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Nutrition  
NEWSLETTER



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# Green Rice

## Ingredients:

- 1 cup brown rice
- 2 cups water
- 1 cup chicken thighs skinless diced and cooked
- 1 cup broccoli florets
- 1 cup asparagus spears
- 1 cup chopped kale
- 3 each garlic cloves peeled and minced
- 1/4 cup green onion sliced
- 1 tsp olive oil extra virgin
- 1 tsp ginger grated fresh
- 2 tsp Italian dressing



## Directions:

1. Prep all the ingredients.
2. Cook the brown rice and water over the stove for 30 minutes or until done.
3. Saute the garlic, green onion, and ginger in a little olive oil.
4. Add the broccoli, asparagus, and kale. Toss well. Add a little Italian dressing.
5. Stir in the chicken and heat through. Serve the chicken and veggies over the rice.

## Nutrition Facts:

Serves 4. Calories: 462kcal | Carbohydrates: 44g | Protein: 19g | Fat: 25g | Saturated Fat: 3g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 13g | Trans Fat: 1g | Cholesterol: 56mg | Sodium: 90mg | Potassium: 548mg | Fiber: 6g | Sugar: 2g | Vitamin A: 488IU | Vitamin C: 24mg | Calcium: 69mg | Iron: 3mg

## Chef's Tip:

A delightful combination of ginger, garlic, chicken, and greens over brown rice. Serve in a bowl for a casual and tasty weeknight meal.

# Peach Tomato Salad



This delicious salad is a real winner. Serve it for parties or just to enjoy delicious peaches and tomatoes.

## Ingredients:

- 2 each peaches remove pit and dice in large chunks
- 3 each tomatoes core and dice
- 1/4 cup mozzarella pearls
- 1 tbsp basil chopped
- 1 tsp parsley chopped
- 2 tsp olive oil extra virgin
- 2 tsp vinegar red wine or sherry vinegar
- 1/2 cup French bread diced
- 1 dash black pepper
- 2 cups bibb lettuce rinsed and ready to eat

## Directions:

Prepare all ingredients and toss peaches, tomatoes, cheese, oil, vinegar, herbs, and pepper together. Serve on a bed of lettuce.

Serves 4. Calories: 123kcal | Carbohydrates: 16g | Protein: 5g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 6mg | Sodium: 223mg | Potassium: 104mg | Fiber: 1g | Sugar: 2g | Vitamin A: 912IU | Vitamin C: 1mg | Calcium: 61mg | Iron: 2mg

# Patio S'Mores



Make these s'mores over your BBQ or firepit.

**Ingredients:**

4 each graham cracker break in half so you have 8 pieces  
2 ounces hershey chocolate bar (small) broken into 4 pieces  
4 each marshmallows

**Directions:**

Heat the firepit. Place the marshmallows on a roasting stick or long BBQ fork. Roast the marshmallows until brown. Sandwich the marshmallow between the graham crackers with a small piece of Hershey chocolate in between. Enjoy!

Serves 4. Calories: 74kcal | Carbohydrates: 10g | Protein: 1g | Fat: 4g | Saturated Fat: 2g  
| Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 3mg | Sodium: 19mg  
| Potassium: 2mg | Fiber: 1g | Sugar: 8g | Calcium: 28mg | Iron: 1mg

# Are Ultra-Processed Foods Always Bad?

If you're like most Americans, you eat way too many ultra-processed foods. Recent national surveys suggest we get about 57% of our calories from foods that have undergone multiple industrial processing steps or contain ingredients you wouldn't have in your own home.

**Discovering ultra-processed foods:** When you flip over your package of snack cakes and see ingredients like colors, preservatives, and emulsifiers listed, you've identified an ultra-processed food. Other favorite ultra-processed foods include BBQ potato chips, candy, ice cream, some breads, some breakfast cereals, and most protein bars.

**Are they harmful?** If 57% of your calories come from snack cakes, candy, ice cream, chips, and cheese puffs, then ultra-processed foods are doing your body harm. In fact, research shows that people whose diets are packed with ultra-processed foods are more likely to gain weight and develop health problems like type 2 diabetes.

But some ultra-processed foods are wholesome choices. So there's no need to eliminate them all.

