

Nutrition 411

Fall 2009



A Personal Message From Your Registered Dietitian

The holidays are just around the corner. Why not prepare yourself physically and mentally for the busiest season by taking great care of yourself now? Take the time to enjoy all of the joys that autumn offers—picking apples, going on hayrides, raking leaves into a big pile and jumping in them, taking long hikes to enjoy the beautiful changing leaves, or cooking up a big pot of your favorite soup or stew. We hope that this newsletter will provide you with information and inspiration to live healthfully not just this fall, but all year round.



PICKING THE RIGHT ONE

An Apple for Every Reason

Nothing says autumn like the smell of fresh apples. Did you know that there are 7500 varieties of apples grown in the world, and 2500 of those are grown in the United States?

The five most popular varieties

Golden Delicious: An all-purpose apple, with a freckled, golden-yellow skin. Golden Delicious apples are especially good in salads, because when cut, the flesh doesn't darken as quickly as other varieties.

Jonathan: Another all-purpose apple, but not good for baking whole, because it loses its shape. Jonathan apples are small-medium sized and have a deep-red skin, with some yellow undertones.



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McIntosh: A very juicy fruit, with a somewhat tart flavor. Some people don't care to cook with these apples, because of their exceptionally smooth texture. These apples bruise more easily than other varieties and need handled carefully.

Red Delicious: This bright-red apple is the most popular variety in the United States. Red Delicious apples are sweet tasting and exceptionally crisp. Do not use these apples for cooking, because they disintegrate and lose their flavor when heated.

Rome Beauty: This red or red-striped fruit is a favorite for baking, because it holds its shape and becomes more flavorful as it's cooked. However,

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THE BEST BREAD

Make sure that the first ingredient listed on your bread label is a whole-wheat or whole-grain derivative, such as flour.



TAKE THE TIME

Set aside time each week to exercise and create healthy meal plans.

CINNAMON IS FOR MORE THAN BAKING

Sprinkle a bit of cinnamon on your cereal, fruit, yogurt, or hot cocoa. Studies show that cinnamon helps to lower blood sugar levels in people with diabetes, reduces cholesterol and triglyceride levels, and has antimicrobial properties.

An Apple for Every Reason (cont'd)

these apples are not as good when eaten raw, and can taste rather bland and mealy.

Shopping tips

Only buy apples that are kept cold. If you can dent an apple with your finger, don't purchase it. Choose apples with skins that are tight and unbroken.

Storage tips

Keep apples in a plastic bag in your refrigerator crisper. If purchased in good condition, apples will keep for up to 6 weeks in cold storage. Check apples frequently and remove any decayed apples, because the decay can spread to the other apples.

NUTRITIONARY

Food Irradiation: Is It Safe?

Food irradiation destroys harmful pathogens in food, such as *E coli*, and can keep produce fresher for a longer period of time.

Hundreds of studies have examined the safety of food irradiation, which has occurred in the United States and United Kingdom since 1905. The US Food and Drug Administration has approved food irradiation usage for fruits, vegetables, grains, spices, poultry, beef, pork, and lamb.

During irradiation, food is passed through a radiant energy field. Food and its packaging does not make any contact with the radiation during this process. The gamma rays used in food irradiation are similar to ultraviolet lights and microwaves, with the amount of radiation used varying by the food that is treated.

Remember that irradiated food can still spoil or grow bacteria during handling and preparation.



All irradiated foods must bear the Radura symbol. The FDA also requires that irradiated foods include labeling with either the statement "treated with radiation" or "treated by irradiation," along with the Radura. This applies only to food sold in stores.

DECODING THE GROCERY STORE

'Sugar Free' Does Not Mean 'Carbohydrate Free'

Many sugar-free and reduced-sugar products crowd the shelves of grocery stores today. Should you buy these if you're a diabetic? What if you're simply interested in living a healthier lifestyle?

It's important that diabetics remember that "sugar free" does not mean "carbohydrate free." Many sugar-free foods contain as many, or more, carbohydrates as "regular" versions. Your best bet is to carefully scrutinize all food labels. Remember that 15 grams (g) of carbohydrates equals 1 carbohydrate choice. It doesn't matter, for the sake of carbohydrate counting, what form those 15 g of carbohydrate come in—natural sugar, added sugar, grain, etc.

