NUTRITION NEWSLETTER

Educating our community one bite at a time

Spring 2016

Ingredients

Eating Meat Causes Cancer

For a span of about two weeks, people actually paused to rethink eating that slice of bacon on their plate. However, the $95 billion U.S. beef industry calmed the public's fear and the anxiety about eating meat faded over time. They argued that it was unfair to classify processed and red meat as carcinogens. Others even said that eating meat on occasion is fine, if not *healthy*. Why all this support for meat? Because this is what the majority of Americans wants to hear. Americans want to continue to live their life as they are accustomed and that includes eating meat. Think about it, do people really want to hear that their favorite food causes cancer? No.

What may seem like "news" about meat and its cancer risk has actually been known for decades. The International Agency for Research on Cancer (IARC) finally made this declaration last October. The IARC is composed of 22 international researchers and experts and they based their findings on over 800 research studies. Processed meat is categorized as a Group 1 carcinogenic (smoking falls in the same category). In other words, it is with strong evidence that eating processed meat will cause cancer in the person. What is processed meat? Any animal product that has been salted, cured, smoked and/or preserved in some way is *processed meat*. Most popular processed meats include bacon, hot dogs, salami, deli meats, pepperoni, sausages, chicken nuggets, etc. *Continue on page 10*

What's Our Secret?

You spent extra money to buy fresh herbs. However, your recipe only calls for 1 tablespoon. What do you do with the rest? Instead of spoiling in your fridge or struggling in vain to find recipes to use them in, you can store them for up to 6 months in your freezer! Gently wash the bunch of herbs and pat dry with an absorbent paper towel. Place them in a sealable plastic bag (removing as much of the air out as possible) and store them in your freezer. When you need the herbs again, simply take them out of your freezer, chop/mince/dice as desired and add to your recipe. There is no need to defrost since the heat from cooking will automatically do that. Waste no more! *-D. W. Wassmer*



Ask the Nutrition Experts:
Should I take probiotics supplement?

Typically, when we hear, "bacteria" we think of infections and diseases. After all, we take antibiotics to kill these microorganisms. While it is true, bacteria in the wrong place can cause a lot of health problems, certain bacteria in the right place can be very beneficial. The trick is to maintain the good bacteria while minimizing the bad bacteria in our body.

Why do we need them anyway?

It may shock you to know that the microorganisms in our colon outnumber our body cells by a ratio of 10:1. That is right! There are 10x more bacteria in our body than there are number of cells! These organisms (probiotics) add to our gut microbiome and may have a significant role in our immune system, digestion, body weight, colitis, among others.

Where can I get probiotics?

Our first exposure to probiotics occurs during birth through the birth canal. Newborns are exposed to mom's bacteria and begin the proliferation of a healthy microbiome. (Studies show that these bacteria are not transferred to infants born by Cesarean. As a result, they have less than optimal immune system and gut microflora.) Once we have the bacteria, we simply need to maintain this microbiome, by providing a food source (prebiotics).

However, our poor food choices, lack of sleep, and certain medication (including antibiotics) can alter the balance and promote the growth of the bad bacteria.

We can get probiotics from eating fermented food like yogurt and yogurt made from soy/almond/coconut milk, but we can also get them from kim chi, miso, sauerkraut, sourdough bread, tempeh, pickled vegetables, among others. In order for these probiotics to thrive and multiply, we need to nourish them with prebiotics. Prebiotics are fiber-containing foods like legumes (beans, peas, and lentils), whole grains, fruits, vegetables, nuts and seeds—basically, all your plant foods.

Taking a probiotic supplement does not ensure the intake of **all** the different good bacteria. Simply taking the supplement without eating foods to nourish them is not effective.

-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.

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

1. Give up a useless food

Sodas, candies, donuts, sugary coffee drinks, chips, all contain lots of calories and very little nutrients. These are known as, *empty calories*. In other words, they do not contribute to the intake of essential nutrients but will add needless calories that can promote weight gain. Instead of reaching for that can of soda or candy, skip it. Give it up and your body will thank you.

2. Switch to whole grains

Next time, instead of buying white bread or pasta, reach for whole grain instead. Do not be fooled by the color because it could just be caramel coloring added to the refined flour to give the illusion of wholesomeness. Bread can be labeled *wheat bread* or even *100% wheat flour* because most bread is made from wheat—just not **whole** wheat. Look on the ingredient list and check to make sure that whole grain (*whole wheat* or the actual name of the whole grain, such as *buckwheat, bulgur, cracked wheat, millet*, etc.) is the first ingredient. Foods made with whole grain contain the whole kernel (bran, germ, endosperms) and retains all the original nutrients and fiber. Refined grain only contains the starch.

