

June 2020



Nutrition NEWSLETTER



Inside:

2. Garlic Rainbow Chard Recipe, by Judy Doherty, BS, PC
II
3. Mushroom Torta Recipe by Judy Doherty, BS, PC II
4. Protein and Immunity by Lynn Grieger, RDN, CDE, CPT,
CHWC
5. Protein FAQs by Lynn Grieger, RDN, CDE, CPT, CHWC
6. NU-AGE Food Plan by Lynn Grieger, RDN, CDE, CPT,
CHWC
7. Meals to Remember by Lisa Andrews, MEd, RD, LD
8. The Search for a Better Burger by Jill Weisenberger, MS,
RDN, CDE, CHWC, FAND

Evan@Z-Physique.com

Z Physique Health & Wellness

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](#)

<https://www.z-physique.com/>

Garlic Rainbow Chard

Ingredients:

1 bunch of fresh rainbow chard
3 cloves garlic
2 tsp olive oil
2 tablespoons chicken broth
1 lemon, juice only
Balsamic vinegar
1 tablespoon goat cheese

Directions:

Rinse the chard well in cold running water. Cut the stems off the leaves and slice the stems very thin. Peel and slice the garlic. Slice the leaves into bite-size pieces and keep them separate.

Sauté the sliced stems and garlic in the olive oil in a non-stick pan over medium heat. Cook until crisp tender, about 5 minutes. Add the leaves and cook briefly until they are tender. Add the broth and lemon juice and steam a little more.

Place all into a serving bowl and top with balsamic vinegar glaze and goat cheese. Serve hot.

Chef's Tips:

You can use regular chard or beets. The idea is to sauté the stems separately with garlic and then add the leaves. This is a delicious way to serve greens!



Nutrition Facts:

Serves 6. Each 1 cup serving: 40 calories, 2g fat, 1g saturated fat, 0g trans fat, 2mg cholesterol, 141mg sodium, 4g carbohydrate, 1g fiber, 1g sugars, 2g protein

Mushroom Torta



Torta is an omelet with vegetables and potatoes, originating in the Mediterranean. We decided to make this recipe because eggs are one of the least expensive protein sources and second only to dried beans and tofu. What is better still, is that we used all leftover ingredients, including potatoes from dinner the night before.

Ingredients:

- ❖ 2 cups mushrooms, sliced (assorted or regular field mushrooms)
- ❖ ½ cup thinly sliced onions
- ❖ 2 garlic cloves, sliced
- ❖ 2 tsp olive oil
- ❖ 2 cups cooked sliced potatoes
- ❖ 6 eggs
- ❖ 2 cups arugula
- ❖ 1 tablespoon goat cheese
- ❖ Black pepper to taste

Directions:

Heat the olive oil in a large nonstick skillet. Sauté the mushrooms until golden, about 3 minutes, then add the onions and garlic and allow them to cook 2 minutes. Add the cooked potatoes and eggs. Cook well then flip upside down. Garnish with arugula and cheese while hot. Serve hot with pepper on top.

Nutrition Facts:

Serves 4. Each 1 cup serving: 191 calories, 11g fat, 3g saturated fat, 0g trans fat, 282mg cholesterol, 130mg sodium, 12g carbohydrate, 1g fiber, 2g sugars, 12g protein.

Protein and Immunity

Who doesn't want a strong, robust immune system to help our body fight off infection and illness? **Our food choices are one of the most important factors in developing a strong immune system.** Food contains a variety of essential nutrients that our body uses in a multitude of ways, including immune defenses. Protein is the most important macronutrient for a healthy immune system.

Why is Protein Crucial for the Immune System?

Protein is made up of amino acids which are small molecules that are attached to each other in long chains. Think of each amino acid as a critical building block: if even one of these amino acids is in short supply, the assembly line in your body that builds immune systems shuts down. Amino acids are important components of the structure and function of every part of the immune system.

How Much Protein Do I Need?

Most healthy adults who get 30 minutes or less of physical activity each day need .8 – 1 gram protein per kilogram of body weight. One kilogram equals 2.2 pounds, so a person who weighs 165 pounds or 75 kg would need about 60 grams of protein per day. Because most foods contain some protein, you can meet daily protein needs by eating a variety of grains, vegetables, dairy products and protein foods. Our bodies need a variety of nutrients, not just protein, so aim for 10-35% of your total daily calories from protein.

Protein Sources (grams protein per serving)	
Pasta	3
Almonds	6
Milk	8
Peanut Butter	8
Tofu	10
Beans	14
Yogurt	17
Beef	22
Chicken	38
Fish	40

Protein is found in legumes, fish, chicken, beef, eggs, nuts, and dairy products.

