You made that fabulous recipe that calls for lots of garlic and onion. You carefully minced them using your favorite knife, but after dinner and into the next day, you noticed that your hands still smell of garlic and onion. What can you do to get rid of this scent? After working with strong odor ingredients (including seafood/fish), take a stainless-steel spoon (or anything stainless-steel) and wash your hands with it (like you are scrubbing the spoon with your hands and fingers). Immediately after washing, the smell is gone! How does it work? These odor-rich foods contain sulfur that transfers to your hands. The stainless steel will bind with the sulfur on your skin, thereby removing the unpleasant scent.
Ask the Nutrition Experts:

Is it true that I should not eat after 8 p.m. if I want to lose weight??

Not exactly. The thing about eating is not the time but the amount that is consumed. Since most people keep busy during the day, there is less opportunity/time to eat. However, later in the evening when access to food is easier (at home), hundreds of calories can be consumed in matter of minutes.

Your body does not shut down after 8 p.m. (even though you will be burning fewer calories per hour when you sleep). If you did not consume enough calories during the day and ate majority of your calorie needs during the evening, you will not gain weight. However, for many people, it is more tempting to over indulge on high calorie, high sugar, and high fat foods (convenience food that does not require preparation) later in the evening. Plus, it is difficult to stop at one cookie, one scoop of ice cream, or one slice of pizza. If this late night habit continues, weight gain will occur. Eating late at night may also cause indigestion and/or difficulty falling to sleep.

How can you avoid late night snacking?

People eat late at night not because of hunger but because of boredom, stress, craving (especially if you restricted your intake during the day), depression, etc. Identifying these triggers is helpful so that you can redirect it from food. Read a book, talk on the phone, knit, etc.—these activities make eating inconvenient. Making sure you eat adequately throughout the day will curb your hunger and desire to snack at night. Lastly, go to sleep at a reasonable hour; staying up means more time to snack. Waking up tired the next day can also trigger the desire to eat (just to stay awake).

What can you eat when you get the late night munchies?

If you are actually hungry, then foods that you can choose that will not drastically affect your waistline if the portions are in check includes:

- Air popped popcorn (use your own no salt seasoning/herbs to spice it up)
- Fresh fruit, veggies
- Cooked oatmeal
- Hibiscus tea or other herbal/non-caffeinated tea

-D. W. Wassmer

Challenge of the Week

D. W. Wassmer

“The journey of a thousand miles begins with one step.” – Lao Tzu

What does it take to make a change—especially a lifestyle change? Many times, it begins with the smallest step. Every week, I challenge my student to make a slight change to their life to better their health and to be mindful of their food choices.

Here are two simple challenges for you to implement and maintain:

1. Eat only when sitting down.
2. Do not multi-task when eating.

How many times have you mindlessly eaten something just because it was there or convenient? By making yourself sit, you are mindfully acknowledging the food you are about to place into your body. You might even reconsider the handful of chips or candy bar when you actually see what you have selected to eat.

Do you find yourself checking your phone, watching television or even reading when you eat? If so, do you ever stop in the middle of a text/email/show/article to ask yourself if you are full or if you are actually enjoying the food you are eating? If you are like many individuals, you only stop eating when your plate is clean. This can lead to over eating. Instead, appreciate the dining experience and do not multi-task while eating. Be present and enjoy every bite!
While many shy away from the topic, as a dietitian and nutrition professor, I have no problem talking about poop, especially when it is a matter of life and death! Constipation, so common that many people mistakenly think it is “normal”, has a long shadow that extends far beyond inconvenience and physical pain/discomfort. While you may already be familiar with the links between constipation and hemorrhoids, acid reflux, diverticulosis and diverticulitis, colon cancer, varicose veins, and hiatal hernias, the well established relationship between breast cancer and constipation might surprise you. More than 100 years ago, doctors and scientists documented an association between pre-cancerous changes in the breast and constipation, with subsequent disappearance of that pathology once the constipation was resolved. In later research, it was found that women with two or fewer bowel movements per week had four times the risk of pre-cancerous breast cell changes as compared to women eliminating waste more than once per day.