Enjoy Good Food and Good Luck!

–T. Hagenburger reprinted from the Lodi News Sentinel

Yippee! It is 2016!!!

Time to celebrate with delicious food that loves us back! As I have written about before, greens and beans are well known for bringing good luck and prosperity for the New Year! So, let's get started with a recipe that one of my NUTRI 300 students, Morgan Epperson, "accidentally" invented – by "throwing a few things together." While it may look simple, Morgan outdid herself! Not only does her recipe include beans and greens, but you'll see mushrooms, citrus, nuts, flax and chia – all extremely *POWERFUL* health-promoters that work so well together! When she shared her recipe with me, I got busy developing a dressing that would complement it and we were both very happy with the results. I had some very ripe persimmons on hand, but I also provide several other options, if you do not have any left. Once your plate is in front of you, admire it, then take a few deep breaths and enjoy every single bite!!!

Morgan has a very interesting story to tell, one to which many of you may be able to relate. In her own words…

Initially, I did not want to go on a plant-based diet with my family. When my dad first told me how he and my mother were going to be participating in this three-week plant-based diet challenge that Kaiser Permanente was doing, I grimaced, rolled my eyes, and sighed. I am a very stubborn person and change was not something I enjoyed, even if it was only for three weeks. Another issue was that I liked to eat. I never liked having limitations on what I ate and I never gave a second thought to what it was doing to my body. Reluctantly, I agreed to do this challenge with my parents, since my mother had told me it would be beneficial to our health, and I knew my family didn't usually make the healthiest choices when it came to eating. All three of us were overweight and did not exercise nearly as much as we needed to. We had followed diets before, but always ended with little results that were temporary, as the weight would eventually come creeping back.

We started eating vegan on August 24th, which coincidentally was the first day my classes started for the fall semester. I had originally enrolled in Professor Hagenburger's nutrition class solely as a general education requirement. I figured I would learn a thing or two, but overall it would just be part of my ultimate process of "getting things done" education-wise. I had no idea how much these things in my life would begin to intersect and how much more I would learn! Within weeks of learning about all of the real benefits of eating plant-based, I knew there was no way I was going to go back to eating meat

-continue on page 3

Enjoy Good Food

-continued from page 3

or dairy again! I was relieved to know that my mother felt the same way and that she wanted to continue eating plant-based as well. My father was skeptical, but he agreed, since he felt so much better!

Since we changed our diet, we've had more energy, didn't feel as bogged down after meals, and were feeling fuller faster after eating delicious, plant-based meals that were chock-full of fiber and other amazing nutrients. It all just goes to show that you do not have to sacrifice good taste to eat healthy when you can easily make food that tastes great and is good for your body, too!

You do not have to sacrifice good taste to eat healthy!

Morgan's Spinach & Kale Salad (makes 4-5 servings)

Ingredients

3 cups baby spinach
3 cups chopped curly kale
1-2 cups kidney beans (cooked from dry or canned, rinsed and drained)
1-2 cups white mushrooms
2 mandarin oranges
½ cup chopped pecans
1 Tbsp chia seeds
1 Tbsp ground flax seeds
Drizzle of the Lemon Persimmon* Dressing (on page 6)

Procedure

Rinse the spinach and kale thoroughly. Then, chop and de-stem the kale, slice the white mushrooms, and peel the mandarin oranges, separating them into individual wedges (cut into bite sized pieces, if large). Toss the spinach, kale, mushrooms, orange wedges, kidney beans and chopped pecans in a large bowl. Add the ground flax seeds (coffee grinder works great), chia seeds, and serve with your favorite oil-free plant-based dressing. (See recipe on page 6.) Feel free to add any other vegetables to the dish if you choose. (Kale stems can be chopped very small and added to the salad or as part of the base of any soup or stir-fry recipe.)

"Let food be thy medicine and medicine be thy food" - *Hippocrates*

Phytochemicals Fight Cancer

By Kim Mamou-Salinas, NUTRI 340 Student

The deliciously pungent smell of fresh, chopped garlic; the vibrant orange color of a steaming sweet potato; the slight burn on your tongue when you bite into a spicy jalapeno…

To many people, these aromas, colors and flavors invoke feelings of pleasure (along with salivation), but they are even better than that. This produce contains phytochemicals that can protect us against cancer! Phytochemicals are naturally occurring chemicals in plants that provide the distinct colors, flavors and odors of fruits, vegetables, legumes, and whole grains.

