



Nutrition News

March 2020

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

[Better Business Bureau Accredited Business](#)

Inside the March Edition:

1. Vegetarian Taco by Judy Doherty, BS, PC II
2. Taco Bowl by Judy Doherty, BS, PC II
3. Personalized Nutrition by Lynn Grieger, RDN, CDE, CPT, CHWC
4. How to Enjoy the Switch to Plant-Based Foods by Judy Doherty, BS, PC II
5. Fasting Over Feasting by Lisa Andrews, MEd, RD, LD

Get More Food in Your Food!

Recent weight stats for the US are growing -- literally. According to the CDC, the obesity rate for US adults is 40% and 30% of American adults are overweight.

Leah A. Frame, PhD, MHS, a researcher at George Washington University, has researched several food trends and concluded that, as our food becomes more and more processed, the rate of obesity rises. She suggests that we prioritize nutrition over convenience.

Instead of treating the consequences of obesity with medications, Frame advises using food as medicine.

Instead of choosing foods that are packed with fillers and empty calories, put more food in your food by eating foods that are loaded with nutrients and fiber.

By Lisa Andrews, MEd, RD, LD



Taco Salad Bowl



Ingredients:

- 1 cup walnuts
- 1 cup cauliflower florets, about one small head
- 1 jalapeno pepper, seeds and stems removed
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tablespoon ground cilantro
- 8 cups greens like kale or arugula, rinsed and ready to serve
- 2 tablespoons vinaigrette salad dressing
- 1 cup chopped cherry tomatoes
- 1 avocado, remove from peel and cut in wedges
- 4 small flour tortillas

Directions:

Place the walnuts, cauliflower, jalapeno, and seasonings in a food processor. Pulse until the mixture resembles ground beef. Pour the cauliflower mixture onto a nonstick cookie sheet.

Bake the mixture at 375. Each time the top gets browned, stir it, keep browning and stirring until the mixture is browned through. You will have to stir about every 8 minutes. The whole process takes about 35 minutes.

To make the salad bowl arrange the greens in the bottom of a bowl and top with dressing. Add the walnut/cauliflower filling followed by cherry tomatoes, avocado, and carrots. Warm the flour tortillas and serve to the side of the salad.

Serves 6. Per 3-cup serving: 309 calories, 22g fat, 2g saturated fat, 0g trans-fat, 0mg cholesterol, 672 mg sodium, 28g carbohydrate, 5g fiber, 6g sugars, 10g protein.

Meaty Vegetarian Tacos

This recipe's filling is made by grinding walnuts and cauliflower with spices and then toasting the mixture on a pan in the oven.



Ingredients:

- 1 cup walnuts
- 2 cups cauliflower florets, about one small head
- 1 jalapeno pepper, seeds and stems removed
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tablespoon ground cilantro
- 4 tablespoons prepared salsa
- 8 corn tortillas
- 1 avocado, remove from peel and cut in wedges
- 1 lime, cut in 8 wedges
- 4 cups greens like arugula, rinsed and ready to serve

Directions:

Place the walnuts, cauliflower, jalapeno, and seasonings in a food processor. Pulse until the mixture resembles ground beef. Pour the cauliflower mixture onto a nonstick cookie sheet.

Bake the mixture at 375. Each time the top gets browned, stir it, keep browning and stirring until the mixture is browned through. You will have to stir about every 8 minutes. The whole process takes about 35 minutes.

Heat the corn tortillas. Serve the tortillas with the taco filling, sliced avocados, prepared salsa, fresh lime wedges and a few mixed greens like arugula.

Chef's Tips:

Allow everyone to make their own tacos.



Nutrition Information

Serves 4. Each 2-taco serving: 372 calories, 26g fat, 3g saturated fat, 0g trans-fat, 0mg cholesterol, 138mg sodium, 32g carbohydrate, 9g fiber, 3g sugars, 9g protein.

Personalized Nutrition

By Lynn Grieger, RDN, CDE, CPT, CHWC



Scientists are starting to envision being able to pinpoint accurate nutrition plans for each person based on their individual genetics, physical activity, sleep habits, microbiome and the metabolome (small molecules our body produces that may have specific effects on how our body functions). Currently nutrition recommendations are based on large epidemiological studies and are designed to apply to the majority of people. You're familiar with many of them, such as: eat a minimum of 5 servings of fruit and vegetables per day, decrease the amount of red and processed meats we consume to reduce risk of cancer, consume less sodium to manage blood pressure. The dietary reference intakes (DRIs) on food labels are another example of recommendations designed for large population groups rather than individuals. Yet these recommendations do not help every person achieve improved health.

You probably know someone who eats an extremely healthy diet yet develops heart disease, or perhaps someone who ignores every health guideline and lives to a healthy old age without chronic disease. It's believed that personalized nutrition will provide specific, science-based recommendations for each individual person based on their own unique requirements.