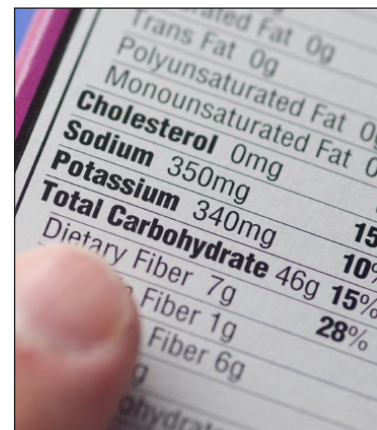
But don't dismiss sugar-free foods

altogether. Most diet drinks and sodas, and sugar-free fruit juices, canned fruits, gelatin desserts, pudding, hard candies, and yogurt do contain fewer carbohydrates. It's still important that you get into the habit of reading all labels.

Most no-sugar-added chocolate candy and ice cream offer no benefit over traditional versions. Chocolate and ice cream contain sugar because they are made from milk, which contains the natural sugar lactose. The so-called "added sugars" do not change the total carbohydrate count much, if at all. In most cases, you're better off having a small serving of a high-quality treat that you'll truly enjoy.

Many sugar-free foods contain more fat than their traditional counterparts do. Food manufacturers need to make up for the loss of flavor in some way, and they often choose to add more fat to meet customers' preferences for rich-tasting foods.

Remember, portion control is paramount for anyone trying to eat a well-balanced and nutritious diet.



The Autumn Breakdown

Calories IN

- 3 tablespoons apple butter=93 calories
- 3 ounces white turkey breast=117 calories
- 1 medium sweet potato=165 calories
- ½ cup bread stuffing=177 calories
- 1 piece of homemade corn bread=183 calories
- 1 C homemade hot chocolate made with whole milk=190 calories
- 1 apple dumpling=661 calories



Calories OUT (based on a 150-pound person)

- Mowing the lawn for 30 minutes=230 calories
- Golfing for 30 minutes=171 calories
- Walking at a normal pace, field and hills, for 30 minutes=167 calories
- Bicycling at 5.5 miles per hour for 30 minutes=131 calories
- Raking and bagging leaves for 30 minutes=113–142 calories



Sources:

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Look for the 'RD'

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

RD

WHAT WORKS FOR YOU?

True weight-loss maintenance is an experiment of sorts—a learning of what works for you and what doesn't work for you, as well as a long-term incorporation of these lessons into your lifestyle.

MAILBOX

I'd like to become a vegetarian for a number of reasons, including my health, but my friends say that they're concerned that I'll become nutritionally deficient. Do you think that it's OK to adopt a vegetarian lifestyle, and do you have any tips for someone considering doing so?

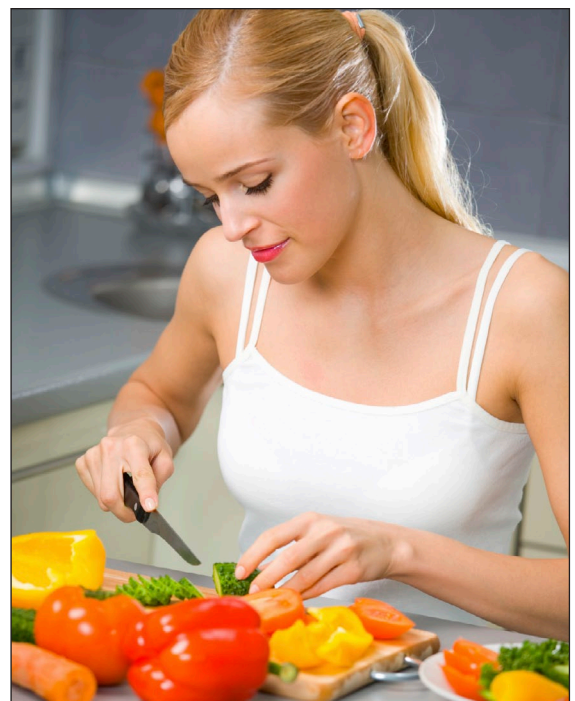
Considerable evidence proves that adoption of a vegetarian diet can provide many health benefits, including reduced risk of cancer, heart disease, and diabetes. These are the different types of vegetarians:

