

January 2021



Nutrition NEWSLETTER



Inside:

2. Stuffed Blue Squash, by Judy Doherty, MPS, PC II
3. Green Spaghetti, by Judy Doherty, MPS, PC II
4. Weight Management in Your 70s and Beyond! by Alice Henneman, MS, RDN
5. Dietary Approaches to Reduce the Risk of Dementia by Lisa Andrews, MEd, RD, LD
6. Tips for Building an Anti-Inflammatory Eating Pattern by Lisa Andrews, MEd, RD, LD
7. What is Cultivated Meat? by Lynn Grieger, RDN, CDCES, CHWC, CPT
8. Lighting Q&A: Cultivated Meat by Lynn Grieger, RDN, CDCES, CHWC, CPT

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](http://www.bbb.org)

Stuffed Blue Hubbard Squash

Ingredients:

1 blue hubbard squash or acorn squash
1 tsp olive oil
1 cup arugula
1 tsp olive oil
1 apple, cored and diced
1 cup diced celery
1 pear, cored and diced
4 cherry tomatoes, halved (or diced plum tomatoes)
1 tablespoon chopped raisins
2 tablespoons slivered or chopped almonds
2 tablespoons panko breadcrumbs
Pinch cinnamon
Pinch garlic salt



Directions:

Microwave the squash for 3-4 minutes or until soft enough to cut in half. Cut the squash in half and spoon out the seeds. Place the squash in an oiled baking dish and bake for one hour at 350 degrees. When the squash is soft it is done. Sprinkle the 1 tsp of olive oil in the 2 halves. Layer with arugula.

Meanwhile, prepare the filling. Sauté the diced apples, celery, and pears in the 1 tsp olive oil in a nonstick skillet over medium-high heat until soft. Add the tomatoes, raisins, almonds, breadcrumbs, and seasonings. Cook until heated through, about 2 minutes.

Place the filling into the squash halves and broil in the oven until browned on top for about 2-3 minutes, keeping an eye on it so you don't burn it.

Serve the squash with no-salt-added tomato sauce. Or make your own with canned tomatoes, olive oil, Italian seasoning, and grated carrots. Serve everything hot. Makes 2 servings or 4 sides.

Chef's Tip:

You can grate a little cheddar cheese over the top before you broil it.

Nutrition Facts:

Serves 2. Each half of a stuffed squash serving: 464 calories, 11g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 178mg sodium, 92g carbohydrate, 20g fiber, 52g sugars, 12g protein.

Allergens: Milk, Peanut, Tree Nut, Wheat

Herb Pesto & White Bean Spaghetti



This heart plant-based meal is very easy to make and satisfies even the pickiest eaters! To convert to vegan, omit the cheese or use vegan Parmesan cheese.

Ingredients:

8 ounces dried spaghetti, cooked according to package directions
1 tsp olive oil
4 cloves of garlic, peeled and sliced thin
 $\frac{1}{4}$ cup basil pesto (or see note below to make your own)
1 can white beans, drained
1 cup no-salt-added vegetable broth or water
Handful of fresh herbs
3 cups arugula, divided
 $\frac{1}{2}$ tablespoon Parmesan cheese, shaved

1 cup steamed cauliflower florets

Directions:

Cook the spaghetti according to package directions. Drain in a colander, rinse with water, and reserve.

Sauté the sliced garlic in the olive oil in a nonstick sauté pan or Dutch oven until golden brown, about 2 minutes. Add the white beans, pesto, and broth and bring back to a boil. Add 2 cups arugula and toss together until the greens wilt, about 30 seconds.

Meanwhile, twirl the spaghetti into a serving bowl. Pour the pesto bean sauce over the top. Garnish with 1 cup fresh arugula and shaved Parmesan. Serve with steamed cauliflower. Garnish with fresh herbs like parsley, oregano, and thyme (optional).

Nutrition facts:

Serves 5. Each 1.5 cups serving: 467 calories, 6g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 34mg sodium, 85g carbohydrate, 7g fiber, 3g sugars, 19g protein.

Allergens: Milk, Wheat

[View online](#)

3

Weight Management in Your 70s and Beyond!

I am 75 years old and lost 25 pounds in a year while eating ice cream, chocolate and wine! I'm genetically at risk for diabetes, and my blood sugar --which had been creeping up -- lowered to normal levels. Plus, I dropped a clothing size.

But how? Here are the details...



According to an August 2021 research study in Science by Herman Pontzer and colleagues, the rate at which people burn calories declines about 0.7% yearly after age 60. Though nutrient needs are comparable, fewer calories are needed. Physical activity and muscle-strengthening activity (muscle burns more calories than fat) also are important.

As a dietitian, I knew I'd be most successful long-term by eating foods I enjoyed. My weight loss pattern was slow but steady (about 1/2 pound per week) and included small gains and plateaus. Stay the course and keep at it!