Flush Your Risk
–T. Hagenburger reprinted from the Lodi News Sentinel

To understand this situation, you are going to need a bit of background. Every moment of our lives, our cells are exposed to myriad of carcinogenic, or cancer causing substances, and our liver is our primary detoxifier. Our liver makes bile acids to help us get rid of cholesterol, extra estrogen and other toxins. When our diet is full of fiber-rich plant foods, we are able to quickly and easily get rid of these bile acids in our waste. However, when we are not able to keep transit time down to a day or two, these harmful bile acids and other toxins are actually reabsorbed through the wall of the large intestine. Not only can this prolonged contact time to initiate DNA mutations, which can lead to cancer in the colon itself, but these harmful bile acids can travel throughout the blood supply and end up getting concentrated in the breast tissue. In fact, research demonstrates that the breast cells can have 100 times the concentration of carcinogenic bile acids compared to circulating blood and can not only promote growth of existing cancer, by exerting an estrogen-like cancer promoting effect on breast tumor cells, but also initiate new cancer development.

If you think that you are “in the clear” because you have daily bowel movement, what you flush today, could actually be the result of what you ate nearly a week ago! While the mouth to toilet transit time for those of us who eat plant-strong are only a few days at most, the average omnivore can expect the trip to take up to five days! Remember, longer transit time means more exposure of these toxins to the intestinal cells and a greater percentage of the bile acids and extra estrogen getting reabsorbed and traveling throughout the body.

In the early 1900s, resolving severe constipation for some patients meant removing the colon, a surgical procedure called a colectomy. However, I have some less invasive strategies for keeping those waste products moving through in a timely manner! In addition to increasing the amount of whole plant food that you are eating, here are two action items that you can implement today!
Flush Your Risk
-continued from page 3

1. Use my 1C-1R technique to increase your fiber and phytonutrient intake: Whenever you eat something COOKED, like black bean soup or a veggie stir-fry, eat something RAW with it (carrot sticks, cucumber rounds, a fresh pear).

2. Don’t get into your car without your water bottle! Even if you don’t have a long commute, you may spend more time than you realize zipping here and there in your car. I never leave home without filling up my stainless steel, insulated water bottle, a “luxury” that you owe yourself, even if I am traveling less than a mile to the grocery store. As soon as I get into the car, I start drinking and keep practicing that habit, as it provides the perfect opportunity for me to get the water my body needs to help the fiber in the plant foods that I eat move the waste out!

Final thought in honor of National Breast Cancer Awareness Month (October): a tongue twister that I wrote may end up being a life saver…

Pack your plate with plants for plentiful poops and protection for your precious parts!

Where to Buy Locally & Sustainably - D. W. Wassmer

Are you trying to be more connected with the food you eat?

The best way to do this is to grow your own garden. But if you are like many, a garden is simply not possible for many reasons so the next best thing is to buy your food from your local farmer. You can ask about his/her practices and be assured of the foods that you are buying/eating support your desire to eat sustainably. If you do not live close to a farm, you can shop at your local farmers’ market or food co-op. Many of the small farmers attend these local farmers’ markets. Even though the produce that the farmers sell are not certified organic, it still may be. Many small farmers do not become certified organic because it requires money and paperwork—resources that they simply cannot afford. However, they may grow their produce organically. The farmers’ market is the perfect opportunity to ask them about their farming philosophies and practices.

If you are interested in finding local producers and farmers near you, go to Local Harvest at http://www.localharvest.org/ and type in your zip code. The list is not comprehensive but with time and with more people using the website, the list will grow.

