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Nutrition NEWSLETTER



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Chicken Cauliflower Sheet-pan Dinner

Ingredients:

1 head cauliflower
4 chicken thighs, skin removed
4 small red sweet peppers
2 carrots, cut in 1-inch slices
2 tsp olive oil
3 cloves of garlic, peeled and crushed
1 tsp each: cumin, chili powder, paprika, black pepper

Garnish

1 cup plain nonfat yogurt
2 tsp chopped mint or parsley



Directions:

Preheat the oven to 375F. Cut the cauliflower into 8 large chunks. Place the cauliflower, chicken, peppers, carrots, and cloves of garlic on the sheet tray or cookie pan. Sprinkle with olive oil and seasonings.

Bake in the oven until the chicken is done, about 30-35 minutes. It is done when it reaches an internal temperature of 165F or it is completely cooked when you cut it open.

Serve with yogurt and herb dressing mixed together in a bowl.

Chef's Tips:

Pair this dish with cooked brown rice and a tossed salad.

Nutrition Facts:

Serves 4. Each 1 cup serving: 128 calories, 3g fat, 0g saturated fat, 0g trans fat, 1mg cholesterol, 82mg sodium, 20g carbohydrate, 5g fiber, 12g sugars, 6g protein.

White Bean Tomato Soup



This delicious soup is a meal by itself since it contains white butter beans and a tomato cream

base.

Ingredients:

- ❖ 1 onion, diced
- ❖ 2 cloves of garlic, peeled and crushed
- ❖ 1 tsp olive oil
- ❖ 1 tsp each: black pepper, garlic powder, thyme,
- ❖ 4 cups cherry tomatoes
- ❖ 2 cups chicken broth
- ❖ 2 cans butter beans, drained (or any white bean)
- ❖ 1/2 cup of half and half

- ❖ Garnish: parsley and paprika
- ❖ Optional topping: cubed and toasted French bread

Directions:

Sauté the onion and garlic in olive oil over medium heat in a large Dutch oven or soup pot. Add the seasonings. Toss together briefly. Add the cherry tomatoes and chicken broth followed by the beans. Bring to a boil, then lower the heat to a simmer. Cook until the tomatoes and beans are very tender, about 10 minutes. Puree with a hand blender until smooth.

Add cream, bring back to the boil, then remove from the stove. Serve hot immediately or refrigerate or freeze for later use. Always bring to a boil before serving.

Chef's Tips:

Garnish with a piece of fresh flat leaf parsley and a sprinkle of paprika. Optional garnish is toasted cubed French bread.

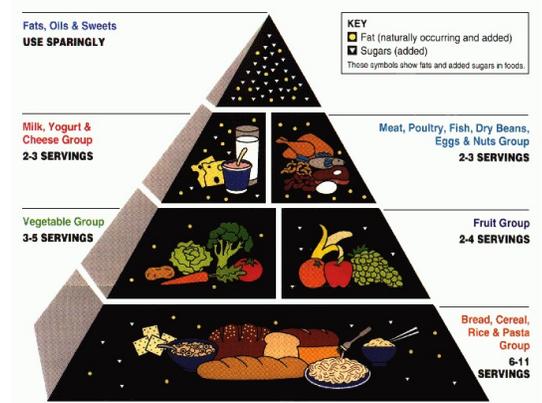
Nutrition Facts:

Serves 6. Each 1 cup serving: 185 calories, 1g fat, 1g saturated fat, 0g trans fat, 1mg cholesterol, 50mg sodium, 32g carbohydrate, 9g fiber, 3g sugars, 13g protein.

What is the Healthy Food Pyramid?

Here's a new twist on an old food pyramid!

Ray Kurzweil and Terry Grossman, MD, authors of “Fantastic Voyage” and “Transcend,” respectively, have offered a new healthy food pyramid. This one is mostly plant-based and is designed to help people understand portion sizes and foods to include in a healthful eating pattern.



USDA Pyramid

How Can This Pyramid Help You?