Rather than a specific plan, these were my strategies to cut calories without feeling deprived.

- **Focus on foods that supply the most nutrients for the calories.** Limit added sugars, saturated fats, and sodium. Remember, there can be too much of a good thing! For example, I like whole-grain pasta; however, I limited pasta to 2-ounce (dry weight) servings -- about 1/2 cup dry uncooked pasta or one cup cooked pasta.
- **Reduce portion size and/or frequency.** I enjoyed a couple of tablespoons of premium ice creams. To avoid overeating luscious desserts, try serving them in a shot glass. A few squares of a 70% or higher dark chocolate bar contented my sweet tooth and contributed potential health benefits. Though I liked sipping wine while cooking, I learned I could be as satisfied drinking wine only with meals.
- **Use smaller plates** to facilitate eating less.
- **Remove half** of a double batch recipe before serving. If the total item is on the table, you'll likely eat more.
- **Eat a smaller meal in the evening** as it is easier to overdo eating at night.
- **Keep high-nutrient (especially high-protein) ready-to-eat foods on hand** if you get hungry between meals. My protein favorites included no-salt-added nuts, lower-fat yogurts, and string cheese.

Besides focusing on food, I walked or did another physical activity for about an hour most days and engaged in muscle-strengthening activities twice weekly. These times also were an opportunity to listen to books/podcasts or watch favorite shows/movies.

By Alice Henneman, MS, Registered Dietitian Nutritionist

Dietary Approaches to Reduce the Risk of Dementia

Despite what people may believe; dementia is not a normal part of aging. That said, dementia impacts 5.5 million older adults annually, and the CDC estimates that by 2060, 14 million people will be impacted by dementia. So, what do we do about it? The good news is that dementia can be at least partially prevented by what's on your plate



A new study from Greek researchers indicates that consuming an anti-inflammatory diet (which includes coffee, tea, fruits, and vegetables including beans and lentils) could reduce the risk of getting dementia by a third.

Each of these foods have one thing in common -- they're all derived from plants. These foods aid in reducing age-related inflammation in the body, which is linked with the risk of dementia.

The study -- conducted in over 1,000 older adults -- rated their diets for anti-inflammatory foods, then followed them for over three years. Subjects who consumed the most anti-inflammatory foods ate roughly 20 pieces of fruit, 19 servings of vegetables, 4 servings of beans and 11 cups of coffee or tea in an average week. Individuals consuming the least inflammatory foods were three times more likely to develop dementia compared to this group.

Senior study author Dr. Niolaos Scarmeas (from Kapodistrian University of Athens Greece) asserts, "These findings suggest that people could protect their brains by eating more healthily." He advises people to include more anti-inflammatory foods -- including fruits and vegetables -- and reduce high-calorie, inflammatory choices. Scarmeas does note that this study was observational. A clinical trial would provide more definitive proof.

Let's look more closely at the methodology of this study. Questionnaires about the diets of individuals aged 65 and up were filled out and evaluated for the study, which was published in Neurology. Questions were asked about fruits and vegetables, dairy products, meat, fish, desserts, alcohol ,and legumes including beans, peas, chickpeas, and lentils.

In the 1059 study subjects, 60% (62 individuals) developed dementia. To find who was more susceptible to dementia, subjects were divided into three groups according to their answers on the food questionnaire. Individuals with the lowest intake of anti-inflammatory foods were three times more likely to get dementia. In an average week, these individuals only consumed 9 pieces of fruit, 10 servings of vegetables, 2 legume servings, and 9 cups of coffee or tea.

Confounding factors such as age, sex and education levels were taken into consideration too. Women are at higher risk for dementia and those with less education are as well. Despite accounting for these factors, for every one-point increase in the inflammatory score of a person's diet, a 21% increase in the risk of dementia was observed.

By Lisa Andrews, MEd, RD, LD

Tips for Building an Anti-Inflammatory Eating Pattern



But how do you help your clients build one? There are many ways into this approach. Check out the list below, designed to get you and your audience as much

- Include coffee or tea at breakfast with low-fat milk or non-dairy milk.
- Add at least one serving of fruits and vegetables (such as spinach in your eggs or chopped apples in oatmeal) to your breakfast.
- Pack a snack of peppers or tomatoes and hummus or berries in low-fat Greek yogurt instead of chips or pretzels.
- Include beans, peas, or chickpeas in a leafy green salad at lunch. Or add beans to soup or grain dishes.
- Enjoy dates, berries, or seasonal fruits like apples or pears for dessert in place of calorie-dense cakes or pastries.
- Aim for 3 servings of fruit and 3 to 4 servings of vegetables each day. Use www.choosemyplate.gov as a reminder of serving sizes.
- Go meatless at least 3 days per week and choose plant-based protein sources like nuts, legumes, seeds, and lentils.
- If you focus on eating plant foods at each meal the numbers of servings will easily add up to a diet that preserves your mind.

anti-inflammatory bang for your buck as possible throughout the week:

By Lisa Andrews, MEd, RD, LD

New research underscores what we already knew -- an anti-inflammatory eating pattern is great for your health.



