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Nutrition NEWSLETTER



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Air Fried Veggies



Air frying is a delicious way to enjoy broccoli, asparagus, and summer squash.

Ingredients:

Broccoli
Asparagus
Any seasonal green veggie
Olive oil
Lemon

Directions:

Trim the veggies. If you are using items like zucchini or summer squash, cut them in sticks. Otherwise for broccoli you can use small pieces or cut in quarters. Toss in olive oil. Place in a single layer in an air fryer (or use oven broiler). Cook until crisp tender and lightly charred on the outside. We like to serve these veggies with dinner or as an appetizer with toast, fresh lemon, and a little light mayonnaise.

Nutrition Facts:

Serves 4. Each 1-1/2 cups serving: 616 calories, 8g fat, 2g saturated fat, 0g trans fat, 155mg cholesterol, 165mg sodium, 93g carbohydrate, 7g fiber, 7g sugars, 42g protein.

Chef's Tip:

We pickled some red onions by slicing them and adding a little white vinegar to them. After an hour they became very delicious and turned a pink color. This makes a great garnish for your air-fried veggies.

Meal Prep & Salads



Look at this delicious salad that was prepped ahead of time then assembled in just a few minutes.

We shaved the carrots, radishes, and peppers on a mandolin.

Cut items like avocados, that discolor fast, at the last minute.

Ingredients:

Select a variety of fresh produce in season from the grocery store or farmer's market. Favorites include:

- Radishes
- Carrots
- Lettuce
- Onions
- Tomatoes
- Peppers
- Cauliflower
- Apples
- Berries
- Nuts or Seeds

Instructions

Prep the items and store them in sealed containers.

Whenever you want to make a salad it only takes a few minutes. Plus these items double as lunch and snacks, too. Some items are better prepared at the last minute but most can be washed, peeled, and cut or whatever needs to be done to prep them.



You can also roast veggies ahead of time and refrigerate them as we did for this beet salad.

Grocery Shopping Tips

Check that Label! Consumers can take advantage of new food labels that were mandated in January of 2020. Labels were updated to include easier to read and user-friendly information such as larger print and the addition of two nutrients that are vital for good health: potassium and vitamin D. Updated labels will no longer have vitamins A and C listed as the risk for deficiency in those vitamins in the US is low.

Be Aware of Seasonal and Store Specials: To save the most while getting high-quality produce, be aware of store specials and what's in season. A recent survey by Vixxo asked over 1,260 American consumers to evaluate their purchasing preferences and attitudes about buying food. One of the key reasons is that most Americans (84%) prefer to pick and inspect their own products. The quality of the food was the most important factor according to 45% of shoppers. ¹

Carrie Gabriel, MS, RD and owner of Steps2nutrition.com admits she is “old school and prefers traditional grocery shopping, meaning actually going to the grocery store, or multiple grocery stores and buying items I need. I like to see and touch my produce instead of relying on someone else to pick it out for me.”

Participants in the Vioxx survey cited consistency and quality of products as one of the top reasons why one store was chosen over another, in addition to variety of products and location of the store. ¹

No Need to Stay on the Edges: We've all heard the advice to shop the perimeter of the store and “avoid” the middle aisles because the healthier and less processed foods are often on the perimeter. However, this advice is out of date. Most of us recognize that the bakery is on the perimeter and so is the deli. The smell of baking bread may encourage more impulse buys than a box of cereal would in the middle of the store.

There's also plenty of nutritious food in the middle aisles. Consider whole grain breads and cereals, beans and bagged lentils, nuts and peanut butter and bagged whole grains such as quinoa or bulgur. Frozen vegetables and fruit are also healthful choices.

By Lisa Andrews, MEd, RD, LD

Use coupons only for things you'll actually eat.

Shop on a full stomach.

Download the store's loyalty app to receive coupons and weekly ads.