This version of the pyramid highlights which food groups to include in a healthy diet, along with suggested serving sizes from each group. With this model, a primarily plant-based eating pattern that includes lean proteins, complex carbohydrates, and limited amounts of healthy fats is advised. Risk of chronic diseases including type 2 diabetes and heart disease may be mitigated in individuals who follow the healthy food pyramid guidelines.

5 Main Food Groups:

Macronutrients that make up the natural food stores in the body include carbohydrates, fats, and proteins.

The healthy food pyramid represents five food groups that are associated with these three natural stores. These groups include **vegetables** to provide carbohydrate, vitamins, and minerals, **lean animal proteins** and **low-fat dairy** to provide amino acids, vitamins, minerals, good bacteria and essential fatty acids, and low glycemic index carbohydrates for fiber and carbohydrates. In addition, **fruits, nuts and healthy fats** provide vitamins, minerals, good bacteria and essential fatty acids and red meat and eggs provide amino acids, vitamins, minerals and fats.

How the Healthy Food Pyramid and the Food Guide Pyramid Differ:

The healthy food pyramid differs from the traditional food guide pyramid in a few ways. For one, its base is vegetables, versus grains. Secondly, there is more emphasis on quality of foods than quantity. Low glycemic index carbohydrates are encouraged over total number. In addition, lean protein sources and low-fat dairy is advised while red meat is suggested in limited amounts. Fruits, nuts and healthy fats such as avocados are encouraged.

By Lisa Andrews, MEd, RD, LD

Make Every Bite Count!

Infants and Toddlers: Part One

The 2020-2025 Dietary Guidelines provides recommendations for infants and toddlers, an age group not included since the 1985 edition. There is moderate or strong evidence that healthy eating from birth to 23 months can result in:

- Lower risk of overweight and obesity
- Lower risk of type 1 diabetes
- Adequate iron status and lower risk of iron deficiency
- Lower risk of peanut allergy
- Lower risk of asthma

Little ones have big nutrient needs, so it's important to Make Every Bite Count.

Key Recommendations – Birth to 23 months

Breastmilk: If possible, infants should be exclusively breastfed for the first six months of life. Breastfeeding should continue through at least the first year of life, and longer if desired.

Infant formula: When breastfeeding is not possible, infants should be fed iron-fortified infant formula for the first year of life.

Vitamin D: Infants who breastfeed exclusively or supplement breastmilk with infant formula should be given 400 IU of vitamin D per day, starting soon after birth.

Solid (complementary) foods: At about 6 months, start introducing nutrient-dense solid foods that are age- and developmentally-appropriate. Most infants are not ready for solids before 4 months (see *Is Baby Ready for Solids?*).

Potentially allergenic foods: Peanuts, dairy, eggs, tree nuts, wheat, shellfish, fish, and soy should be introduced along with other solid foods, starting at about 6 months. There is no evidence that delaying these foods will prevent food allergies. However, there are special recommendations for infants at high risk of peanut allergy (see *Peanut Allergy?*).

Variety: Offer a variety of age- and developmentally-appropriate foods from all food groups. For exclusively breastfed infants, foods rich in iron and zinc are particularly important.

Avoid: Infants and toddlers should not have foods or beverages that contain added sugars or are higher in sodium.

By Hollis Bass, MEd, RD, LD

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December

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2020. Available at
DietaryGuidelines.gov.

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Good nutrition during the first years of life is vital for proper growth and development and as a foundation for lifelong healthy eating habits.

MAKE EVERY BITE COUNT!

INFANTS AND TODDLERS: PART TWO

The 2020-2025 Dietary Guidelines provides recommendations for infants and toddlers, an age group not included since the 1985 edition. Little ones have big nutrient needs, so it's important to Make Every Bite Count. Here's part two of our new series!

Key Recommendations – Birth to 23 months

Transition: As infants wean from breastmilk or infant formula, transition to a healthy dietary pattern.

Is Baby Ready for Solids? At 4-6 months, infants develop the ability to safely eat and digest solid foods, while continuing to breastfeed or drink infant formula. Look for these signs of readiness to try solid foods:

- Baby can control his head and neck.
- Baby sits up alone or with support.
- Baby brings objects to her mouth.
- Baby tries to grasp small objects, such as toys or food.
- Baby swallows food, rather than pushing it back out onto her chin.