“Let food be thy medicine and medicine be thy food” - Hippocrates
Researchers at the Center of Disease Control and Prevention have determined that 12.5 million or 17% of children in the United States are currently obese or overweight. Unfortunately, overweight and obese children have a 70% chance of becoming overweight or obese adults. Weight will be a constant issue for them and with it comes the burden of poor health. It is well documented that the complications that are caused by being overweight and obese can last a lifetime unless more effort is done to reduce the statistics.

From www.healthychildren.org:

- Children on average spend nearly 3 hours a day watching TV.
- Only half of children and teens, ages 12 to 21, regularly exercise.
- Eighty-five percent of children diagnosed with type 2 diabetes are either overweight or obese.

With the ever presence of iPhone, iPad, computer games and videos, physical inactivity among the youth is prominent and has been identified as a contributor to obesity. Researchers from the University of Missouri studied the effects of inactivity on metabolic maladies. Astonishingly, after only two days of inactivity, the animals demonstrated insulin resistance (similar to type 2 diabetes) in the skeletal muscle, fat cells, and liver. In addition, the animals had gain more fat deposits including fatty plaques on the arteries with longer duration. This can translate to inactive children having a higher percent of body fat, fatty liver and an increased risk for cardiovascular disease and type 2 diabetes.

On the other hand, can physical activity have the opposite (desirable) effects? Researchers examined the outcome of different doses of aerobic training on insulin resistance in 222 sedentary, overweight children. They found that after 13 weeks, children who performed just 20 minutes of aerobic exercise a day showed improved insulin response and had lower body fat.

We can put these findings into application by encouraging physical activity at home and in school. In addition, add a diet that focuses on plant-based foods for these children and many of the health conditions may be prevented or reversed.

The Healthy Children website provides a list of ideas to help children be physically active (as always, check with your physician to make sure the type and level of physical activity are acceptable and developmentally appropriate for your child) (https://www.healthychildren.org/English/healthy-living/fitness/Pages/Encouraging-Your-Child-to-be-Physically-Active.aspx):

- Find a fun activity. Help your child find a sport that she enjoys.
- Plan ahead. Make a time and place for exercise.

Less sitting time and more physical play.
Inactivity
Continued from page 4

- **Be a role model.** Children who regularly see their parents being physically active are more likely to be active.

- **Turn off the TV.** Limit television watching and computer use. The American Academy of Pediatrics recommends no more than 1 or 2 hours of total screen time, including TV, videos, computer and video games, each day. Use the free time for more physical activities.

- **Make time for exercise.** Some children are overscheduled with homework, music lessons, etc. that they do not have time to exercise. Prioritize children’s extracurricular activities and make time for exercise.

- **Do not overdo physical activity.** Too much exercise can lead to injuries.

Did You Know...

Hankering for a salty, crunchy snack? These snacks are certainly easy to grab. However, have you looked at the nutritional labels of these snack items? Do not be fooled with words like, multigrain, garden, harvest, smart, etc. They all contain more calories than essential nutrients. Consider this information next time you want to reach for a handful of chips.


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<th>Protein (g)</th>
<th>Carb 300g</th>
<th>Fat 65g</th>
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<td>15</td>
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<td>170</td>
</tr>
<tr>
<td>Lay’s potato chips, barbecue</td>
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Mary’s Sriracha Tofu
*From T. Hagenburger; published in the Lodi News Sentinel*

**Ingredients**
- 1 medium red onion, diced small
- 16 oz pkg firm tofu, drained & wrapped in paper towel to remove excess water
- ½ -1 teaspoon of red pepper flakes
- 1 teaspoon of ground cumin
- 1 teaspoon of Sriracha sauce
- 1 teaspoon of ginger garlic paste or fresh garlic (pressed or minced)
- 1 teaspoon of rice vinegar