A New Health Claim for Magnesium

The Food and Drug Administration (FDA) recently approved a new health claim for magnesium and its role in reducing the risk of high blood pressure. A health claim can be used on food and supplement label packaging to characterize the relationship between a substance such as a vitamin, mineral or fiber and a disease or health-related condition.



The health claim for magnesium is a qualified health claim, which means that the research supports the claim, but not at a high level of significant scientific agreement. Current research studies show both some positive effects of eating foods that are higher in magnesium or taking magnesium supplements to lower blood pressure, while other studies show no benefit.

Why Should I Be Concerned about Blood Pressure? According to the American Heart Association, nearly 50% of Americans have high blood pressure, and many don't even know it. Normal blood pressure is 120/80. High blood pressure can lead to:

- Heart Attack: High blood pressure damages arteries that can become blocked and prevent blood flow to the heart muscle.
- Stroke: High blood pressure can cause blood vessels in the brain to clog more easily or even burst.
- Heart Failure: The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.
- Kidney Disease or Failure: High blood pressure can damage the arteries around the kidneys and interfere with their ability to filter blood effectively.
- Vision Loss: High blood pressure can strain or damage blood vessels in the eyes.
- Sexual Dysfunction: High blood pressure can lead to erectile dysfunction in men or lower libido in women.
- Peripheral Artery Disease: Atherosclerosis caused by high blood pressure can cause a narrowing of arteries in the legs, arms, stomach and head, causing pain or fatigue.

What is the Role of Magnesium in Blood Pressure Readings? Magnesium may lower blood pressure by acting like a natural calcium channel blocker. It's also involved in several steps in blood pressure regulation. There are many different mechanisms to manage blood pressure, and magnesium is just one of these.

By Lynn Grieger, RDN, CDCES, CPT, CHWC

Magnesium 101

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agnesium is a mineral that can be found in a variety of foods, including green leafy vegetables, nuts, seeds, whole grains, and legumes. Refining grains removes much of the fiber as well as magnesium, so magnesium is also often added to breakfast cereals and fortified foods. Water, including tap, mineral, and bottled water, also contains magnesium.

Even though magnesium is widely available, the National Health and Nutrition Examination Survey (NHANES) of 2013-2016 found that 48% of Americans of all ages consume less magnesium from food and beverages than the amount needed for optimum health. Adult men aged 71 years and older and adolescent males and females are the most likely to have low magnesium intakes.

How Much Magnesium Do I Need? The Daily Value for magnesium is 420 mg for adults and children greater than 4 years of age, 400 mg for pregnant and lactating women, and 80 mg for children 1-3 years of age. There are no reports of magnesium producing a toxic effect when consumed as a naturally-occurring substance in food.

Here are some foods that are good sources of magnesium:

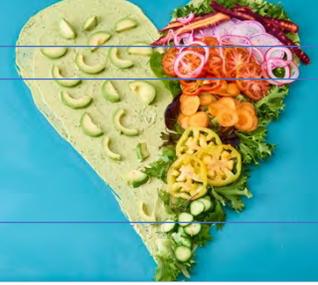
- 1 ounce roasted pumpkin seeds (156 mg)
- 1 ounce chia seeds (111 mg)
- 1 ounce dry roasted almonds (80 mg)
- ½ cup cooked spinach (78 mg)
- 1 cup soy milk (61 mg)
- ½ cup cooked black beans (60 mg)
- 2 tablespoons peanut butter (49 mg)
- 1 medium potato baked with skin (43 mg)
- 1 cup cow's milk (25 mg)

Breakfast cereal is commonly fortified with 10% of the Daily Value for magnesium. That's 42 mg per serving.

Magnesium Supplements: The qualified health claim is for both foods and supplements. Magnesium is available in a variety of forms as a supplement, including magnesium oxide, magnesium citrate, magnesium chloride, magnesium aspartate, and magnesium glycinate, each with different rates of absorption. The Supplement Facts label on dietary supplement products states the amount of elemental magnesium in a serving of the product. While consuming magnesium from foods typically does not cause adverse effects, magnesium supplements are known to cause diarrhea, nausea, or abdominal cramping. The Institute of Medicine established 350 mg as the Upper Limit for adults and adolescents greater than 8 years of age, as well as for pregnant and lactating women. This means that consumers over age 8 should not take more than 350mg of magnesium from all supplements combined to avoid the risk of side effects. The UL for children 1-3 years of age is 65 mg of supplementary magnesium, and the UL for children 4-8 years of age is 110 mg.

