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Nutrition NEWSLETTER



Inside:

2. Lemon Chicken and Roasted Cauliflower Recipe by Judy Doherty, MPS, PC II
3. Spinach Bean Soup Recipe by Judy Doherty, MPS, PC II
4. Positive Resolutions: Food Memories by Cheryl Jones Syracuse, MS
5. Adaptogens: What Are They? by Lynn Grieger, RDN, CDCES, CHWC, CPT
6. Common Adaptogens by Lynn Grieger, RDN, CDCES, CHWC, CPT
7. Fermentation Beats Inflammation by Lisa Andrews, MEd, RD, LD
8. Add Fermented Foods to Your Eating Pattern! by Lisa Andrews, MEd, RD, LD

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Lemon Chicken & Cauliflower

Ingredients:

2 2-ounce chicken breast cutlets
1/4 cup panko breadcrumbs
1 lemon, zest, and juice
dash of Italian seasoning
1 onion, diced
2 carrots, sliced
1 stalk of celery, sliced
4 cloves of garlic, minced
2 tablespoons olive oil
1 tsp paprika
1 tsp turmeric
1/2 head of purple cauliflower, broken into large florets
2 tablespoons red wine vinegar
1 tsp olive oil
pepper
Italian seasoning



Directions:

Preheat the oven to 425 degrees. Squeeze the lemon juice over the chicken cutlets and then sprinkle them with the grated lemon zest. Place panko breadcrumbs on top of the chicken. Place in a lightly oiled pan and bake for 15 minutes until the chicken is firm to the touch and no longer pink in the center.

Meanwhile, make the sofrito. Sauté the onion, carrots, celery, and garlic in olive oil. Add the paprika and turmeric. Cover the pot and simmer very slowly for 10 minutes. Puree the softened veggies in a food processor and keep hot until ready to serve.

Cook the cauliflower by sautéing it in olive oil in a large wok or sauté pan on the stove. When the cauliflower is almost done add the vinegar. Keep sautéing. The cauliflower will turn a beautiful purple color. Season it with pepper and Italian seasoning. Serve the chicken on top of the sofrito and place the cauliflower beside it.

Chef's Tip:

You can also use a regular white cauliflower

Serves 2. Each 1 plate each serving: 346 calories, 12g fat, 2g saturated fat, 0g trans fat, 38mg cholesterol, 305mg sodium, 41g carbohydrate, 9g fiber, 12g sugars, 20g protein.

Allergens: Wheat

Spinach Bean Soup

Ingredients:

2 tablespoons olive oil
1 onion, diced
2 stalks celery, diced
4 carrots, sliced
3 cloves garlic, sliced
1 tablespoon Italian seasoning
2 cans cannellini beans, drained
6 cups chicken broth, low in sodium
3 cups fresh spinach leaves, washed and ready to use
1 tablespoon Parmesan cheese



This hearty soup cooks in 20 minutes.

Directions:

Heat the olive oil in a large Dutch oven pan or a soup pot. Sauté the onion, celery, carrots, and garlic for 2 minutes or until the garlic is a little brown. Add the seasoning, beans, and broth. Bring to a boil, lower the heat to a simmer, and cook for 10 minutes with a lid on.

Add the spinach leaves and cook for 3 minutes. Serve the soup hot with a little Parmesan on top. Garnish with fresh parsley.

Chef's Tips:

Serve this soup with toasted French bread slices and a salad.

Nutrition Facts:

Serves 5. Each 1.5 cups each serving: 268 calories, 8g fat, 2g saturated fat, 0g trans fat, 1mg cholesterol, 170mg sodium, 36g carbohydrate, 10g fiber, 4g sugars, 17g protein. Allergens: Milk

Positive Resolutions: Memorable Foods

These last two months of the year traditionally involve lots of “food” events, with people gathering for holiday celebrations. Most families have favorite dishes that they prepare for these events. After all, food tends to evoke memories.



Once again, this year, there may be fewer large holiday gatherings and many families may not be getting together at all. Regardless of your situation, take some time to reflect on the upcoming holidays and the positive food memories you'd like to share or create this year.