Within the next few years, the field of personalized nutrition will continue to grow and become more specific based on additional research and new technology. Right now, however, our genetic profile isn't the primary factor in how our body responds to different foods.

Get more information at <https://foodandhealth.com/more-about-personalized-nutrition/>.

What Is Personalized Nutrition?

- s *The International Society of Nutrigenetics/Nutrigenomics (ISNN) notes that our genetic profile affects nutrient requirements, metabolism, and how our body responds to general nutrition recommendations. The ISSN describe personalized nutrition at three levels: 1) Conventional nutrition that uses general guidelines based on age, gender, and ethnicity such as the Dietary Guidelines for Healthy Americans. 2) Individualized nutrition that includes biochemical and metabolic information, cultural food preferences, and environmental and economic influences on food choices, which is the approach used by registered dietitian nutritionists. 3) The most recent approach, which is nutrition recommendations based on individual genotypes that impact the way foods are digested and nutrients are absorbed and utilized.*

How to Enjoy the Switch to Plant-Based Foods

By Judy Doherty, BS, PCII

Try Copycats!

There are many products on the market today that offer a plant-based alternative to popular meat dishes. Try a few and compare how they stack up in terms of taste, cost, nutrient quality, and ease of preparation. For example, check out soy dogs, veggie burgers, and “better than chicken.”



Consider the Other Aspects of the Meal

Is it possible that it's the "fixings" that surround a meat-based meal that actually pack the most appeal?

- Mashed potatoes
- Steak fries
- Fried coating
- Sautéed onions or sauces

Think on a Grander Scale

Presentation matters -- make your plant-based meal pretty!

- Use a variety of colorful plant foods
- Salad Bar
- Poke-Style
- Bowls



Seek Out the Plants

This one may be my favorite -- seek out plant-based meals that stand on their own.



- Ethnic Foods (many of these have delicious stand-alone vegetarian options)
 - Mexican
 - Asian
 - Middle-Eastern
 - India
- Soups
- Chilis
- Nuts and Nut Butters

Fasting Over Feasting

Remember the advice to “eat frequent small meals and snacks to boost metabolism?” Perhaps that suggestion needs to be re-examined. While we should obviously eat when we’re hungry, reading that suggestion as a call to constantly be snacking is likely one of the many reasons that we have an obesity problem in this country. Now, new research finds that fasting may be a better option for weight loss. It may also provide a whole host of other benefits.

According to researchers at the Okinawa Institute of Science and Technology Graduate University (OIST) and Kyoto University, fasting may boost human metabolic activity, produce antioxidants, and assist in reversing the effects of aging. The Japanese researchers found 30 previously-unreported compounds that, when fasting, increase in quantity and produce health benefits. "We have been researching aging and metabolism for many years and decided to search for unknown health effects in human fasting," said Dr. Takayuki Teruya, first author of the paper and a technician in the OIST G0 Cell Unit, led by Prof. Mitsuhiro Yanagida. "Contrary to the original expectation, it turned out that fasting induced metabolic activation rather actively."

The small study of 4 individuals provides an evaluation of whole human blood, plasma, and red blood cells of subjects in a fasting state. Levels of metabolites were monitored for changes. The results uncovered 44 metabolites, which included 30 previously-unknown compounds, that universally increased 1.5 to 60-fold in individuals within 58 hours of fasting.

Previous studies at the GO Cell Unit found metabolites whose quantities dropped with age. These included leucine, isoleucine, and ophthalmic acid. When individuals fast, the metabolites increase, which suggests that fasting may increase longevity. "These are very important metabolites for maintenance of muscle and antioxidant activity, respectively," said Teruya. "This result suggests the possibility of a rejuvenating effect by fasting, which was not known until now."

Our bodies use available carbohydrates for energy when needed. Without carbohydrates, the body will find alternative energy stores. This act of “energy substitution” leaves biomarkers -- metabolites called butyrates, carnitines, and branched-chain amino acids. These compounds have been shown to increase during fasting.

Fasting further seems to produce effects beyond substitution of energy. In addition to finding established fasting markers, the researchers also found an increase in compounds made by the citric acid cycle, a process wherein organisms release energy that’s been stored in chemical bonds of carbohydrates, proteins and fats. The increase indicates that, when fasting, these compounds work even harder.

Fasting is not appropriate for everyone. Individuals suffering eating disorders or at risk for eating disorders should not be encouraged to fast. Patients with IDDM should also avoid fasting due to hypoglycemia. Those with type 2 DM should speak with their doctors first about the safety of fasting and timing of medication. Fasting is also not advised for children or teens or those over the age of 75.

By Lisa Andrews, MEd, RD, LD