

September 2021



Nutrition

NEWSLETTER



Inside:

2. Vietnamese Noodle Salad by Judy Doherty, MPS, PC II
3. Taco Salad by Judy Doherty, MPS, PC II
4. Positive Resolutions: Cook at Home by Cheryle Jones
Syracuse, MS
5. What Are Added Sugars? by Lynn Grieger, RDN, CDCES,
CHWC, CPT
6. How Can I Reduce Added Sugars for Good Health? by Lynn
Grieger, RDN, CDCES, CHWC, CPT
7. Diet and Childhood Obesity by Lisa Andrews, MEd, RD, LD

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](#)

Vietnamese Noodle Salad



Here is a delicious salad that is alive with flavor and texture. The smooth noodles provide the base for the shredded chicken and the crunchy veggies, nuts, and sesame seeds. Best of all you can prepare it in 15 minutes or less!

Ingredients:

1 bundle of rice noodles, about 1 ounce
1/2 cup cooked shredded chicken breast
1 tablespoon peanuts
1/2 cup sliced cucumber
1/2 cup grated carrot
1/4 cup sliced bell pepper
2 tablespoons cilantro leaves (fresh)
1 teaspoon roasted sesame seeds
1 tablespoon vinaigrette dressing or sesame dressing

Directions:

Cook the rice noodles according to package directions, or until tender about 5 minutes. Drain and rinse with cold water.

Place the rice noodles in a large mixing bowl. Add all the veggies followed by the cilantro, peanuts, sesame seeds and dressing. Toss together and serve immediately or chill for future use up to one day.

Chef's Tips:

This salad looks great piled on a plate. You can be very creative with the ingredients using tofu or fish and a variety of veggies.

Nutrition Facts:

Serves 2. Each 1-2 cups serving: 451 calories, 8g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 446mg sodium, 92g carbohydrate, 3g fiber, 3g sugars, 8g protein.

Black Bean Taco Salad

Here is a fun twist on a taco and a salad with the combination of both together!



Ingredients:

- ❖ 2 corn tacos
- ❖ 1/4 cup black beans, drained and heated
- ❖ 1 tablespoon shredded Jack cheese
- ❖ 1 tomato, cored and diced
- ❖ 1 cup lettuce, rinsed and sliced
- ❖ 1 tablespoon diced red onion
- ❖ 1 tablespoon nonfat plain yogurt
- ❖ 1 tablespoon guacamole

Directions:

Place the heated beans on the tortillas followed by the cheese and heat in the microwave for 30 seconds or until the cheese just melts.

Top with the rest of the ingredients as pictured.

Add a little dressing or oil and vinegar to the lettuce.

Chef's Tips:

Mashed avocado makes a great stand-in for guacamole if you don't have time to make it or can't find it prepared.

Serves 1. Each 1 taco salad about 2 cups serving: 454 calories, 15g fat, 4g saturated fat, 0g trans fat, 13mg cholesterol, 141mg sodium, 65g carbohydrate, 18g fiber, 10g sugars, 20g protein.

Positive Resolutions: Cook at Home

One of the things the pandemic forced many people to do was cook and eat at home. With many restaurants back open, we're now seeing diners rushing out to eat. This results in record crowds and long wait times. While it's nice to be able to dine out again, cooking at home can still be important. That's why it's this month's resolution topic.



Are you slipping back into your old habits of dining out or grabbing fast food on the way home? Perhaps you've gotten comfortable with food delivery. Last year it was a necessity. This month, reconsider cooking at home by choice.