- Don't get stuck with old traditions. Memory foods don't always need to be high-fat, high-sugar or low-nutrient-density foods. Christmas stockings are very important in our family, and it was always special to find an orange and a few nuts in the toe.
- Consider those in your family that have special food needs. Perhaps they are vegetarians or vegans. What foods could be prepared for those with allergies or must eat gluten-free? Remembering these needs may create a food memory for them (and new tradition for everyone else).
- If cooking is an important part of your holiday, encourage the “little ones” to help. This is a great way to spend time together and teach some cooking skills at the same time.
- Perhaps you know someone that is new to your state or country and has a food memory from their former home. Is it possible to help them recreate these memories in their new home with available local ingredients?
- Can you make modifications to some “must-have” foods that will make them more healthful? Is there a way to reduce the sugar, change the fat or add a whole grain? Look for recipes that can help to lighten up your holiday fare.
- Be the one that takes a fruit or a vegetable to the holiday gathering. Others may be looking for more healthful fare, too. Raw veggies and fruit salads make great choices.
- Whether you can be together or not, share a food memory on Thanksgiving. Ask everyone to share around the table or on Facetime or a Zoom call. Often these memories will remind us of friends and family living far away.
- Create a family cookbook and add your memories about each recipe in the headnotes. Recipes aren't always just for cooking. They're also for reading and sharing the stories behind them.

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

Adaptogens: What Are They?

If you haven't heard the term 'adaptogens' yet, you you soon will. While Chinese medicine and Ayurveda have recommended adaptogenic plants to manage stress for thousands of years, it's only in the past 60 years that Western medicine has started talking about their possible role in reducing the effects of stress.



In 2017, adaptogens were defined in a review article in the Annals of the New York Academy of Sciences as plants that contain “stress response modifiers that nonspecifically increase an organism’s resistance to various stressors (physical, chemical, and biological), thereby promoting adaptation and survival.” Because the nutrients in the plants help our bodies adapt to a variety of different types of stress, as a group the plants are known as “adaptogens.”

The body’s stress response was designed to return to pre-stress hormone levels quickly. When we’re under constant stress, the body isn’t able to calm down, which leads to continually higher stress hormone levels that are believed to play important roles in chronic inflammation and disease.

It is becoming more evident that adaptogens may help decrease the chronic inflammation that is implicated in atherosclerosis, cognitive disease, some types of cancer and metabolic disorders and may also be helpful in improving sleep and cognitive function. Adaptogens are often used by people who are healthy as part of a comprehensive stress management approach that might include things like eating minimally-processed fruit, vegetables, whole grains, and plant sources of protein; drinking plenty of water and avoiding sweetened beverages, getting regular exercise, and meditation.

How do adaptogens work? Researchers don’t know the exact mechanism, and currently are working on a theory of network pharmacology wherein adaptogens interact with a variety of stress receptors in our body. It’s believed that adaptogens activate some chemical receptors in the body to increase energy and deactivate other receptors to not overreact to stress. There isn’t enough research yet available to completely understand the possible benefit as well as potential dangers of using adaptogens.

Cautions when using adaptogens: Adaptogens aren’t regulated as a drug for safety or efficacy by the Food and Drug Administration (FDA) and they are considered dietary supplements. There are no formal requirements for what can be labeled as an adaptogen and no way for consumers to know exactly what the supplement contains. Be sure to purchase any supplement, including adaptogens, from a reputable source.

Always check with your physician before using any type of adaptogen or supplement, especially if you take any prescription medications, are pregnant, planning to become pregnant, or are breastfeeding.

By Lynn Grieger, RDN, CDE, CPT, CHWC



Common Adaptogens

T While there are hundreds of potential adaptogens identified, here is information about four of the more common ones:

Ashwaganda has been used in Ayurvedic medicine for over 3000 years to treat the effects of stress and improve overall well-being. An eight-week, prospective, randomized, double-blinded, placebo-controlled study examined the effects of a high concentration of ashwagandha root extract at various dosages on 60 healthy men and women who had significant stress levels. After 8 weeks, researchers found that dosages of 250mg per day and 600 mg/day reduced perceived levels of stress as well as cortisol levels.

Holy basil, also known as tulsi, is another herb long used in Ayurvedic medicine. It's known as 'the elixir of life' as a tonic for body, mind, and spirit. Holy basil has been studied in hundreds of research publications that indicate that it might help the body and mind cope with a wide range of chemical, physical, infectious, and emotional stresses and restore physiological and psychological function.

Curcumin, the active component in turmeric, has been found to play a role in inhibiting large increases in cortisol production, which can protect against the damaging effects of stress that may in turn lead to a variety of diseases. Turmeric is often used as a spice in Indian cuisine, either fresh, dried, or in a combination of spices such as curry powder.

