

Nutrition411

Spring 2010



A Personal Message From Your Registered Dietitian

As winter ends, many people “step up” their efforts to embrace healthy lifestyle changes. You may find that the best part about trying to live a healthier lifestyle is how much new information you learn. For instance, maybe the reason that you don’t care for a particular food



is because you’re a “supertaster.” This issue looks at what this actually means. Want to know how to prepare beans? This issue contains two recipes that incorporate beans.

Whatever you pledge to learn more about this year, remember that it’s a process with no clearly defined beginning and end. So here’s to you and to spring—the season traditionally known for new beginnings.

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NUTRITIONARY

What Is a Supertaster?

People with more taste buds are more sensitive to tastes and are referred to as “supertasters.” Scientists divide people into three groups—supertasters, medium tasters, and nontasters. Roughly half of the population falls in the middle as medium tasters, while the other half is divided evenly among the extremes.

Supertasters have more fungiform papillae on their tongue, sometimes up to three times as many as a medium taster.



Your taste profile can affect your nutritional well-being. Foods with a high-flavonoid content, an important antioxidant found in many fruits and vegetables, often taste too bitter to supertasters, putting them at higher risk for developing certain diseases, including cancer. However, foods that are heavy in salt, sugar, or fat often are intolerable to supertasters, putting them at lower risk for developing heart disease and diabetes.

Nontasters usually are more open to trying a wide variety of foods. Supertasters often eat less and find many foods unappetizing, including brussels sprouts, broccoli, grapefruit, black coffee, beer, and artificial sweetener.

EXERCISE FOR YOUR BRAIN

Exercise, even a stroll around the block on your lunch break, increases oxygen flow to the brain, helping you to concentrate and retain information longer.

TROUBLE SLEEPING?

Research shows that eating before bedtime sometimes causes people to toss and turn. Try not eating after your evening meal to see if it helps.

Look for the 'RD'

Get your nutrition advice from a registered dietitian (RD). RDs are the real deal!

RD

PREPARING FOR A SNACK ATTACK

"Always be prepared" is a great motto for many aspects of our life, but especially when it comes to snacking. It's always helpful to keep healthy snacks on hand—in your car, purse, and desk—for when hunger strikes.

Consider a snack mix made of dried fruits or nuts, or individual peanut butter packets and crackers or an apple. Or try a SOYJOY® bar, made with whole soy and real fruit. They are available in many flavors, too—Mango Coconut, Raisin Almond, Apple Walnut, Berry, Peanut Chocolate Chip, Strawberry, and Blueberry, the newest flavor.

THE WHOLE BODY

Is Food Really Addicting?

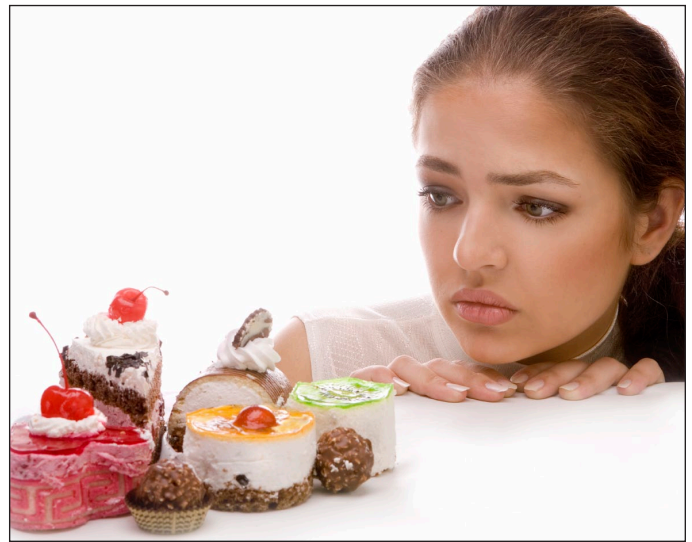
We've all heard people state that they're "addicted to food," but does such a condition really exist? The answer is yes, and it's sometimes very serious. Some experts, however, refrain from using the term "food addiction," preferring to refer to it as "bingeing disorder." Food addiction or binge eating disorder involves the same brain circuits and underlying genetic susceptibilities as addiction to drugs.