By Lynn Grieger, RDN, CDCES, CPT, CHWC

COULD CHANGING EATING PATTERNS PROMOTE LONGEVITY?



If making a few changes to what's on your plate could increase your lifespan by 13 years, would you do it?

A recent study created a template to predict a person's longevity if they swapped a traditional "Western diet" of processed foods and red meat with an "optimized diet" of more fruits, vegetables, whole grains, nuts, and legumes (along with reduced intake of processed and red meats).

If young adults started eating healthier at the age of 20, a woman could add a little over 10 years to her life, while a man could add 13 more years to his lifespan. The study was published recently in the journal *PLOS Medicine*.

Eating a healthier diet may also benefit the lives of older adults. Even at age 60, a woman could add eight years to her life and men could add an additional nine years to theirs. Want more? A plant-forward eating style could add an extra three and a half years to 80-year-old men and women's lives, just thanks to those dietary changes.

Where Americans are Struggling:

According to the CDC, just 12% of adults eat 1 ½ to 2 cups of fruit daily and only 10% of Americans eat 2 to 3 cups of vegetables daily, which includes legumes.

Over 95% of Americans haven't been meeting whole grain consumption goals either. About half of grain intake should be whole grains, yet processed grains are more likely to be eaten. Processed grains often lack the actual bran and other parts of the grain, making them low in nutrients such as fiber.

Over 50% of Americans don't consume 5 grams (roughly a teaspoon) of the recommended nuts and seeds daily. Legumes, whole grains, and nuts and seeds all provide protein as well as healthy fats, vitamins, minerals, antioxidants, and phytochemicals. These are linked to a reduced risk of chronic illnesses.

Consuming less red and processed meats like bacon, sausage, and deli meats was also associated with a longer lifespan, which makes sense. These types of foods are linked with coronary heart disease and cancer of the bowel.

By Lisa Andrews, MEd, RD, LD

According to Dr. David Katz, "The notion that improving diet quality would reduce the risk of chronic disease and premature death is long established, and it only stands to reason that less chronic disease and premature death means more life expectancy."

Eat More Plants and Less Meat: Here's How

Why People Should Eat More Plants & Less Meat

Research that followed over 37,000 middle-aged Americans showed that those who ate the most plant protein were 27% less likely to die of any cause and nearly 30% less likely to die of coronary heart disease than those who consumed the least amount of plant protein.

Swapping red and processed meats with lean chicken, turkey, fish, and plant proteins is a quick start to improve your diet, according to experts.

Soybeans (edamame), chickpeas, lentils and other legumes, tofu, tempeh, nuts, seeds, and whole grains such as quinoa are good sources of plant proteins. Broccoli and peas also contain a bit more protein than other vegetables.

According to Dr. Frank Hu, chair of the department of nutrition at Harvard University's T.H. Chan School of Public Health, more benefits are seen when plant-based protein sources replace red and processed meats.

No one said you have to be vegan to live longer but reducing red and processed meats and full-fat dairy foods is a good start for increased longevity. Below are some tips to get more plants on your plate:

- Start with Meatless Monday... then try tofu Tuesday, etc.
- Treat meat as a “treat” and don’t eat it every week.
- Add beans or lentils to soups and salads or whip them into dips.
- Try black bean or veggie burgers instead of beef.
- Skip the chips and cookies. Try with nuts or seeds instead.
- Add a pile of peppers to pasta or rice dishes.
- Include sliced onions or chopped spinach in grain bowls.
- Enjoy seasonal or frozen fruit for dessert.

By Lisa Andrews, MEd, RD, LD