Several studies and years of clinical research have shown that phytochemicals in the diet can have protective factors against carcinogenesis, or the development of cancer. Some commonly known phytochemicals are lycopene (found in tomatoes), resveratrol (found in red wine), capsaicin (found in chili peppers) and isoflavones (found in soy).

The best understood characteristic of phytochemicals' cancer preventative properties is in their role as antioxidant. Antioxidants can prevent *oxidation,* the chemical reaction that occur naturally and normally in the body. Oxidation leads the formation of *free radicals* that can cause damage to the cells leading to inflammation and the formation cancerous cells. The antioxidant phytochemicals can neutralize free radicals or directly absorb them for elimination from the body. Phytochemicals such as the flavonoids (i.e., in green tea), stilbenes (in grapes) and carotenoids (in yellow-orange fruits and vegetables) have been shown to be antioxidants.

Certain phytochemicals also seem to have the ability to slow or stop the growth of cancer cells and tumors. Some phytochemicals act as anti-inflammatory substances that can reduce the type of inflammation that cause cancer growth. Ellagic acid (in pomegranates) and quercetin (in onions) exhibit anti-inflammatory activity. Some phytochemicals, such as, curcumin (in turmeric) and sulforaphane (in broccoli), demonstrate the ability to cause cancer cell death before they can spread. Another way that phytochemicals aid in the fight against cancer is their ability to regulate hormones. They do this by limiting the production of cancer-related hormones in the blood stream. The isoflavones (in soy) and carnosol (in rosemary) have

…the ability to slow or stop the growth of cancer

these hormone regulating properties.

There is solid, clinical evidence that phytochemicals in the diet can reduce the risk for cancer. Resveratrol (grapes) and isoflavone (legumes) consumption leads to a decreased breast cancer risk. Many clinical trials report a reduced risk of prostate cancer

-Continue on page 6

Phytochemicals

Continued from page 5

with food sources of vitamin E and selenium (both found in nuts). Quercetin (in onions) has been shown to reduce lung cancer, even in people who smoke! Many other clinical trials also show that phytochemicals have the ability to reduce other forms of cancer including, but not limited to, skin, colorectal, ovarian, pancreatic, oral and gastroesophageal cancers.

All in all, a diet rich in phytochemicals can reduce the chances of developing cancer. To reap these benefits, people need to eat a variety of fruits, vegetables, nuts, legumes and whole grains. The brightly colored and strongly flavored fruits and vegetables offer the best sources of phytochemicals. It is most beneficial to get these phytochemicals from whole food sources and not from supplements, as the research on the effectiveness of supplements is inconclusive.

Do You Know about…TOP?

TOP is our **Thrive On Plants** student club at CRC. Whether you choose to eat plant-based whole foods for the environment, morals, ethics, health or *just to feel great*, the TOP Club is here to support you! They can help you succeed with transitioning and maintaining a new way of nourishing yourself, by answering questions, offering resources, hosting cooking demonstrations and having *AMAZING* monthly potlucks. TOP has weekly meetings on campus (Wednesdays at noon in WIN-102). All CRC students & staff curious about plant-based eating or already thriving are welcome to attend. Interested, but have a schedule conflict or question? Email thriveonplantsclub@gmail.com; Club Advisor: Timaree Hagenburger.

Mark your calendars!!! Do not miss ***Your Fork, Our Planet*** happening at CRC **April 4-8**, hosted by the TOP Club. We will have be showing *Cowspiracy*, organizing a TOP Fair on the Quad, and having guest speakers Dr. Oppenlander, author of *Comfortably Unaware* and *Food Choice and Sustainability* and Lani Muelrath, author of *The Plant Based Journey*.

TOP Weekly Meeting at 102 Winn Center	Activity
March 2, noon	Kickstart Time – Welcome to the Challenge!
March 9, noon	Cooking Demo – Got Cheeze? Makin' Muesli!
March 16, noon	Keeping it Real – Using the power of your fork to change your life!
March 30, noon	Potluck (aka, TOPLUCK) – Indian food!
April 6, noon	***Your Fork, Our Planet*** – TOP Fair on the Quad! Learn how to save time, save money, eat well & protect the Earth!
April 13, noon	Cooking Demo – DIY Salad Dressing!
April 20, noon	Earth Day – Save Water with Your Fork (visit our table).
April 27, noon	Potluck (TOPLUCK!) – Chinese Food!
May 4, noon	Cooking Demo – Greens, Grains, & Beans – Make a Rockin' Combo!
May 11, noon	Potluck (TOPLUCK!) – Japanese Food!