**Procedure**

A few tablespoons of vegetable broth, as needed to deglaze pan

Salt and pepper to taste

Crumble/shred the tofu with a fork & set aside. Heat pan over medium heat; when pan is hot, add onion, and stir once it begins to brown, adding a few teaspoons of vegetable broth, if needed (to deglaze pan & prevent onion from sticking to pan). Once onion has softened and caramelized (3-4 minutes), add crumbled tofu, letting a nice brown crust form, before stirring. Add the red pepper flakes, cumin & garlic (or ginger garlic paste), & cook for 30-40 seconds. Add Sriracha, vinegar & cook for 2 more minutes. Taste for seasoning. Serve wrap in whole grain tortilla or lettuce wrap. Add peppers, brown rice, black beans, cilantro & avocado, if desire.
Rene Silvey, Jr. is one of my amazing nutrition students. He had the courage to take the information that we discussed in class and not only incorporate it into his own life, but also share it with his family and inspire them to substantially improve their health. I want to share part of his story and one of his family’s new favorite recipes made by Mary Copeland, his father’s girlfriend (on page 6).

My family values our Mexican heritage and shares a very strong foundation of unity. I am a junior, and along with taking my father’s name, I take responsibility to continue our family’s legacy. I have learned over the past few years, that in order for my family and me to live long, prosperous lives, we must first take action in making deliberate choices about what we eat. I never realized the power that we have to choose health for each other and ourselves. My family has felt the burden of chronic disease and suffered the consequences, thinking that it was just in our genes. My uncle has battled with obesity for years, and was so large and plagued with back pain, that he was unable to play with his children. I have had my own struggles with weight and had never thought about a connection to the way we interacted as a family. However, one of the ways that our family used to show love was with unhealthy food. All of that loving plumped me up to a 190 pound sixth grader, and set my father up with the beginning stages of type 2 diabetes and a painful and dangerous condition known as diverticulitis.

Now we live a plant-based lifestyle, and it feels phenomenal and empowering! Watching each other obtain new levels of energy and improved health is awesome, especially because we tend to be a bit hot under the collar when tensions rise. More energy and feeling better means having a better attitude, and having a better attitude opens the door for new kinds of motivation. At a lean 155 pounds, I thrive throughout very rigorous workouts that include 325-pound deadlifts! Ever since my father has changed the way he eats, he has lost 20 pounds, and is setting new goals for himself, and now he wants to see what else he can do with his body. My father and I both help support each other every day, and the connection that we share is unfathomable; the bond has never been greater, all because we changed what we eat. He tells me himself that there is no point in going back to the way we ate before, his experience with a plant-based lifestyle has really opened his eyes to new possibilities that he never even thought were achievable.

There is an incredible amount of power generated when we stand up for each other’s health and fight against the forces that cause disease and steal our precious quality of life. The chronic diseases that plague or society, not only threaten our ability to financially and physically take care of our families, but also prevent us from making wonderful memories with those we love the most. Working together as a family to change eating habits can open the floodgates to a variety of benefits, in addition to each family member achieving different goals. Is it time for you to work towards wellness with your family, one bite at a time?

What’s In?

Persimmons are in peak season now! These orange gems originated from China and made its way to California in the 1800’s. They come in 2 varieties: Fuyu (flatter & firmer version; pictured above) and Hachiya (oblong & softer; pictured below).

Fuyu can be eaten like an apple (skin and all). Hachiya needs to ripen before you eat the sweet, jelly-like texture.

Both will turn pumpkin-orange in color when they are ripe. Hachiya may need to sit out (bottom point up) for a few days before it is ripe enough to eat. Unripe Hachiya persimmon is bitter and unpleasant in taste.

Persimmons are packed with nutrients. An average persimmon (3 oz) contains: 70 calories, 4 g of fiber, 0 fat, 33% and 13% of the daily value for vitamin A and C, respectively. Both of these vitamins are known for their antioxidant properties. Enjoy!
What is food insecurity? Food insecurity is reduced quality food and/or reduced food intake. The hopelessness of food insecurity is a very real and devastating fact for nearly 4 million Americans today. Almost 10% of the residents of Elk Grove living at or below the poverty level deal with this issue every day.