By definition (using the common NOVA classification), any food product with industrial ingredients is an ultra-processed food. If your veggie burger is made of soy protein or pea protein, your lunch is ultra-processed. Sipping on a smoothie of health-boosting fruits and vegetables as well as whey protein? The whey protein makes it ultra-processed. If you pour soy milk on your oatmeal, you've doused your breakfast with an ultra-processed food. Likewise, if your cornflakes are fortified with fiber or if your plain water is carbonated, they too are ultra-processed.

**The problem with food classifications:** The problem is nuance. It's comfortable – human nature even – to categorize foods, people, emotions, places, and so forth. So often, people put all carbohydrate-rich foods in the same category. But jelly beans and kidney beans have little in common. Similarly, snack cakes and veggie burgers are not the same.

*By Jill Weisenberger, MS, RDN, CDCES, CHWC, FAND*

Consider nutrient density when making your food choices. Instead of worrying over specific ingredients or food classification, ask yourself if the food offers you good nutrition. Aim for a yes at least 80% of the time.

Your total diet is more important than any single food – unprocessed or ultra-processed.



# Can Active Phase Calorie Restriction Increase Life Span?

If you're looking to extend your life, the timing and quantity of your meals may be the key.

New research (done on mice) by neuroscientists at UT Peter O'Donnell Jr. Brain Institute indicates that timed meals that align with sleep-wake cycles\* increased the life span of mice more than three times as much compared to caloric restriction alone. The research was led by Joseph Takahashi, Ph.D. and Chair of Neuroscience of the Howard Hughes Medical Institute and Carla Green, Ph.D., a professor of Neuroscience. The study was published in a recent issue of Science.

According to their research:

- When allowed to eat whenever they wanted without calorie restriction, mice lived their average life span of 800 or so days.
- Limiting calories but having food available at any time added 10% to their lifespan (up to 875 days). Calories were restricted by 30 to 40%.
- Lifespan was increased to an average of 959 days when calories were limited during the inactive period of the circadian cycle.
- Providing a lower-calorie diet only in an active period of the circadian cycle increased lifespan to 1068 days, which equates to a 35% increase compared to the unrestricted mice.

Dr. Takahashi states, "It's pretty clear that the timing of eating is important to get the most bang for your buck with calorie restriction." Takahashi serves as one of the 26 members of the National Academy of Sciences and 17 members of the National Academy of Medicine at UT Southwestern.

Of note, there were no changes in body weight in the five low-calorie groups. While healthcare professionals often use low body weight as a benchmark of health, this study suggests that it doesn't matter when it comes to lifespan.

In addition, the mice with the longest lifespan had improvements in insulin sensitivity as well as blood sugar management. Chronic diseases like cancer that killed the younger mice were observed at older ages in the other mice. Genetic expression tests identified less change in genes linked with inflammation, aging, and metabolism in the mice that lived longer.

Delaying aging may be a matter of adjusting meals with circadian clocks, according to Dr. Victoria Acosta-Rodriguez, Instructor of Neuroscience at UT Southwestern and lead author of the research.

*By Lisa Andrews, MEd, RD, LD*

# How Active Phase Calorie Restriction Can Increase Life Span

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According to Dr. Takahashi, previous research done in the 1930s had shown that cutting calorie intake by 30% could extend life span in addition to health span -- the amount of time before age-associated diseases such as heart disease, cancer, or diabetes develop.

This has been demonstrated in research in many different species. Recent research indicates that bouts of fasting and limiting calorie intake to active hours also improves health.

As mice are nocturnal and the majority of calorie-restriction studies have been done on mice during the daytime schedule, the UTSW group used automatic feeders to mimic normal sleep-wake cycles.

The life span and health of the six groups of mice were followed for four years to evaluate the impact of calorie restriction, fasting, and meal timing.

## What tips about active phase calorie restriction can you pass on to your clients?

- Consume the majority of meals earlier in the day when you're more active.
- Reduce intake of desserts, fried snacks, and ultra-processed food.
- Cut unwanted calories by reducing portion sizes at meals.
- Remove the focus on weight and redirect it to healthy habits.
- Reduce mindless snacking while working, driving, or using screens.
- Limit calories from sugary drinks and alcohol.
- Pay attention to hunger over habit.
- Refer clients for help with emotional or boredom eating.

*By Lisa Andrews, MEd, RD, LD*





# LETTUCE: LEAFY, HEALTHY, & DELICIOUS!

How many different types of lettuce can you name? Which type of lettuce has the most nutrition? The least? You may be surprised!