Timaree's Lemon Persimmon* Dressing (makes 3-3.5 cups)

From T. Hagenburger; published in the Lodi News Sentinel

Ingredients

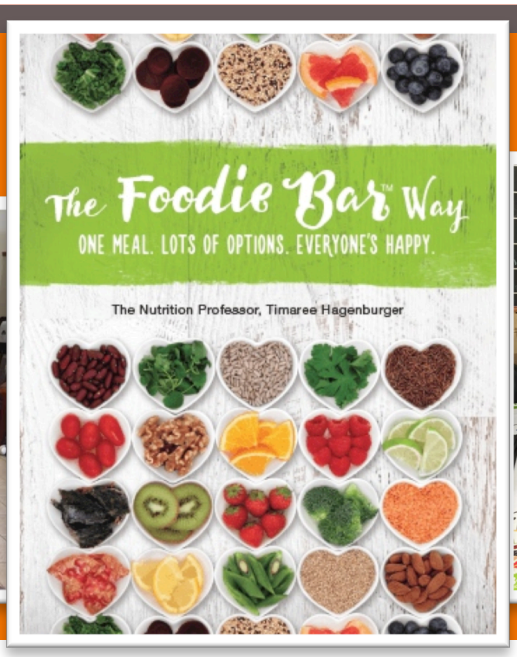
3 small, ripe Fuyu persimmons* (see alternatives below)
2 Meyer lemons with zest
1 Tablespoon sesame seeds
1 Tablespoon soy sauce mixed with 1 Tablespoon water
2/3 cup white wine vinegar
2/3 cup water
2 tsp Dijon mustard
1/4 tsp ginger, powdered (or ½ tsp fresh)
1/4 tsp black pepper
2 tsp chia seeds

Procedure

Combine all ingredients in a high-speed blender until creamy! This will keep well in a glass jar with a tight-fitting lid in the back of the fridge for at least 5-7 days.

The Nutrition Professor's Cook Smart Tip: *If you do not have access to ripe Fuyu persimmons, you can use ~1.5 – 2 cups of ripe pear/apple/apricots (unpeeled, just remove core/pit), papaya, pineapple or mango (frozen works well – may want to thaw before blending).

Timaree's Cookbook!



Finally! It is here!

For those of you who know me, you know that *I LOVE FOOD!* Not only do it I love food, but I happen to love delicious food and have developed quite a knack for preparing food that not only tastes amazing, but also loves us back!

I have been writing recipes since I was 6 years old and sharing them with students for the past 16 years. I finally compiled some favorites into a book!!! Last spring, one of my former NUTRI 300 students shared with me that she could not take it anymore! She explained that she had printed out all of the recipes from my website three times already. When she had a friend over and served one of my dishes, they would like it so much that they would end up leaving with the entire stack of recipes! "It's time," she said, "write your book!" Well, I took on the challenge and *The Foodie Bar Way* was born!

The Foodie Bar Way is far from being your ordinary cookbook! In fact, it was designed with students, busy professionals and families in mind. My NUTRI 300 students often struggle with time, money, cooking skills and confidence in the kitchen. They also like things that are new and exciting. As busy professionals, many of us sacrifice our health in the name of convenience or to avoid confrontation with our families over what they "should" eat and what they "want" to eat.

What is the secret? Setting up *Foodie Bars* and giving everyone an opportunity to "build-their-own!" I have done the heavy lifting for you by putting together an array of ideas to customize familiar meals with ingredients that "love you back!" You just set out the options and everyone can assemble the combination that is just right for them. You will see how foods that are the very best for us fill the table and the disease-promoting choices are crowded out!

You will never run out of options to make food delicious, fun, flavorful and personalized! Instead of being divided when it comes to nourishing our bodies, *The Foodie Bar Way* is about bringing friends and family together around the table to enjoy one meal, with lots of options, so that everyone is happy! With great information like how to set yourself up for success in the kitchen and keeping produce lasting longer, along with 32 *Foodie Bars* and 94 recipes, (with a picture for each – taken by either my husband or photography professor, **Kathryn Mayo**), this book will meet everyone where they are.

