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BBQ Rice Bowl

Ingredients:

2 cups cooked jasmine rice
2 cups grilled chicken, skinless, sliced
1 tablespoon barbecue sauce
2 cups cherry tomatoes
1 cup arugula lettuce
1 cup steamed purple or white cauliflower
1/4 cup pistachio nuts
4 tablespoons vinaigrette



Directions:

Place the rice in a bowl. Top with the ingredients, forming a ring around the outer edge. Place a drizzle of barbecue sauce over the chicken. Serve the dressing on the side.

Chef's Tips:

Serve with a side of lemon wedges.

You can find the jasmine rice in the white or brown versions.

Nutrition Facts:

Serves 4. Each 1 bowl about 2 cups serving: 264 calories, 5g fat, 1g saturated fat, 0g trans fat, 43mg cholesterol, 77mg sodium, 32g carbohydrate, 3g fiber, 5g sugars, 22g protein.

Nuts About Pizza



This delicious pizza is topped with veggies and nut butter.

Ingredients:

- ❖ 1 pound of pizza dough
- ❖ 1 cup tomato sauce
- ❖ 2 tablespoons fresh fresh basil
- ❖ 1 tsp dried oregano
- ❖ 1 cup asparagus tips
- ❖ ½ cup sliced shallots or green onions
- ❖ 1 cup sliced mushrooms
- ❖ 2 tablespoons savory nut butter like almond butter or walnut butter

Directions:

Roll out the pizza dough and place on a sheet pan or pizza pan. Dock the dough slightly by pressing holes into it with a fork. Preheat the oven to 375 degrees. Bake the dough for 8 minutes.

Remove the crust from the oven. Spread out the sauce then sprinkle with fresh chopped herbs and veggies. Drizzle the nut butter over the top.

Bake at 450 degrees for 7 minutes or until the veggies are crisp-tender and the nut butter is melted.

Allow to cool for 2 minutes then slice into 8 slices

Nutrition Facts:

Serves 8. Each 1 slice serving: 181 calories, 4g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 360mg sodium, 31g carbohydrate, 2g fiber, 3g sugars, 6g protein.

Sugar Consumption May Need to Be Lower



The 2015-2020 DGA for the first time recommended that Americans consume less than 10% of total calories from added sugar. **The 2020 scientific report takes this a step further and recommends limiting added sugar to only 6% of calories.** The Dietary Guidelines are not final.

What Are Added Sugars?

The Committee defines added sugars according to the 2016 U.S. Food and Drug Administration (FDA) guidance: sugars that are either added during food processing or packaged as such (like a bag of sugar).

Added sugars include sugars, syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100% fruit or vegetable juices of the same type. You'll see added sugars such as brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, and sucrose listed on food labels. Sugars naturally occurring in foods, such as the sugar in fruit and milk, are not considered added sugars.

What Foods Contain Added Sugars?

Nearly 70% of added sugars are found in 5 food categories: sweetened beverages, desserts and sweet snacks, sweetened coffee and tea, candy and sugars, and breakfast cereals and bars. Sweetened beverages, not including coffee and tea, account for approximately one-third of total beverage consumption and contribute approximately 30%, 50%, and 60% of added sugars to the diet of young children, adolescents, and adults. Sweetened beverages include soda, sweetened fruit drinks, sports drinks, energy drinks, and sweetened waters; and are strongly associated with overweight and obesity, type 2 diabetes, heart disease, kidney disease, non-alcoholic liver disease, tooth decay and cavities, and gout.

Why Did the Committee Decide on Limiting Added Sugars to 6% of Calories?

The Committee's research led to the conclusion that limiting added sugars to less than 6% of total calories leads to improved health and avoids excess calorie intake.

How Much Added Sugar Do We Currently Consume?

90% of Americans currently consume more than 6% of their daily calories from added sugar. 75% of adults consume 15-20% of total calories from added sugars.

Updated once every five years, the Dietary Guidelines for Americans (DGA) is largely based on a report written by the Dietary Guidelines Advisory Committee of scientific and health experts. Their report along with public comment will be used to create the official 2020-2025 Dietary Guidelines for Americans.

Tips to Lower Sugar Consumption



Why is Limiting Added Sugar Important?

Reducing the amount of calories we consume from added sugars leaves more calories available for nutrient-dense foods that promote overall health: fruit, vegetables, lean proteins and whole grains. Diets high in added sugar are associated with increased risk of cardiovascular disease, type 2 diabetes, and some types of cancer.

Tips to Reduce Added Sugars:

- Choose unsweetened beverages such as plain water or 100% vegetable or fruit juice.
- Choose unsweetened coffee and tea.
- Instead of sweet bakery foods like muffins, scones, cakes and pies, enjoy fresh fruit or a slice of whole grain bread with 100% fruit spread.
- Look for hot and cold breakfast cereals without added sugars such as plain oatmeal or Shredded Wheat and read the nutrition facts labels carefully to find added sugars.
- When choosing a breakfast bar, read the list of ingredients and choose foods where a sugar is not listed in the first three ingredients.
- Instead of cookies, candy, or other sweets, choose fruit for a snack.
- Avoid chocolate, strawberry, or other types of flavored milks (both dairy and plant-based milks). Instead enjoy plain, unflavored, and unsweetened milk.