The foods that provide the largest amount of protein are meat, poultry, seafood, dairy products (milk, cheese, yogurt), legumes (beans and peas such as pinto beans, garbanzo beans and lentils), eggs, soy foods (tofu, edamame, soy milk and tempeh), nuts and seeds. Animal foods and soy foods contain all the essential amino acids our body needs for a strong immune system. Plant-based foods such as legumes, nuts, seeds and whole grains contain some, but not all, of the essential amino acids.

Protein FAQs

Is it possible to consume too much protein?

When we eat more protein than our bodies need, we're also consuming more **calories** which can contribute to overweight. Eating too much protein might mean that **we're not eating enough fruit, vegetables and whole grains** that are important sources of antioxidants, vitamins, and minerals that also are crucial for a strong immune system. **Remember Goldilocks and aim for just the right amount of protein – not too little, and not too much.**

How Do People Who Eat a Vegetarian or Vegan Diet Get Enough Protein?

People who are vegetarian or vegan need to eat a variety of different plant foods each day so that they get the amino acids they need. For example, spreading peanut or almond butter on a slice of whole grain bread, or adding pinto beans to a tortilla, or making a salad with nuts and chickpeas are simple ways to consume the amino acids necessary for a strong immune system.

Amino Acids Are Important for Immunity:

While all amino acids play an important role in a healthy immune system, there are 4 amino acids that are especially crucial:

- **Glutamine:** A study that followed over 74,000 women from the Nurses' Health Study and over 42,000 men from the Health Professionals Follow-Up Study found that people who consumed the most glutamine had decreased risk of mortality, partly because essential cells in the immune system require higher amounts of glutamine. Most protein foods contain some glutamine, while foods that are especially high in glutamine include Parmesan cheese, roasted soy nuts, provolone cheese, almonds, roasted pumpkin seeds, cheddar cheese, sunflower seeds, peanuts, poultry and red meat.
- **Arginine** plays an important role in the immune system, with research showing increasing arginine in the diet after surgery reduces the risk of post-surgery infections. Foods high in arginine include pumpkin seeds, walnuts, almonds, poultry, beef, edamame, and dried seaweed.
- **Tryptophan** is well-known as an amino acid in turkey that is part of the reason why we tend to be sleepy Thanksgiving afternoon. However, it also plays an important role in a healthy immune system. In addition to turkey, foods high in tryptophan include roasted pumpkin seeds, soy nuts, mozzarella cheese, Parmesan cheese, pork, and beef.
- **Branched chain amino acids** are crucial components of immune cells that are the backbone of our immune system. There are three branched-chain amino acids: leucine, isoleucine and valine. Foods high in BCAA include roasted pumpkin seeds, Parmesan cheese, roasted soy nuts, pork, beef, lamb and venison.

By Lynn Grieger, RDN, CDE, CPT, CHWC

References at <https://foodandhealth.com/>

NU-AGE Food Plan

What is the NU-AGE Food Plan?

The NU-AGE food plan follows the Mediterranean-style of eating which builds meals around vegetables, fruit, whole grains and legumes; limits saturated fat, trans fats, sodium and added sugars; and includes more fish and lean sources of protein. In this study, the NU-AGE plan included:

- 4-6 servings of whole grain bread, pasta or rice each day
- 2 servings of fruit each day, with fresh fruit given a higher preference over canned fruit or fruit juice
- 2 cups of vegetables each day, either cooked or raw
- 2 cups of cooked legumes (dried beans and peas such as lentils, black beans, pinto beans, and kidney beans) per week
- 2 cups of non-fat or low-fat milk or yogurt per day
- 1 ounce low-fat cheese per day
- fish twice per week
- low-fat meat or poultry four times per week
- ¼ ounce of nuts per day
- 2-4 eggs per week
- 1 tablespoon olive oil per day
- 50 ounces, or about 6.3 cups, of water each day

In addition, the NU-AGE eating plan includes a daily vitamin D supplement, limits any type of alcohol to no more than 2 drinks per day for men and no more than 1 drink per day for women, limits sodium to a maximum of 2000mg per day, and limits sweets.

By Lynn Grieger, RDN, CDE, CPT, CHWC
References at <https://foodandhealth.com/>



Let's Make Healthful Choices:

Current health guidelines encourage eating more vegetables, fruit, whole grains, legumes and choosing lean sources of protein while limiting sodium and added sugar.

In the study published in *Gut*, the NU-AGE diet led to changes in the microbiome that increased the type of bacteria that produce beneficial short chain fatty acids and decreased the type of bacteria that produce bile acids that are linked to increased risk of chronic disease.

This study shows that making changes in our food choices is important as we get older, and can have a positive, healthy, beneficial impact on our physical health and cognitive capabilities.