Staring up at hundreds of different cookbooks lining high shelves in my kitchen, I have to pinch myself when I look over and see mine on the cookbook stand! My nine year old made me smile the other day when she said, "I can't believe that we are actually cooking from your book! I know that you have been working so hard on it, but it just hit me that it is actually done and here!" I feel the same way!

Timaree's Speaking Schedule:

VegFest SacTown - Sacramento (Jan 30, 2016)
Alaska VegFest - Anchorage (Sept 12, 2015 and Returning Sept 10, 2016)
Commit2FIT Woodland Wellness - Woodland (Mar 9, 2016)
Lodi Library – Lodi (April 7, 2016)
Tasting Plant-Based Cooking Class – Carmichael (April 12, 2016)
Healthy World VegFest- San Francisco (Oct 8-9, 2016)

Upcoming Podcast Interviews:

It's All About Food – with Caryn Hartglass
Plant-Based Cardiologist – Dr. Jami Dulaney

What's In?

CABBAGE! They come in different colors and *styles*. There is Savoy (more wrinkly), red, Napa, Brussels sprout, and even bok choy. These are all part of the cabbage family. The ones that are in season now are the green, Savoy, and red.

Steaming cabbage enhances its cholesterol-lowering effect by binding with bile acids.

The different types of cabbage contain varying amounts of glucosinolates. The health benefits of glucosinolates are enhanced when the cabbage is steamed (vs. eating it raw). Glucosinolates help lower cholesterol as well as the risk for bladder, colon and prostate cancer. It is also rich in antioxidants and acts as an anti-inflammatory.
Cabbage is a great source of vitamin K, C, B6 as well as fiber. When fermented (in sauerkraut), it is an excellent source of probiotics and prebiotics!

The Department of Nutrition and Foods Hosts a Student Welcome Reception

"We want to create a community; we want to help students be successful."

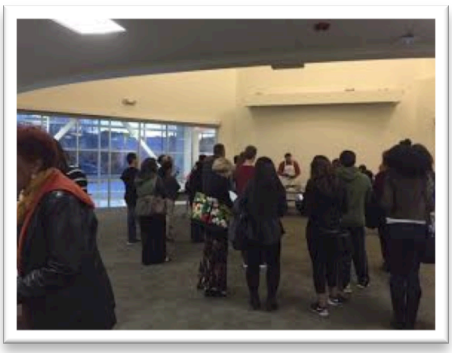
The Dept. of Nutrition and Foods hosted a *Welcome Reception* for our Nutrition Students on Feb. 5 from 4 -7 p.m. in the Community Room, Winn Center. The Reception gave the students the opportunity to meet the Nutrition faculty (full and adjunct) and interact with the many student support service representatives in a relaxed and informal setting.

Our goal was to cultivate a powerful learning experience and community for our CRC Nutrition students. This reception improved the range and quality of student-faculty, student-staff, and student-student interactions. We wanted to enhance their academic experience by creating a community of support. By doing so, we hope to promote student retention, persistence, graduation, and aspiration.

The event was an enthusiastic success! Over 50 students attended and networked with other students, faculty and staff. The Department would like to thank **Lee Weathers-Miguel** (Counseling), **Peter Bostic & Elizabeth Starbuck** (Foundation), **Emily Bond** (Library), **Sharon Padilla-Alvarado** (Tutoring), **Carol Bernardo** (Work Experience), as well as **Yolanda Garcia** for supplying Financial Aid information to our students. This event was made possible with a mini-grant from the CRC Foundation.

Attendees were treated an evening filled with plant-based food and food demonstrations by Prof. Hagenburger and student, Mike Sausman.

-D.W.Wassmer



Rockin' Red Rice Salad with Ginger Sesame Dressing

Recipe by D. Wassmer and T. Hagenburger

By popular demand!

As nutrition professors, we like to "play" with our food and come up with some new and tasty recipes. Timaree and I came up with this one. It was an immediate hit and everyone asked for the recipe. So, we are making it available here.

The best part is that you can use any whole grain, legume or vegetable you have on hand. The picture on the top left shows the salad with quinoa, carrots, beets, broccoli, and kale. The one on the right contains red rice, beets, sweet potato, spinach and tofu.

"The flavor is amazing!"

"It tastes as good as it looks!"

-comments from students

The Salad (1 serving):

2 leaves, chopped kale (or 2-3 cups of chopped spinach)

2 sweet potatoes, diced – microwaved until just tender (~5 minutes or more depending on your microwave.)