By Lynn Grieger, RDN, CDCES, CPT, CHWC

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Red Meat and Your Health

In a blink of an eye, five years have passed and the Scientific Report of the 2020 US Dietary Guidelines Advisory Committee has been published. The health consequences of eating processed meats like hot dogs, bacon and deli meat were evident when the 2015 guidelines were set, and the research to eat them sparingly has continued to accumulate (1).

Red Meat and Cancer

- In 2015, following the review of over 800 epidemiological studies by 22 experts from 10 countries, the WHO's International Agency for Research on Cancer identified consumption of processed meat as "carcinogenic to humans on the basis of sufficient evidence for colorectal cancer." A meta-analysis found that each 50-gram portion of processed meat consumed daily raises the risk of colon cancer by 18%. This is the equivalent of just one hot dog a day!
- In addition, the risk for breast, prostate, pancreatic, and overall cancer mortality increases with the daily consumption of 50 grams of processed meat. Experts suspect that pro-oxidative compounds, heme iron and nitrosamines in processed meats have carcinogenic effects (2, 3).

Red Meat and Heart Disease

- Research shows that processed meat also raises the risk of death from cardiovascular disease. A 2017 systematic review of studies on food groups and risk for coronary heart disease, stroke, and heart failure found positive links between red meat consumption and the risks of coronary heart disease, stroke and heart failure. Eating up to 150 grams of red meat per week is associated with a 10-20% increased risk in dose-response analyses. Red meat intake also raised the risk of stroke and heart failure by 15 to 25% with an intake of up to 70 grams daily (3).

Red Meat and Diabetes

- The link between red meat intake and diabetes is also evident. The 2017 Singapore Chinese Health Study evaluated consumption of red meat, poultry, fish, heme iron, and risk for type 2 diabetes. Intake of heme iron from red meat increased risk for diabetes. A stronger correlation was seen in women than men, which the authors believe may be due to increased iron absorption in the gut. The researchers found that replacing 1 daily serving of red meat with fish or shellfish was significantly associated with a 26% lower risk (4) of diabetes.



WHAT DO YOU KNOW ABOUT CRANBERRIES?

Usually we just see fresh cranberries in the fall around Thanksgiving time. If you cook with fresh cranberries, you know that they are very tart and recipes usually call for added sugar to offset this flavor.

Of all the fruits, cranberries have one of the lowest levels of natural sugar. One cup of fresh cranberries has only 4 grams of sugar. Compare this with raspberries, blackberries, and strawberries, all of which have 5-7 grams of sugar per cup. Other sweet fruits like cherries and grapes can have as much as 15-18 grams of natural sugar per cup!

There are two popular types of cranberries: fresh and dried.

Dried cranberries offer a way to get and use cranberries year-round. While drying cranberries dates back to colonial times, commercially-dried cranberries became popular (and a way for cranberry growers to diversify) in the 1990s. Since dried cranberries are available all year, the demand for dried berries is now larger than it is for fresh berries. Did you know that the United States is the world's top producer of cranberries and the top supplier of cranberries to the EU?

Let's take a moment to compare fresh and dried cranberries.

Fresh cranberries are very high in Vitamin C. Sadly, there is no vitamin C in dried cranberries.

Both dried and fresh cranberries are good sources of antioxidants. I was originally concerned that some of the antioxidants would be lost in the drying process, but they aren't!

According to MyPlate, one quarter cup of dried cranberries is equal to half a serving of fruit. One whole cup of fresh cranberries, on the other hand, counts as a single serving of fruit.



CRANBERRIES, RAISINS, AND ADDED SUGARS

I usually think of dried cranberries and raisins as interchangeable in recipes. The other day, I was talking with some folks about adding dried cranberries instead of raisins to a broccoli salad. We were trying to liven up the color, flavor, and nutrition. Someone commented that “we shouldn’t add cranberries because they have so much sugar in them.” This gave me pause. Yes, I know that dried cranberries have added sugars, but exactly how much? How much is too much?

Because the fruit is not naturally sweet, cranberries are usually sweetened during the drying process.

Let’s look at the Nutrition Facts labels to compare:

- Raisins: ¼ cup serving (40 grams) contains 26 grams of sugar for 120 total calories
- Dried cranberries: ¼ cup serving (40 grams) 27 grams of sugar for 130 total calories

Even though the sugar totals are almost the same, most of the sugar in dried cranberries is added during processing, while the sugars in raisins occur naturally. Naturally-occurring sugars are generally better for your health than added sugars, so I would stick to the raisins.

Remember, both dried cranberries and raisins can be healthy in moderation. While they do have small amounts of nutrition and antioxidants, they also supply a large amount of overall sugar. Think of them as a “treat” and not an alternative to eating whole fruit.