Meals to Remember

More and more research studies suggest a connection between healthy diet and brain health, but new research shows evidence that what we eat as we age may need to change. A study of 139,000 elderly Australians by Dr. Luna Xu, a UTS research fellow, discovered strong associations between certain food groups, loss of memory and comorbid heart disease or diabetes.



In his study, Dr. Xu found that **a high intake of fruit and vegetables** was associated with lowered odds of memory loss and its comorbid heart disease. Increased intake of foods high in **protein** was linked with a better memory. A higher RDA for protein (1.2 to 2.0 grams per kg) in those over 70 has been proposed to prevent sarcopenia as well.

In addition, Dr Xu found that an association between memory status and food group can differ among different older age groups. For example, individuals over the age of 80 with low intake of cereal are the highest risk for memory loss plus its comorbid heart disease. She notes that her current study suggests that older adults should increase their cereal intake to aid in memory loss prevention and comorbid heart disease. She believes there should be age-specific dietary guidelines.

One of the main early symptoms in individuals with dementia is memory loss. In Australians, dementia is the second leading cause of death. Those living with dementia have between two and eight other comorbid conditions, which may exacerbate cognitive and functional impairment. Diabetes, hypertension, cardiovascular disease are the most common comorbidities in dementia. Older populations often deal with multiple chronic conditions at once, which can make nutritional intervention challenging, according to Dr. Xu. Scientific evidence suggests dietary intervention in the prevention and management of co-existing chronic diseases.

The following advice is consistent with the MIND diet and may be useful...

- **Eat green leafy vegetables** daily- research from Rush university suggests 1 serving of leafy vegetables (1/2 cup cooked or 1 cup raw) has been found to reduce memory loss and improve cognition and slow brain aging by 11 years.
- Add **blueberries** to your daily diet. Anthocyanins in blueberries have been found to reduce inflammation and increase neural signaling.
- Include foods containing **omega-3-fatty acids** regularly such as salmon and walnuts. Both reduce inflammation and are heart-healthy. More research on omega-3-fatty acid supplements is needed.
- **Choose low-sugar** whole grain cereal such as rolled oats, quinoa or bran cereal which provide fiber to reduce risk of cardiovascular disease
- Reduce **red meat, processed meat (such as deli meat), high sugar, high fat desserts and beverages.**

By Lisa Andrews, MEd, RD, LD
(references at <https://foodandhealth.com/>)

THE SEARCH FOR A BETTER BURGER

Plant-based burgers are having a moment. These new-fangled vegetarian patties are gaining fans among meat lovers. Vegetarians and non-vegetarians alike find plant-based meat alternatives - the type designed to mimic the taste and texture of meat - in fast food restaurants, other restaurants and mainstream supermarkets.



According to research by the International Food Information Council (IFIC), about half of Americans surveyed have tried this new breed of veggie meat. And most who did, liked it. Among the top praises were taste and similarity to meat. Forty percent responded that they liked everything about the meat alternative. Only 8% said they liked nothing about it. In the same survey, nearly half of the respondents believed that plant-based meat alternatives are better for the environment than traditional animal meat. And four in six people viewed the plant-based meat alternative as more healthful even though it was higher in sodium, saturated fat and calories and lower in protein per serving. These survey results beg the question: are plant-based meat alternatives wearing a health and sustainability halo because they deserve it or simply because the plant-based eating movement is skyrocketing?

Better Nutrition?

While few people would argue that most Americans eat enough plants, we can't assume that everything plant is better than everything animal. From the ingredients list, we know that eating a faux meat patty isn't the same as eating a plate of lentils and veggies. The more healthful choice likely depends on who's eating the burger and differences among cuts of meat and brands of plant patties. Scrutinizing food labels is the only way to make wise decisions. To limit your saturated fat intake, you'll probably do better with a beef burger made of 90% lean ground beef than with a plant-based meat alternative. The same is true for sodium as long as you don't salt your beef burger. But if your main goal is to eat more fiber, the faux meat wins. Its added fibers do have health benefits.

Better Environmentally?

In general, a diet rich in plants is better for the environment than a diet heavily focused on meat and other animal products. That might be true when comparing beef and veggie patties too. But it's difficult to generalize sustainability to specific products without knowing how each ingredient is sourced and processed; how much water was used; how the final product is packaged, shipped, stored and more.

Bottom line: There's likely room in the diet for both traditional meat and plant-based meat alternatives. Read labels to make a good decision, and, no matter which burger you choose, fill the rest of your plate with lots of fruits and veggies. Regularly skip both the meat and the faux meat in favor of plant proteins like peas, beans, lentils and tofu.

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

Evan@Z-Physique.com

Z Physique Health & Wellness

<https://www.z-physique.com/>