All types of lettuce are largely water, ranging 84-96% water by weight. All are low in calories, with 4-10 calories per cup. No lettuce contains fat or cholesterol. Each type has <1 to 2 grams carbohydrate and 0.3 to 1.6 grams fiber per cup. All types of lettuce are naturally low in sodium, containing 20g or less sodium per cup – except for spinach (24g sodium per cup) and chard (77mg sodium per cup).

Most vegetables, including lettuce, are low in protein. No type of lettuce contains more than 2 grams of protein per cup.

The most nutrient-dense type of lettuce is spinach: it has 4.5% DV\* for iron, 5.7 %DV for magnesium, 14.5 %DV folate, 15.6 %DV vitamin A, 9.3 %DV vitamin C, 120.8 %DV vitamin K.

Health benefits of regularly including lettuce in your food choices:

Eating salads that contain a variety of types of lettuce is associated with several health benefits, including higher nutrient intake, consuming fewer calories, and slower cognitive decline associated with aging.

A 24-hour food recall of over 9,000 adults age 20 years and older between 2011 and 2014 showed that people who ate salad had higher intakes of fiber, total fat, unsaturated fatty acids, vitamins A, B-6, C, E, K, folate, choline, magnesium, potassium, and sodium than people who did not include a salad that day.

A small study with 46 women showed that including a salad either with the meal, or right before the meal as a first course, reduced the amount of total calories consumed at that meal by 11% and also increased daily vegetable consumption by 23%.

A prospective study of over 900 participants age 58-99 years in the Memory and Aging Project showed that consuming 1 serving of green leafy vegetables each day decreased cognitive decline to the equivalent of being 11 years younger.

*By Lynn Grieger, RDN, CDCES, CPT, CHWC*

Food labels list the percent daily value, or %DV to clearly show how one portion of a particular food contributes to the daily needs for several individual nutrients.

An excellent source contains at least 20% of the %DV for that nutrient.

# 6 Types of Lettuce

If you routinely choose just one or two different types of lettuce, break out of the rut and experiment with something different for more flavor, texture differences, and a range of nutrition benefits!



**Butter Lettuce:** This category includes Bibb and Boston lettuces, which have tender leaves with a very mild, buttery flavor. Butter lettuce is an excellent source of vitamin K and a good source of folate, Vitamin A, lutein and zeaxanthin. Butter lettuce is the lowest in sodium with 3mg per cup. **Try it:** on sandwiches or as a wrap for spicy Asian foods.



**Endive:** This lettuce goes by a number of names including chicory, frisée, and curly endive. Even more confusing, it's not the same thing as another kind of endive – more accurately known as Belgian endive. Endive is an excellent source of Vitamin K and good source of folate. It's tied with escarole for the most fiber at 1.6 mg per cup and the most folate at 17.8 %DV.



**Escarole:** Like endive, it's a member of the chicory family with crunchy leaves with a slightly bitter taste. It's an excellent source of Vitamin K and good source of folate. **Try it:** add to soups – it cooks quickly and adds color and flavor.



**Iceberg:** Here's another member of the asteraceae family. Iceberg lettuce has the highest water content (at 96% water by weight) of any other type of lettuce. Many people believe that iceberg lettuce contains no nutritional value – and they're wrong. One cup of iceberg lettuce contains 1 gram of fiber and has more folate than arugula, red leaf, green leaf, chard, and kale. It also contains more phosphorus than green leaf, arugula, red leaf, and spring mix; and more potassium than arugula, red leaf, green leaf, romaine, spring mix, and kale. **Try it:** in salads and for people who dislike lettuce with a more pronounced flavor.



**Red Leaf Lettuce:** The vibrant color of this lettuce comes from anthocyanins, antioxidants in plants that provide a red or purple color. It's an excellent source of Vitamin K and good source of Vitamin A, anthocyanins, lutein, and zeaxanthin. **Try it:** to add color to salads



**Romaine:** Romaine is crispy with a mild, sweet flavor. It's an excellent source of Vitamins A and K, a good source of folate, and contains lutein and zeaxanthin. **Try it:** mixed with greens with heartier flavors such as kale or spinach.

*By Lynn Grieger, RDN, CDCES, CPT, CWHC*