This is important because more than 60% of CRC students classify themselves as living at or below the poverty level (Fall 2014 report). College students may be prone to malnutrition. This would directly affect healthy brain development and their ability to focus in class. Our students may be too hungry to learn!

Elk Grove Food Bank Services (EGFBS) strive to overcome food insecurity. Established more than 41 years ago, EGFBS is the primary, and in some areas, the only food bank serving all of Elk Grove, Sloughhouse, Rancho Marietta, the Wilton/Franklin area, some areas of South Sacramento, and the homeless. One of the missions of the EGFBS is to help eliminate food insecurity for residents of the eight zip codes they serve through several mechanisms.

• The Basic Food Program provides a basic three-day emergency supply of non-perishable food to clients once per month, along with fresh or frozen meat, dairy products, eggs, bread, pastries, fresh fruit and vegetables.
• Satellite and Delivery Food provides many homeless and very low-income individuals to what may be their only hot meal at a local Elk Grove church.
• Nutritious Cooking on a Budget provides classes and workshops at the Dino Drive facility and periodically throughout the food bank’s service areas. Attendees are given low-cost, nutritious recipes based on the typical contents of their food boxes, and are taught what to purchase to make the meals more nutritious. They also receive tips on menu planning, safe food preparation and storage, and budgeting tips to help stretch their food dollars.

“This is an ideal place for students in nutrition programs to see first-hand what the needs are of the local low income residents.” – Judy Sala

Our Nutrition 300 students continue to donate their time at Elk Grove Food Bank. Student volunteer in the warehouse, help with cooking classes or workshops, assist clients at one of the EGFBS satellite sites, or volunteer for 5 K races (Run 4 Hunger; pictured above). Judy Sala, EGFBS Case Manager states, “This is an ideal place for students in nutrition programs to see first-hand what the needs are of the local low income residents.” Besides volunteering their time, students also take away useful information. For example, many students may realize their family qualifies for CalFresh benefits that can be used to buy fresh fruit and vegetables at local Farmers’ Markets. In addition, Alchemist CDC (Community Development Corporation) sponsors the Market Match Program for those who qualify for CalFresh. This program provides a match of CalFresh benefits - spend $10 of your CalFresh benefits at the Farmers’ Market and get $10 extra to spend there!

Currently, more than 4,500 individuals (men, women and children) receive food from EGFBS each month through the different programs. By not supporting EGFBS, we run the risk that our students do not come back…because they literally do not know where their next adequate, healthful meal is coming from.

For more information about the EGFBS Program, contact Judy Sala, EGFBS Case Manager, at 916-685-8453 or information about the CRC-EGFB volunteer program contact Veronica Lopez, lopezv@crc.losrios.edu.

“…Our students may be too hungry to learn!”
Continued from page 1

Going Gluten-Free?

gluten sensitivity is harder to narrow down as many people self-diagnose themselves. However, it is estimated that 5-6% of the population are gluten sensitive. If only 1% to possibly 6% of the population could benefit from eliminating gluten, why are so many more people going gluten free? The answer is short-term weight loss. People love their pasta and bread especially with fattening spreads and sauces. People who give up bread/pasta may experience weight loss because they have eliminated a large chunk of their calories from their daily diet. However, with the onslaught of more gluten-free bread and pasta (and other foods) on the grocery shelves, the weight loss phenomenon will disappear as gluten-containing foods are replaced with similar, or higher calorie gluten-free versions. In addition, just because a food is labeled gluten-free does not mean that it is a healthful choice. For example, many brands of hot dogs are labeled gluten-free, but does this make the hot dog a smart food choice?

Whole foods containing gluten also contain many essential nutrients such as fiber, B vitamins, minerals, and phytochemicals. So, by eliminating gluten, you are also eliminating these key nutrients from your diet. Unless you are medically diagnosed with celiac disease or gluten-sensitivity, there is no need to avoid gluten-containing food.

-D.W. Wassmer

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

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