½ cup corn (fresh of cob, cooked or frozen, thawed)

1 medium beet, diced (cooked until tender – boiled in water for 10-15 mins or roast in oven)

½ cup steamed broccoli

½ cup steamed carrots

If desired, add ½ cup drained firm tofu (pressed dry with paper towels and cut into ½-inch squares).

2-3 tbsp chopped almonds (roasted).

1 cup cooked whole grain (e.g., brown rice, red rice, wild rice, barley, quinoa, etc. or a mixture of grains)

Combine all ingredients in a large bowl. Add the dressing & mix. Serve warm or cold.

The Dressing:

1 Tbsp fresh ginger, chopped

1 small garlic clove, peeled

1 tsp low-sodium soy sauce or tamari

1 tsp lemon juice or rice vinegar (I prefer the rice vinegar)

1 tsp sesame oil

3 Tbsp olive oil

1 tsp honey

¼ tsp pepper or to taste.

Place all the items in a blender, food processor or Vitamix. Process until smooth.
Drizzle over the grain salad.

For Timaree's oil-free version:

In place of soy sauce/tamari, use 1 tsp of sesame seeds

In place of both oils, use 4 Tbsp vegetable broth (made from 4 Tbsp water plus ¼ tsp low sodium organic vegetable bouillon base) and 2 tsp chia seeds.
Add the rest of the ingredients listed above and blend as directed.

Eating Meat Causes Cancer

Continued from page 1

Red meat (includes pork, lamb, & goat) is classified as Group 2A carcinogen (probably causes cancer). Ultraviolet radiation A, B, & C are classified in the same group. The question then is not ***if***, but ***how much*** is the risk? IARC declared (and is later supported by the World Health Organization) that people who eat processed meat have an 18% higher chance of developing cancer, especially bowel (colon) cancer. What does 18% higher risk mean? For the average population, there is a 5% chance for that group to develop bowel cancer. That means 5 out of every 100 people will develop colon cancer. By eating 50 grams of processed meat a day, 6 individuals (instead of 5; 18% of 5 = 0.9 or 5.9 rounded to 6) out of that 100 will develop colon/rectal cancer. So, when it is presented in this seemingly insignificant light, many people dismissed this risk. But what is important to remember is, just like with smoking, the more you eat/smoke the higher your risk of developing cancer. Fifty grams of processed meat is approximately 1.7 ounces or about 3 slices of bacon, 4 paper-thin slices or 2 regular slices of deli meat, 1 hot dog, or about ½ a sausage link. It is typical for an individual to eat bacon for breakfast, deli meat sandwich for lunch, and pepperoni pizza for dinner—the risk for cancer is amplified with more intake/exposure.

People may also dismiss the cancer risk by saying, "I buy organic/free range/antibiotic free/hormone free/nitrate free… meat." However, this does not lessen the risk for cancer. The exact process of cancer development is still not completely understood, however, much of the evidence points to the chemicals naturally found in meat and not how the animal was raised, injected with, or treated. Eating processed meats containing nitrite/nitrate or meats that typically contain heme (in hemoglobin that gives meat the red color) forms N-nitroso compounds (NOCs) in our body. The NOCs damage the intestinal cells leading to the growth of cancerous cells. In addition, cooking meat directly on high heat (e.g., BBQ'ing, grilling, or pan frying) produces polycyclic aromatic hydrocarbons and heterocyclic aromatic amines—both known to promote cancer development. And no, eating raw meat is not a solution since it comes with other health risks.

The IARC only focused on meat and cancer risk. They did not investigate the role of meat in the development of other chronic diseases that is outside the scoop of their work (such as, heart disease, hypertension, type 2 diabetes, Alzheimer's, etc.).

Some people may not comfortable taking risks. However, it is ironic that many of the same people who are adamant about eating only organic, non-GMO and/or gluten-free food will not take the same precautions by eliminating their intake of meat. For many, the thought of giving up meat and processed meat seems too severe and difficult. Yet, they never truly gave it a try. It all boils down to personal choice balanced with the quality of life. The truth is that colorectal cancer, or any cancer for that matter, causes much suffering and takes the lives of friends and family members. You have to decide if it is worth the sacrifice to prevent. *-D. W. Wassmer*

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

Contact:

Timaree Hagenburger
hagenbt@crc.losrios.edu

or

Dana Wu Wassmer
wassmed@crc.losrios.edu

COSUMNES RIVER COLLEGE

Los Rios Community College District
Department of Nutrition and Foods
Winn Center
8401 Center Parkway
Sacramento, CA 95823
https://www.crc.losrios.edu/areas/ct/nutri