

NUTRITION NEWSLETTER

Educating our community
one bite at a time

FALL 2014



Ingredients

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Why Start a Nutrition Newsletter?

Those who know Timaree or me know that we LOVE and what we do is teach. More specifically, we teach nutrition. We honor the opportunity to encourage everyone to take charge of his or her health by eating well and exercising. However, deciphering what “eating well” means can be daunting and downright confusing. Headlines that crossed my desk recently includes titles like, *Sugar-rich diet may raise likelihood of cardiovascular deaths*; *High cholesterol increases risk of breast cancer*; and *Study says coffee reduces risk of type 2 diabetes*. So what is a person to do? Where can you get the facts? Well...the answer is right in front of you(r screen). The goal of this newsletter is to educate our community (one bite at a time) on the facts about nutrition. We plan to start off with a newsletter every fall and spring semester and increase from there based on the demand, and feedback from you, our readers. (Send us an email and tell us you *Like* what we are doing.) In every issue you will see our main “Ingredients” with features like, *Ask the Nutrition Experts* (Email us nutrition questions and we will select one or two to answer in our next newsletter), and *What's Our Secret?* - useful tips for choosing the best available options! We will also share some of our favorite recipes as well as highlight work by our nutrition students. So, go ahead, savor a bite!



What's Our Secret?

Ever come home at the end of a long day only to be faced with that dreaded dilemma, “What am I going to make for dinner?” Before you make a U-turn for fast food, consider this, *Ask Chef Google*. First, take a quick scan of what you have in your refrigerator and pantry. Next, type in the items into *Google* and add the words, “healthy recipe.” Lastly, wait for Chef Google to come up with a list of recipes you can make with the ingredients you have on hand. Not only does this reduce waste (what was your plan for the extra zucchini you purchased at Farmers' Market last week?) but many recipes have reviews and nutrition information. So next time you face this dilemma, just Google it!



Ask the Nutrition Experts:

Does (cow's) milk really do the body good?

Ask any kindergartener and they will tell you that milk helps build strong bones. And with the push from celebrities wearing the milk mustache, it is no wonder that we still think that milk does the body good. But does it?

Unclear evidence

What is known is that milk is a good source of calcium. Calcium is a key substance in bone (and teeth). Lifelong intake of calcium and vitamin D along with regular weight bearing exercise are keys to bone health and the prevention of osteoporosis. However, does the calcium have to come from milk?

The answer is no. In fact, drinking too much cow's milk may actually increase women's risk for ovarian cancer. Those who suffer from lactose intolerance know the pain and consequences resulting from consuming lactose-containing food, like milk. So milk is not the best choice for some people.

Does drinking cow's milk actually protect the bones? A 12-year Harvard study (using 78,000 women) found those who drank 3 cups of milk a day had a higher risk for breaking their bones compared to women who rarely drank milk. Other studies supported this finding. Solution? Along

with regular weight bearing exercise (like walking!) and sufficient sunlight exposure (for vitamin D), get your calcium from plant sources!

Plant sources of calcium

One cup of milk contains ~300mg of calcium. The same amount can be found in these phenomenal plant foods: 2 cups of cooked kale, 5 cups cooked broccoli, 1 cup cooked collards and 1 ¼ cup cooked turnip greens, plus calcium from plant sources can actually be better absorbed than previously thought! Calcium can also be provided by 4 oz of tofu (made with calcium sulfate), 2/3 cup of fortified almond milk, 1 cup of soy milk or 1 cup of fortified orange juice.

Recipe You Must Try: Thin Crust Kale Pizza

Serves 2

Ingredients:

3 cups raw kale (any variety); cleaned and finely chopped
2-4 Tbsp sun-dried tomatoes, chopped into strips
4 Tbsp artichoke hearts, diced
2 Tbsp olives, diced
2-4 Tbsp red onion, sliced thin
1/2 cup Marinara sauce (your favorite recipe or brand)
Whole wheat Lavash bread, large (12'x8")

Procedure:

Clean and dry kale, then chop it finely. Cut the lavash bread in half to make 2 "pizzas" and toast in 400F oven for 3-4 minutes on a pizza screen, until crisp. Spread a layer of sauce on the bread, sprinkle on sun-dried tomatoes, then a generous layer of kale, followed by the olives, artichokes and onion. Put the pizzas back in oven for 5-8 min., just to heat the toppings and begin to wilt the kale. Slice pizza into six pieces with a chef's knife to make it easier to eat, and start munching as soon as it is cool.



Any variety of kale can be used! Purple is super fun! Rinse the kale under cool, running water, rip the leaves off the stem and let them soak in a large bowl of ice water for 5-10 minutes. Dry the kale with a salad spinner or by wrapping in paper towel, then finely chop for the pizza topping!

-Timaree Hagenburger

www.thenutritionprofessor.com

Obesity – Difference in Perspectives

By Tyronda Smith, Nutrition Student

Most people know that overeating and lack of exercise lead to obesity. However, obesity can be sneaky. In addition to these obvious causes, there are hidden factors unbeknownst to most making some people more vulnerable to obesity than others.