WHAT IS CULTIVATED MEAT?

What's next in the meat department?

Call it cultivated, cell-cultured, or grown in the lab – this new way of developing meat products is booming. According to the Good Food Institute, more than 70 companies focused on developing cultured meat in 2020, up from 55 in 2019. There are more than 15 different types of animal meats in development, including beef, chicken, pork, shrimp, duck, white fish, salmon, tuna, and lamb.

Beginning around 2013, food manufacturers started to recognize the possibility of developing consumer meat products from cells grown in a lab. The first sample lab-grown meats were produced in 2019, and now the focus is on being able to produce cultivated meat on a large scale.

What is cultivated meat?

Traditional agriculture practices have existed for centuries: animals are born, they grow, then are slaughtered and processed for food. We don't typically think of the chicken or seafood we eat as individual cells, but that's what they are – a combination of millions of cells that contain proteins, fats, and other nutrients. Cultivated meat, also known as cellular agriculture, replicates the cell growth process in a lab, starting with cells from animals to create cultured meat products. The animal cells are placed in a bioreactor where they are grown, feeding off nutrients and growth factors designed to promote cell growth. The cultivated meats are harvested and then processed.

Are cultivated meats regulated for safety?

In 2019 the Food and Drug Administration (FDA) and United States Department of Agriculture's Food Safety and Inspection Service (USDA-FSIS) established a formal agreement to regulate cultivated meats in the United States market for safety and to make sure these products are properly labeled. The labeling of food derived from cultured seafood cells generally falls under the jurisdiction of the FDA while the labeling of food derived from cultured meat and poultry cells will be overseen by the USDA.

In October 2020, the USDA issued a Request for Information to help determine what next steps may be needed to ensure that these foods are labeled properly. One of the most important questions is what terms will be used to differentiate cultivated meat products from traditional products so that consumers know what they are purchasing.

Can I purchase cultivated meat in my local grocery store?

Currently Singapore is the only place where cultivated meat, in the form of chicken nuggets, is available. There aren't any firm dates for when cultivated meat might be available in the United States. Foods without a complex structure, such as ground meat, nuggets, or flaked seafood will most likely be the first cultivated meat products on the market. Experts expect companies will also produce meat and hybrid veggie products such as a hybrid burger that contains both cultivated meat and plant foods.

By Lynn Grieger, RDN, CDCES, CPT, CHWC

Q&A: CULTIVATED MEAT

What are the potential benefits to cultivated meat, also known as cultured meat? According to an article published in Nature Food in July 2020, there are three broad advantages of cultured meat: sustainability, animal welfare, and public health.

- **Sustainability:** Cultured meat uses less water and requires less land than is currently used to house and feed animals. Animals are one of the largest contributors to greenhouse gas emissions. Fertilizer won't be needed, and there will be no manure to manage.
- **Animal welfare:** 99% of animals used for food are factory farmed.
- **Public health:** Animal products are one of the most common sources of food-borne illness such as Salmonella and Listeria (source). Antibiotic abuse in agriculture contributes to antimicrobial resistance in human disease, and since cultured meats will not require antibiotics, there will potentially be a decrease in human antimicrobial resistance. It's estimated that there will be a 70% global increase in meat demand due to population growth, and some scientists believe that there won't be enough resources to provide meat produced by traditional methods to the world by 2050.

What are the potential negatives to cultivated meat? Since the proposed production of cultured meat is energy intensive, some environmental benefits will require a shift away from fossil fuels to clean energy sources.

Further, there is currently no safety regulation for cultivated meat.

In addition, there could be a large negative economic impact on areas that depend on traditional animal farming.

And finally, one big question is whether consumers will accept cultivated meats as a safe and delicious food option.

If I'm allergic to traditional shellfish, will I be allergic to cultivated shellfish? Yes, because cultured shellfish is produced from shellfish cells, which contain the same allergens as traditional shellfish.

Does cultivated meat contain all the nutrients found in traditional meat? There isn't yet a clear answer to this question. It might be possible to replace less healthy saturated fats with healthier types of monounsaturated fats, and to add more vitamins and minerals in a process similar to that of fortifying breakfast cereal.

Do cultivated meats contain GMOs? It's most likely that companies will use both genetically modified and unmodified cells to make cultivated meat products.

Will cultivated meat have the same smell, taste, and texture as traditional meat? Scientists are working to replicate the sensory experience of traditional meat, with the hope that consumers will not be able to tell the difference between cultured meats and traditional meats.

By Lynn Grieger, RDN, CDCES, CPT, CHWC