The following are some symptoms of food addiction/binge eating disorder:

- Having a preoccupation or obsession with food that goes beyond eating, such as recipe collecting, food shopping, reading about food, etc
- Displaying a lack of self-control around food
- Associating food with pleasure and comfort, and necessitating food to have these feelings
- Having strong physical cravings for food
- Possibly hiding or hoarding food
- Communicating intense feelings of shame or remorse after eating
- Appearing seemingly unable to stop eating, even when wanting to
- Eating in secret
- Putting the rest of life on hold until able to get food issues under control
- Often eating so fast that food is not even tasted

These suggestions may help a person suffering from food addiction/binge eating disorder:

- See a psychologist or behavioral therapist
- Meet with a dietitian or eating disorder specialist
- Enroll in Overeaters Anonymous® or Food Addicts in Recovery Anonymous



- Consider alternative therapies, such as deep breathing or meditation
- Devise a structured eating plan and learn about proper portion sizes
- Practice avoiding foods and situations that are difficult, and using distractions when cravings hit
- Change the way that you feel about food, especially if you consider food as a source of emotional satisfaction

THREE QUICK, EASY DINNERS

Adding Some Variety to Your Diet

1. Whole-Wheat Pasta With Turkey Sausage: Cook turkey sausage and chopped onion in a skillet. Brown sausage, then add fresh spinach and cook, stirring constantly, until spinach wilts. Add a jar of low-sodium spaghetti sauce and simmer. Cook whole-wheat pasta according to directions. Stir sauce mixture and pasta together. Top with fresh Parmesan cheese.

2. Black Bean Wrap: Drain and rinse a can of black beans. Puree beans and a clove of garlic until smooth. Toss cut vegetables (tomato,

zucchini, squash, pepper, carrots, onion, corn, etc) in a bit of olive oil. Season vegetables with salt and pepper, and roast at 375° F until tender. Spread black bean puree on tortillas. Add roasted vegetables. Fold the tortilla to create a wrap.

3. Barbecue Turkey Sandwiches: Mix cubed, cooked turkey breast with equal parts ketchup and barbecue sauce. Add diced celery and onion. Cook over medium heat until warmed through. Serve on a whole-wheat bun.

Test Your Knowledge About Body Weight

1 What percent of Americans maintain a healthful body mass index (BMI)?
a. 16%
b. 33%
c. 65%

2 How many calories do you have to consume over what you expend in order to gain 1 pound of weight?
a. 3500
b. 5000
c. 7500

3 Which of the following is most strongly correlated to weight loss?
a. A vegetarian diet
b. A diet that contains substantial amounts of calcium
c. A diet that is high in whole-grain foods

4 What waist measurements are considered indicative of an increased risk of heart disease and diabetes?
a. Male: 38"
Female: 32"
b. Male: 40"
Female: 35"
c. Male: 44"
Female: 38"

5 It is recommended that the fat content of your diet should not exceed:
a. 10% of total calories
b. 20% of total calories
c. 30% of total calories

See answers on page 4.

MAILBOX

I recently suffered a very painful bout of kidney stones. Now I'm wondering if I will get them again. Can you give me some advice to help prevent a relapse?

These tips may help you avoid another kidney stone:

- **Stay hydrated.** Concentrated urine produces kidney stones. Drink fluid before bed and any time that you wake up during the night to avoid the most-concentrated morning urine.
- **Lose weight, if you have to.** Overweight and obese people are much more likely to get kidney stones. These people excrete more calcium and oxalate in their urine, increasing their risk of developing stones.
- **Drink and eat plenty of calcium-rich beverages and foods.** Calcium obtained from foods helps to prevent recurrences, but calcium



supplements don't seem to have the same effect. Eating more calcium doesn't help to prevent stones in people who eat a high-sodium diet.