According to the National Health and Nutrition Examination Survey (NHANES) in 2009-2010, of the total US population of the people ages 20 and older, 35.7% of them are obese. When obesity rates were measured within White, Black and Hispanic ethnic groups, vast differences were found when compared. The White population has an obesity rate of 34.3%, Hispanics at 40.4% and Blacks at 49.5%, the highest of all. While attempting to discover the reasons for obesity rates being highest among Blacks, studies have assessed and compared several risk factors among different ethnic groups. Some of these factors include socio-economic status (SES), education levels, dietary consumption and self-awareness. (For more information about obesity risk factors, access Society of General Internal Medicine, keywords Obesity; Ethnic Differences.)

Self-awareness of overweight and obesity is one less obvious factor that contributes to the higher incidence of obesity in Blacks than that in other cultures. How can one

combat a situation that he or she does not know exists? A 2004 study by Dutton, Martin and Brantley suggests that Black women have a strong family history of obesity, resulting in the acceptance of being overweight and obese. Also Black women who are obese have a more positive body image than do White women. When shown an image of a body sized that is labeled overweight by the body mass index (BMI) standard, most White people agreed with the label. However, most Blacks perceive the same to be average sized and it is most preferred. The study also found that Black women are not as preoccupied with weight as are White women. Since there is a variation in the way that Whites and Blacks perceive and accept overweight and obese body size, Blacks are predisposed to this occurrence more so than Whites.

Dietary consumption is another factor to consider when assessing obesity vulnerability. Excess calorie and fat intake lead to weight gain and eventually obesity. For generations, Black people have been acclimated to eating “soul

food”, which consists fatty cuts of meat and fried food with added saturated fat, sugar and salt. Currently US dietary guidelines suggest that 20-35% of a day’s caloric intake come from fat with no more than 10% of it coming from saturated fats. The USDA’s



Black women are not as preoccupied with weight as are White women

Continuing Survey of Food Intakes by Individuals noted that only 25% of Black people meet these guidelines. For some, this is the part of their cultural food and very difficult to change.

Low SES is correlated to poor

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health and obesity-related diseases among all individuals. The socio-demographics affect obesity and health behaviors. Data reveals that Black women had lower medium incomes than White women, marry less frequently and are more often single mothers. Having lower income results in having less purchasing power to buy healthful foods such as fresh fruits and vegetables. Families are more concerned about quantity than quality when buying food. Those of low SES often live in neighborhoods that lack sufficient grocery stores which make it difficult to access healthy foods.

The three factors are just many of the lesser-known contributors of obesity among Black people. If people are made aware that these factors exist, they shall be better able to make the necessary changes in order to effectively combat obesity and decrease their level of vulnerability to it.

Did You Know...

Always think you are making a healthy choice by eating a Subway or Jamba Juice? Ever wonder what is actually in their food/drink? Here's a quick run down. Sandwiches 6" & are made with 9-grain wheat bread, lettuce, tomatoes, onion, green peppers & cucumbers (**no cheese or sauces**).

<http://www.subway.com/Nutrition/Files/NutritionValues.pdf>

Juices are the 22 fl oz (med.) regular recipe <http://www.jambajuice.com/menu-and-nutrition/menu/smoothies/classic-smoothies>

Compare the numbers below with what is recommended daily intake for an average healthy adult (Daily Value):

Daily Value	Cal 2000	Protein NA (g)	Carb 300 g	Fat 65 g	Sodium <2400 mg
Food/Drink					
Sweet Onion Chicken Teriyaki	370	25	57	4.5	770
Turkey Breast	280	18	46	3.5	670
Big Philly Cheesesteak	500	38	51	17	1280
Meatball Marinara	480	21	59	18	920
Cold Cut Combo	360	17	46	12	1030
Italian BMT	410	20	46	16	1100
Spicy Italian	480	20	46	24	1490
Tuna	480	25	44	25	580
Aloha Pineapple Smoothie	410	8	96	1.5	40
Banana Berry Smoothie	390	4	92	1.5	90
Caribbean Passion Smoothie	350	3	82	1.5	50
Mango-A-GO-Go Smoothie	400	3	94	2	45
Peach Pleasure Smoothie	390	3	92	1.5	50
Razzmatazz Smoothie	390	3	91	1.5	55
Strawberries Wild Smoothie	370	5	86	0	140
Strawberry Surf Rider™ Smoothie	450	3	110	1.5	10
Acai Super-Antioxidant Smoothie	380	5	78	6	55
Orange C-Booster Smoothie	350	5	82	1.5	25

Choose Healthier Drinks to Avoid Extra Calories

By Timaree Hagenburger; published in the Lodi News Sentinel

If you find yourself feeling hungry all day long, it might just be what you are drinking. Depending on the beverage, mindless sipping can even contribute to health issues, like weight gain and obesity, insulin insensitivity and diabetes, and elevated cholesterol and hypertension.

