secure technologies can be hacked or information leaked. Some people worry that information showing individuals to be at high risk for certain illnesses could be used against them by employers and insurance companies.

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## Who Will Perform the Test and Interpret the Results?

To find a reputable lab, look for one that is either CLIA-certified or CAP-accredited. And experts recommend that both the genes tested and the research used to make assessments are available in your report or on the company’s website. Once you have the results, work with a licensed healthcare professional like an RDN or a genetics counselor. Not only will you need someone to explain the results, you need to fully understand your risk for certain problems, the specific dietary recommendations to address them and how to implement those recommendations.

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## Are the Results Legitimate?

The accuracy of nutrigenomics reports is a concern for many people. One testing company may view 35 genetic variants, but another might look at only 20. Additionally, different companies likely look at different genetic markers for the same health trait such as the risk for developing type 2 diabetes. The number of variants tested and the specific variants tested will affect the results.

## Sleep is Good Food

**Recent research published in the International Journal of Obesity, finds a link between poor or interrupted sleep and reduced ability to lose weight. In the PREDIMED study of nearly 2,000 overweight or obese subjects with average age of 65 years that also had metabolic issues including high blood pressure, elevated insulin levels, poor glucose levels, and dyslipidemia. The subjects participated in a weight loss program for 12 months and were advised to follow a low-calorie Mediterranean diet in addition to an exercise and behavioral modification program.**

In addition to monitoring weight loss, the subjects' sleep habits were also investigated. Researchers found that subjects with interrupted or poor sleep, lost less weight than those with adequate sleep. Subjects with inconsistent sleep habits (known as sleep variability) lost less weight than those with regular sleeping habits. Subjects that slept less than 6 hours had higher waist circumference than those with 7 to 8 hours of sleep per night.

Inadequate sleep is also associated with elevations in blood sugar in both adults and adolescents. A review of 23 studies on sleep architecture (defined as the structured organization of normal sleep including rapid eye movement [REM sleep] and non-REM sleep), found that inadequate REM sleep is associated with insulin resistance in teens.

Sleep architecture changes with age as does sleep efficiency. Older people tend to go to bed earlier and wake earlier. A systematic review and meta-analysis found that sleep disturbances were a significant risk factor for elevations in blood sugar. Those with trouble falling asleep had a 55% increase in type 2 diabetes while difficulty staying asleep resulted in a 74% increased risk. Individuals with diabetes also tend to have more sleep disturbances. Factors that contribute to poor sleep in diabetics include restless leg syndrome, nocturia, peripheral neuropathy, and changes in blood sugar.

In addition to weight gain and poor blood sugar management, lack of ZZZs has also been implicated in risk for heart disease.

A 2019 study on mice published in Nature, found that interrupted sleep alters levels of orexin, also known as hypocretin, a hormone associated with wakefulness. A decline in hypocretin is linked to an increase in a signaling protein, which impacts white blood cells and inflammation. Inflammation was associated with atherosclerosis in sleep-deprived mice, despite no changes in cholesterol, blood glucose and blood pressure.

Some research supports certain dietary patterns may impact sleep. A 2016 study published in Advanced Nutrition suggests that a Mediterranean diet including fruits and vegetables high in vitamin C, whole grains and fatty fish, may improve sleep. Carbohydrate manipulation has been shown to affect REM sleep and slow-wave sleep. Slow-wave sleep is deep sleep that is restorative, while REM sleep impacts memory. Highly processed carbohydrates and higher fat foods have been linked with poor sleep, while fruit and whole grains tend to improve sleep patterns.

By Lisa Andrews, MEd, RD, LD