If the past year hasn't converted you to cooking at home more, there really are some financial, health, and time benefits to consider:

- **It's cheaper to eat at home.** The United State Department of Agriculture reports that the average cost for feeding a family of four at home (moderate plan) is approximately \$1000 a month. Note: this calculation is assuming the family is eating all meals and snacks at home and these meals follow the US Dietary Guidelines. Consider the cost if you were eating these foods in restaurants -- add in the price of gas, tips, and service fees.
- **It's more healthful to eat at home.** When you cook at home you have more control over what goes into your foods. You can watch the type and amount of fats and limit the added sugars and salts in foods you cook yourself. While doggy bags are always an option, you may be less tempted to overeat when you have plans for those leftovers (a friend of mine always calls them "planned overs").
- **You can save time.** You're not driving to restaurants and standing in line or waiting for delivery. Not to mention the waiting time for the food to be cooked, delivered, and then paying the bill. It does take some organization in the beginning, but planned meals at home can be quick and easy in the end.
- Maybe cooking still isn't your thing. There are a plethora of **television shows and videos as well as on-line classes that might help make you more excited** about the idea of cooking. Now that things are more back to normal, make it a goal to view a few classes on basic cooking and meal planning.
- Worried about all the shopping and planning time? Perhaps try one of those **complete food kit delivery services**. They do the planning and shopping, and you do the cooking. It may not save you money, but it can expand your tastes and skills and you're at home cooking.

As we get back to schools and work and a "different normal" this month, take time to consider cooking at home. Evaluate what you're doing now. Think about what goals you can make for yourself this month to include cooking at home as a positive priority.

*By Cheryle Jones Syracuse, MS,
Professor Emeritus at The Ohio State
University*

What Are Added Sugars?

Some sugars naturally occur in foods – think about the fructose in fruit or the lactose in milk. These foods contain a wide variety of healthy nutrients, and the small amount of natural sugars is not a concern.



Added sugars include sugar you add yourself: sugar or flavored/sweetened creamer to coffee, honey in your tea, or sugar you add in cooking. Added sugars in boxed, canned, frozen, and commercially-prepared foods include sucrose, dextrose, table sugar, syrups, honey, and sugars from concentrated fruit or vegetable juices.

Added sugars are found in a variety of commercial foods. Research shows that these groups contain the most added sugar for the U.S. population:

- **Sugar-sweetened beverages** provide 24% of overall added sugars (16% of these are soft drinks, 5% fruit drinks, 2% sports and energy drinks)
- **Desserts and sweet snacks** provide 19% of overall added sugars (within this group, 6% cookies and brownies, 5% ice cream and frozen desserts, 4% cakes and pies 3% donuts, sweet rolls and pastries)
- **Sweetened coffee and tea** (either what you purchase – from your favorite coffee shop or what you brew at home) provide 11% of overall added sugars
- **Candy and sugars** provide 9%
- **Breakfast cereals and bars** 7%
- **Sandwiches** 7%
- **Milk and yogurt** 4%

If you don't drink sweetened beverages, that doesn't mean you're off the hook with added sugars. Perhaps you enjoy sweet snacks during the day, regularly include dessert with meals, or enjoy sweetened cereal for breakfast.

How Do I Know How Much Added Sugar is in Food?

Food labels now include a separate line for the amount of added sugars in foods. 4 grams of sugar on the food label equals 1 teaspoon of sugar that you might measure into foods at home. For example, a 6-ounce serving of Yoplait Original Blueberry Smoothie yogurt contains 17 grams of added sugar – that's about 4 teaspoons' worth.

By Lynn Grieger, RDN, CDE, CPT, CHWC
Full article and references available at
<https://foodandhealth.com/what-are-added-sugars/>

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How Can I Reduce Added Sugars for Good Health?

There's a world-wide debate about the optimum amount of added sugar in foods to promote good health. We know added sugar increases the risk of overweight and obesity, diabetes, cardiovascular disease, and some types of cancer; but how much is too much?

The 2020-2025 Dietary Guidelines for Americans Advisory Committee recommended decreasing the guideline for no more than 10% of total daily calories from added sugar to no more than 6%, noting that foods that contain added sugars typically aren't good sources of the essential nutrients needed to promote good health. Instead, they contain extra, unwanted calories. Decreasing added sugar to no more than 6% of total calories and instead consuming more vegetables, fruits, and whole grains can have a significant positive impact on diet quality and health.