While we all know that milkshakes are calorie bombs that range from 700 to 2400 calories each, I think that the little sneaky liquid calories

are much more problematic than most of us will admit. A small glass of orange juice in the morning, a non-fat mocha between errands, a small soda with lunch, an energy drink in the afternoon, and a few beers or cups of sweet tea at dinner can add up to 10, 20 or even 50-plus pounds of excess weight over a year.

One of the main challenges is that, while sweet flavors on our tongue initiate communication with our

brain to stimulate our appetite, our bodies don't seem to recognize the calories coming in from beverages to the same extent as with solid food. So while these calories can easily be stored as body fat, they don't help us figure out when we are satisfied and need to stop eating or drinking. We also tend to feel hungrier sooner after consuming liquid calories.

Now before you think that you are off the hook because you drink



What's In?

As we near the end of summer, this will be your last chance to load up on berries. As fall approaches, it's a great time to enjoy the fruits and vegetables that will be in season.



September, October, November – what's in season?

Apples,	Acorn squash
Asian pear,	Broccoli
Grapes,	Brussels sprouts
Key lime,	Butternut squash
Kumquats	Cauliflower
Persimmons,	Jerusalem artichokes
Pears,	Mushrooms
Pineapple,	Pumpkin
Pomegranate	Radicchio
Sweet potato	Swiss chard

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“diet,” there is a well-established connection between diet drinks and weight gain, as well as an increased risk of developing diabetes and a laundry list of other negative side effects.

If you are wondering how a no-calorie beverage can make you gain weight, here are several explanations: Many people incorrectly assume that choosing a diet drink will greatly reduce the calorie content of their meals – the double burger, fries and a diet drink scenario. Research also shows that when people know that they are consuming a “diet” drink, they eat more calories at the meal, but do not overcompensate like this when they think they are drinking “regular.”

What to do? Make mindless sipping work for you! Before going to bed, fill a large pitcher, or half gallon Mason jars, with water and a combination of some of your favorite fresh or frozen fruits and herbs, so that the whole family will have easy access to delicious drink options. Have fun experimenting with lemon, lime or orange slices combined with raspberries, strawberries or kiwi. Adding several chunks of pineapple will also provide a surprising sweetness as the flavor infuses into the water. Cucumber and mint or ginger can be refreshing, too!

If you prefer a less pronounced flavor, make ice cubes with fresh fruit like chunks of kiwi, berries, pineapple or peaches, and add those to individual glasses of water.

The only beverage that rivals water, in terms of health promotion is tea.

What Changed for me—from a Nutrition Student

A truly lasting, life-long change is not easy especially when it goes against pretty much everything I know. Growing up, my family was influenced by the western diet. We ate meat, cheese, eggs, and some form of dairy with every meal. My family also has a lot of health issues like type 2 diabetes, high-blood pressure, high cholesterol, a few cancers and the list goes on.

In the last few years, I've been on the search for what it means to be healthy. My first focus was on aesthetics. I mean if you look like someone on a health & fitness magazine, you must be healthy, right? As I gathered more information I found out that wasn't true. Many of them had health issues and some even took drugs to look the way they do. I came to the conclusion that diet must play an important part to healthy living, but which diet is the right one? I followed every diet that focused on more protein, whether it was paleo, low carb, low fat my focus was on consuming more meat because I thought that is what I was supposed to do. With the help of more exercise, I was able to shed almost 40 pounds and I looked a lot better. However, a visit to the doctor would tell me otherwise as all those hereditary problems remain. What was I doing wrong?

Unfortunately, what you see in the media and popular belief is just flat out wrong. Finding this out for myself was a culture shock. I owe my new look on life to my nutrition professor, Timaree Hagenburger, but I'll be the first to tell you that she and I didn't see eye-to-eye in the beginning. I felt confused and upset because what I was learning in class wasn't what I grew up with! I was resistant and had excuses for why I eat what I do. Since my health was not improving, she encouraged me to try a plant-based diet.

It started as a 10-day challenge to myself. I instantly felt better with more energy. I was able to find some easy recipes that were similar to my daily meals that were plant-based. My digestive tract and regularity improved.

I FEEL AWESOME EVERYDAY. MY ENERGY IS HIGHER...

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I liked the results so much that I extended it to 30 days. Again, the effects I felt were tremendous, but I wasn't totally convinced. I had to try my old diet to know for sure. I had my tri-tip, pot roast, and my family's adobo (Filipino dish). Even though I kept the portion size small, the meals upset my stomach (which I thought was normal all my life). I was lethargic and I was convinced to make a permanent change to a plant-based diet.

I feel awesome every day. My energy is higher which affects my mood. I am healthier; my blood pressure, cholesterol, body fat levels are now all in the safe range with the hopes of improving them even further as I continue with my current lifestyle. I want to be an example for my family and others to make a change to be healthy.

I want to thank Professor Hagenburger for not giving up on me and for teaching, challenging, and caring about my well-being.

Feedback? Comments? Questions? Contact us! We love to hear what you think about our newsletter.

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