Asian ginseng contains natural antioxidant compounds called ginsenosides, which are believed to have multiple pharmacological effects. Ginseng shows promise in helping people regain homeostasis amid abnormal physiological changes caused by persistent stress, such as increased cortisol levels, as well as fend off chronic inflammation.

Adaptogen Tips:

- **Adaptogens aren't safe for everyone.** They may interfere with certain medications and their use is contraindicated in pregnant and breast-feeding women due to a risk that they may affect hormone levels. Ginseng may lower blood sugar, which is risky for people with diabetes who are taking blood glucose-lowering medications. Ginseng also may interfere with blood thinners and antidepressants.
- First make sure to eat a **balanced diet** with plenty of fruit, veggies, whole grains, and omega-3s.
- Try **herbal teas** that incorporate adaptogens into the tea or add ½ teaspoon powdered adaptogen to your favorite tea.
- Add **powdered adaptogens** to favorite foods such as oatmeal or smoothies.
- Commercial beverages containing adaptogens are everywhere in the marketplace. However, since many adaptogens have a strong, bitter flavor many of the commercial beverages contain added sugars or sugar substitutes to improve the taste. Be sure to **read the ingredients carefully.**

By Lynn Grieger, RDN, CDCES, CPT, CHWC



FERMENTATION BEATS INFLAMMATION

You often hear about yogurt and fermented foods being good for your gut, but new research suggests they may do more than that. Scientists at Stanford University believe that yogurt and other fermented foods including kefir, kimchi, cottage cheese, and kombucha not only support good gut bacteria but may also aid in preventing the inflammation that kickstarts arthritis and diabetes.

According to the study authors, an increase in overall gut microbial diversity was observed when these foods are consumed, with larger effects from bigger servings. Nineteen markers of inflammation known as inflammatory proteins also declined with the addition of fermented foods.

Interleukin 6, an inflammatory protein, is linked with rheumatoid arthritis, type 2 diabetes, and prolonged stress. Justin Sonnenburg, PhD an associate professor of microbiology and immunology states that this is “one of the first examples of how a simple change in diet can reproducibly remodel the microbiota across a cohort.”

Researchers discovered the benefits of fermented foods while doing a comparison study on the impact of diets high in fiber and high in fermented foods. Lower rates of mortality are associated with a high-fiber diet, but none of the 19 inflammatory proteins were decreased with a high-fiber diet. Gut diversity was unchanged with intake of beans, seeds, whole grains, fruits, and vegetables.

The researchers were surprised that a high-fiber diet didn't increase microbiota diversity despite it being linked with lower mortality. Dr. Christopher Gardner, a professor of medicine at Stanford, maintains that the research was done to investigate the role of microbiota-targeted food and chronic inflammatory diseases.

Blood and stool samples were collected and analyzed during a 3-week pre-trial time, then at 10 weeks of the diet and a 4-week post diet time when subjects ate what they wanted. Subjects who consumed more fermented food had similar effects on the diversity of their microbiome as well as inflammatory markers. This was consistent with previous research highlights that, short-term changes could alter the gut microbiome.

The study also found that higher fiber intake resulted in higher carbohydrates in stool samples, indicating incomplete fiber digestion by gut microbes. The scientists point out that their findings were similar to other studies that suggested that the gut microbiota of those living in the industrialized world is lacking fiber-degrading microbes.

Dr. Sonnenburg suggests, “It's possible that a longer intervention would have allowed for the microbiota to adequately adapt to the increase in fiber consumption.” She also notes that adding fiber-consuming microbes may be necessary to increase the microbiota's ability to properly break down carbohydrates.

By Lisa Andrews, MEd, RD, LD

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ADD FERMENTED FOODS TO YOUR EATING PATTERN

Fermented foods can be a healthful part of a balanced diet, and may even help fight inflammation. If your clients are considering adding fermented foods to their eating patterns, these tips may be helpful...

- Enjoy **yogurt** or **kefir** at breakfast or for a snack with fruit.
- Try **kombucha tea** made at home (or purchased commercially) in place of water at one or two meals. Look for low-sugar options!
- Add **beans** or **lentils** to salads, soups, and stews to boost fiber intake.
- Enjoy **air-popped popcorn** as a snack in place of crackers or chips.
- Add **kimchi** or sauerkraut to sandwiches or salads for something different.
- Make **overnight oats** with yogurt or kefir, fresh or frozen berries, and nuts.

By Lisa Andrews, MEd, RD, LD