- **Don't give up coffee, if you drink it.** Coffee drinkers have less chance of developing kidney stones than noncoffee drinkers. However, if you're a heavy tea drinker, you'll want to cut back to only two cups/day, diluted and with milk added. Tea is high in oxalate.
- **Follow a low-oxalate diet, if your doctor recommends it.** The most common type of kidney stones consist of calcium attached to oxalic acid. Foods that are high in oxalate include:

Cranberries	Rhubarb	Bulgur
Cranberry juice	Almonds	Beets
Spinach	Baked potatoes	Navy beans
- **Watch consumption of phosphoric acid.** It is important to avoid consuming grapefruit juice and soft drinks that contain phosphoric acid.
- **Limit your protein intake.** It is recommended that people prone to developing kidney stones consume no more than 0.8 grams protein/kilogram of body weight each day.
- **Eat several low-oxalate fruits and vegetable each day.** Stone formers tend to consume a diet that is low in potassium.

Cook's Corner



ANSWERS TO TEST YOUR KNOWLEDGE ABOUT BODY WEIGHT

1. b. Only 33% of Americans maintain a healthful BMI.
2. a. You need to consume 3500 calories over what you expend in order to gain 1 pound of weight.
3. c. A diet that is high in whole-grain foods is most strongly correlated to weight loss.
4. b. The following waist measurements are considered indicative of an increased risk of heart disease and diabetes—male: 40", female: 35".
5. c. The fat content of your diet should not exceed 30% of your total calories.

Beans are a nutritious and economical choice for anyone wishing to eat a healthier diet. With so many varieties of beans and preparation methods available, you are sure to find a few recipes that work well for you and your family. Learn about shopping, storing, and preparing beans, and also try the featured recipe, which may just become a new favorite.

Shopping for beans

Choose beans that are uniformly sized and brightly colored. If you can see the beans before purchase, look for signs of insect damage, and don't purchase them if many of the beans are cracked or broken. A small amount of dirt or debris sometimes is found in dried beans.

Storing beans

You can store most dry beans, if well sealed, in a cool area for nearly 1 year. You can store leftover beans in the refrigerator for 3-4 days. You can freeze cooked beans.

Preparing beans

Rinse beans under cold water. Dried beans usually are soaked in cold water prior to

cooking, often for 8 hours or overnight, in 2-3 cups (C) of water to every 1 C of beans, stirring occasionally. Alternatively, you can place beans in a pot of water and bring to a boil for 2 minutes, and then remove from the heat and allow beans to soak for 2-3 hours. Soaking the beans softens and rehydrates them, drastically reducing cooking time and eliminating some of their gas-producing sugars.

Throw away any beans that float during soaking. Add fresh liquid to the beans and cook for the recommended amount of time, skimming off the "scum" that floats to the top of the water. Once the water has reached a boil, reduce the heat. Boiling beans for too long will result in split skins.

Never eat raw beans. Crock-Pots® and slow cookers are excellent alternatives for preparing beans. After beans are cooked, you will need to add oil to keep them from sticking together.

Drain and rinse canned beans before use. Cook for as short of a time as possible.

Black Bean Tortilla Pizzas

— MAKES FOUR SERVINGS • SERVING SIZE: ONE PIZZA —

INGREDIENTS

Four whole-wheat flour tortillas (8" rounds) ¼ C sliced scallions (optional)
¾ C canned black beans, with excess liquid drained
½ C chunky-style salsa
1 C shredded, reduced-fat mild cheddar, Monterey Jack, or Mexican-blend cheese

Toppings (optional)

½ C nonfat or lite sour cream
1 C shredded lettuce

DIRECTIONS

Preheat the oven to 425° F. Mash the beans with a fork and stir in the salsa; set aside. Bake for about 4 minutes more, or until the cheese is melted and the tortillas are lightly browned around the edges.

Lay the tortillas on two medium-large baking sheets and bake for 4 minutes. Cut each pizza into six wedges. Serve hot, spreading one fourth of the bean mixture over each tortilla, and top each with one fourth of the cheese and scallions (if using). topping each pizza with some sour cream and lettuce, if desired.

Per serving: 181 calories, 23 grams (g) carbohydrate, 3.5 g fiber, 5.7 g fat, 3.3 g saturated fat, 15 milligrams (mg) cholesterol, 12 g protein, 573 mg sodium, 275 mg calcium

Diabetic exchanges: 1½ lean meat, 1½ starch

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