About 32% of infants in the U.S. are introduced to complementary foods and beverages before 4 months. Infants drinking infant formula or a combination of breastmilk and formula are more likely to start solids too early.

Peanut Allergy? Infants with severe eczema and/or egg allergy are at high risk for peanut allergy. To reduce the risk of developing a peanut allergy, age-appropriate peanut-containing foods should be introduced at 4-6 months. However, baby's healthcare provider may recommend a blood test or skin prick to determine whether and how peanuts should be introduced, so check with them first.

Responsive Feeding: How we feed young children is as important as what we feed them. In addition to repeatedly offering new foods, the "how" includes recognizing and responding to a baby's hunger and fullness cues.

Vitamin B12: Breastfeeding mothers who do not consume adequate vitamin B12 (sometimes the case when following a vegan diet) should consult a healthcare professional about supplemental B12 for mom and/or baby.

Healthy Food Access for Infants & Toddlers: Fourteen percent of families with children experience food insecurity. These government nutrition programs can help support a healthy dietary pattern for infants and toddlers living in households with limited incomes:

- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Child and Adult Care Food Program (CACFP)
- Supplemental Nutrition Assistance Program (SNAP)

By Hollis Bass, MEd, RD, LD

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services.

Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov/).
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MY WHOLE GRAIN JOURNEY



A confession. As an educator, I try really hard to “walk the talk.” Sometimes that’s hard to do. Or sometimes I think I’m doing fairly well while following a recommendation, but it turns out that I’m not doing so well at all. The Dietary Guidelines for Americans 2020-2025 that says that half the grains we’re eating should be whole grains. While this recommendation has been part of the Dietary Guidelines for many years, it appears that very few folks actually reach that goal. Me included.

If I was going to write about the need to increase the amount and proportion of whole grains in our diets, I would have to try to do it too. I decided to start by evaluating where I am now. I thought I was doing pretty well with whole grains. I do look for whole grain bread and whole grain snacks. But I just don’t eat a lot of grain foods. An occasional side dish, bread, a snack, or a grain salad really wasn’t getting me to the three whole grain servings recommended each day. I had to work on this.

One of the common recommendations for increasing your whole grain intake is to swap something you’re currently eating with a similar product that contains more whole grains. To do this, you have to actually buy those items. So I took some time at the grocery store to seriously look for products that contain whole grains.

First Stop: Cereal section Yikes. I like granola, but a close look at the ingredient list reveals that there’s a lot of sugar (both natural and added) in most of these products. It wasn’t worth it to me to get all that sugar along with the whole grains. I had to search and search for a product that was acceptable in both added sugar content and whole grain content.

Second Stop: Rice section In reality, there wasn’t much there. I have to give the store credit, brown rice was available. I was looking for plain wild rice. Not there. There was a blend with white, red, and wild rice, but it cooked in 15 minutes (made me wonder if it was processed) and also the dietary fiber amount in the Nutrition Facts label was low. On top of that, that blend was really EXPENSIVE. This journey to find whole grain wasn’t going to be easy.

Third Stop: Specialty foods This store featured a variety of packaged products that seemed to contain more whole grains. Again, close label reading was necessary. There were several blends like Barley and Lentils, 7 Grain Mix and Quinoa and Brown Rice in microwaveable pouches. These grains were precooked, so they essentially they just needed a quick reheat in the microwave. The dietary fiber content appeared to be good, with an average of 9 grams per 4 ounces. The sodium count was reasonable (350 mg). Not great, but acceptable. I don’t usually buy precooked, processed foods like this, but I bought several. I admit it was easy and a simple way to try new grains out. Again, they weren’t cheap.

I couldn’t find any dry, uncooked whole grains such as millet, barley, farro, or quinoa. This was going to require a trip to a different store or an online search. There were some whole grain pastas and of course whole grain bread and cracker products, but again, careful label reading was needed.

This is going to be a journey. Eating half my grains as whole isn’t as easy as we teach. It doesn’t just happen, you have to work at it.