Why Should I Be Concerned About Added Sugar?

Adding sugar to foods increases the calories in that food without providing any additional nutrients needed for good health. Filling up on cookies, candy, sweetened beverages, and pastries makes it difficult -- if not impossible -- to consume enough important vitamins and minerals without consuming too many calories.

How Can I Reduce My Added Sugar Consumption to Just 6% of My Calories?

If you're consuming 2000 calories, that means limiting added sugar to no more than 7-8 teaspoons of added sugar per day.

To calculate added sugar limits for different calorie levels, multiply the total daily calories by .06 and then divide that number by 4 to get the grams of added sugar per day. Divide the daily grams of added sugar by 4 to get the teaspoons of added sugar.

Tips to Cut Down on Added Sugar:

- Keep track of the amount of added sugars you're currently consuming and note which foods and beverages contain added sugar. Identify the biggest culprits so you know where to make changes.
- Use less added sugar in coffee, tea, or sprinkled in your bowl of oatmeal. Use an actual measuring spoon teaspoon and not a cereal spoon to accurately measure the amount of sweetener you use.
- Choose a smaller size of sweetened coffee, tea, soda, or flavored milk.
- Replace cookies, cakes, and pies for dessert with fresh fruit.
- Instead of sweetened breakfast cereal, choose cereal with no added sugar and add fresh or frozen fruit for natural sweetness.
- Replace sweetened soda with unsweetened sparkling water.

By Lynn Grieger, RDN, CDCES, CPT, CHWC

Full article and references at <https://foodandhealth.com/reduce-added-sugars-health/>

DIET AND CHILDHOOD OBESITY

Childhood obesity is not just an issue in the US. A recent study at Baylor University indicates that dietary changes in Amazonian children in Ecuador also impacts their risk of obesity. Changes in intake outside of their traditional diet with increased consumption of market-acquired foods had more impact on body fat than daily caloric expenditure.

In the study authored by Samuel Urlacher, an assistant professor of anthropology at Baylor, researchers used gold-standard measures of calorie expenditure to find that lean, rural forager-horticulturalist Amazonian children spend roughly the same number of calories daily as their heavier peri-urban counterparts. The calorie burn was the same as kids living in the industrialized US. "Variation in things like habitual physical activity and immune activity have no detectable impact on children's daily energy expenditure in our sample," he said.

The study was funded by the National Science Foundation and published in the Journal of Nutrition. It's titled "Childhood Daily Energy Expenditure Does Not Decrease with Market Integration and Is Not Related to Adiposity in Amazonia".

Food vs Activity:

Urlacher states that his study confirms that children's daily energy expense is consistent despite different environments and lifestyles and that a high-calorie diet plays more of a part in determining body fat. The study supports the opinion that diet change is the main factor that increases the rise in childhood obesity globally, especially in fast urbanization in low- and middle- income countries.

According to the NCD Risk Factor Collaboration in school-aged children and teens, the global rate of overweight/obesity increased from 4% in 1975 to 18% in 2016, which reflects a serious global health crisis. Overweight/obese children often remain heavy through adulthood. They also have higher lifetime risk of developing chronic diseases such as Type 2 diabetes and heart disease and even reduced lifespan.

The rise in childhood overweight and obesity is higher in rural and low- and middle- income countries, though little research has evaluated children's energy expense to find the cause of imbalance, according to Urlacher.

Tips for Parents:

As childhood obesity remains a growing issue in the US, you can help your kids with a few healthful tips...

- Be a role model for your children. Drink water, not soda or sports drinks.
- Keep healthy food on hand such as seasonal fruits and vegetables and whole grains.
- Introduce new foods one at a time and encourage kids to try them.
- Don't reward children with treats.
- Stay active with your children. Go for walks, hikes and bike rides.
- Focus on health, not weight, in your children's diet.

By Lisa Andrews, MEd, RD, LD

Full article and references at <https://foodandhealth.com/eating-childhood-obesity/>