- **Lacto-vegetarians**—do not eat meat, fish, poultry, or eggs, but will drink milk (lacto)
- **Lacto-ovo vegetarians**—consume eggs (ovo) and milk (lacto)
- **Pollo-pesco vegetarians**—eat chicken (pollo) and fish (pesco)
- **Vegans**—do not eat any foods of animal origin

It is possible to plan a vegetarian diet that is nutritionally adequate. You must carefully monitor your consumption of calcium,

vitamin D, iron, and vitamin B₁₂. If you're not going to consume milk or milk products, make sure that your soy milk, orange juice, and bread products contain some calcium and vitamin D. For vitamin B₁₂, you may want to consider purchasing fortified breakfast cereals, fortified soy products, or taking a supplement, unless you plan to consume milk products and eggs. Dried beans, vegetables, dried fruits, dark molasses, whole-grain breads, and breakfast cereals contain iron.

The key to a healthy vegetarian diet is the same as for omnivorous diets—eat a wide variety of foods.



Choosing the Best Exercise Plan

Ask yourself these questions to determine what will work best for you.

Do you like exercising with other people? Some people feel self-conscious exercising in group environments.

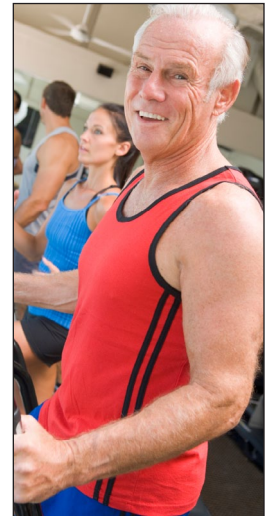
Do you become bored or distracted when exercising without an instructor, a timer, or other people nearby? If you're this type of person, but still want to exercise in the comfort of your own home, consider investing in fitness DVDs or making your own mix of music to keep you mentally involved.

Do you have a goal in mind that your exercise program will help you achieve? This goal varies according to the individual. Whatever your

goal is, make it something specific that you can visualize easily.

Do you choose appropriate methods of exercise? Thrill-seekers naturally stick to routines that reflect their adventurous side. If you're not one of these people, you should never force yourself to try these activities without testing the water first.

Would you prefer short exercise sessions? Recent studies have shown that breaking your aerobic exercise into 10-minute spurts during the day works just as well as doing a full-length session at one time. However, this approach does not work for everyone.



Cook's Corner

Quinoa is a tiny seed, used as a grain while cooking. It is high in protein, gluten free, easy to digest, and quick to



cook. You usually can find quinoa in your grocery store near pasta or rice/couscous, or in the health food, natural, or organic aisles. Quinoa also is available at health food stores.

Quinoa Salad With Apples and Apricots

— MAKES SEVEN SERVINGS • SERVING SIZE: 7/8 CUP —

INGREDIENTS

3 cups (C) cooked quinoa*
 1½ C unpeeled red apples (diced)
 ½ C dried apricots (chopped)
 ¾ C thinly sliced scallions
 ½ C finely chopped fresh parsley (packed)
 ½ C chopped pecans

Dressing

2 tablespoons (Tbsp) lemon juice
 2 Tbsp extra virgin olive oil
 ¼ teaspoon (tsp) salt
 ¼ tsp ground black pepper

DIRECTIONS

Place quinoa, apples, apricots, scallions, parsley, and pecans in a large bowl, and toss to mix.

Place all of the dressing ingredients in

a small bowl and whisk to mix. Pour the dressing over the salad and toss to mix.

Cover the salad and chill for at least 1 hour before serving.

Per serving: 202 calories, 24 grams (g) carbohydrate, 3.8 g fiber, 11.2 g fat, 1.2 g saturated fat, 0 milligrams (mg) cholesterol, 3.9 g protein, 92 mg sodium, 37 mg calcium, 379 mg potassium

Diabetic exchanges: 1 starch, ½ fruit, 2 fat

*** To cook quinoa:** Place ¾ C quinoa in a wire strainer and rinse well with cool running water. Place the quinoa and 1½ C of water in a 2-quart pot. Bring to a boil and then reduce the heat to low. Cover and simmer without stirring for about 15 minutes, or until the liquid is absorbed and the quinoa is tender. Let sit for 5 minutes and then fluff with a fork. Chill quinoa before adding to the salad.

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