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DELICIOUS IDEAS AND

RESOURCES FOR NUTRITION EDUCATION

Glycemic Index and Weight Control

Many diet books recommend the use of the Glycemic Index for weight loss. But two recent studies show these are not effective for losing weight.



The impact of glycemic index (GI) and glycemic load (GL) on food intake, blood lipids, the development of insulin resistance, and other metabolic effects has been the subject of numerous studies. These concepts have also been popularized in several best selling diet books like those of Atkins, Sears (*The Zone Diet*) and Agatston (*South Beach Diet*). However, nearly all of the studies that have examined the effectiveness of focusing on the GI or GL of the diet have suffered because of either their short-term and/or the failure to control other dietary variables known to impact satiety and ad libitum calorie intake (eat at will or free feeding).

Dietary factors such as calorie density, fiber

content, the ratio of macro-nutrients, variety, and the palatability of the foods recommended are all known or suspected to impact satiety and ad libitum energy intake. In addition to the failure to control all of these variables, in longer term studies has made interpretation of the results of most of these studies difficult. Two recent studies, which were longer than most and one of which that did a better job than others at controlling most of the other dietary variables that can impact calorie intake were recently published.

The first of the two studies looked at the impact of high vs. low GL diets on a group of obese young (18-35y) adults. In this study, researchers failed to control calorie density,

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palatability, and the lower GL diet had 15% more fat calories and 15% fewer carbohydrate calories than the higher GL diet. Nevertheless, the researchers found no significant difference between weight loss after 1.5 years on the high and low GL diets. However, before the start of the study the researchers examined insulin response to an oral glucose load. Those with a greater insulin rise were likely to be insulin resistant (IR). In these IR subjects the researchers observed a somewhat greater weight loss than in those who had better insulin sensitivity despite being obese.¹

The second study looked at the impact of

high and low GI and GL diets on weight loss of overweight subjects with an average age of 35. In this study calorie density, fiber, palatability, and variety were comparable on the high and low GI & GL diets. The two diets did differ in their macronutrient content with the high GL diet being 60% carbohydrate and 20% fat and protein while the low GL diet had only 40% carbohydrate and 30% calories from fat and protein. For the first several months of the study food on both diets was supplied to the subjects by the researchers. For the final 6 months the subjects were instructed on how to continue on the high and low GL diets on their own. The loss of weight and body fat on the two diets

was not significantly different after 6 months or 1 year on the high and low GL diets. Importantly, during the first 12 weeks of the study when dietary adherence to the high and low GL diets was best controlled there was no significant difference in hunger ratings of subjects on the two diets.²

Bottom Line:

Neither of these studies lends much credence to those who claim diets with less carbohydrate, a lower GI and/or a lower GL are more effective at promoting weight loss or reducing hunger. However, the results of the first study suggest that people prone to develop IR might lose a little more weight by limiting processed carbohydrates with a higher GI. Results

of the second study could be interpreted to suggest that increasing protein at the expense of carbohydrate could modestly increase satiety. Better to focus on reducing calorie density, increasing fiber, and reducing calories from beverages to promote weight loss without hunger than focus on GI or GL.

*By: James J. Kenney,
PhD, RD, FACN*

References:

1. *JAMA* 2007;297:2092-102
2. *Am J Clin Nutr* 2007;85:1023-30

8 Easy Ways to Lower the Fat in Your Diet

1. Cook more meals at home. Make them low in fat by adapting your recipes and learning new ones.
2. Buy skim or fat-free dairy products instead of the full fat versions. These include milk, yogurt, sour cream and frozen yogurt.
3. Consume less cheese and foods that contain cheese, like pizza and deli sandwiches. Cheese is the number one source of saturated fat in the American diet.
4. Choose leaner cuts of meat and poultry and limit portion sizes to no more than 3 ounces per meal (about the size of a deck of cards).
5. Eat more salads and vegetables. Did you know that you should be eating at least 2.5 cups per day according to MyPyramid?
6. Eat more fruits instead of packaged snacks like chips and crackers.
7. Limit baked goods and fatty desserts.
8. Use oil, margarine and fatty dressings sparingly.



Whole Grain Notes

MyPyramid advises individuals to consume half of their grain servings each day as whole grains. This equates to about 3 ounces. Food manufacturers have taken note of this and many are reformulating their products and offering new ones as whole grain.

A package of one such product caught my eye in the grocery store: Whole Grain Fig Newtons. They are considered a good source of whole grains because they contain 8 grams of whole grains per serving. To be an excellent source of whole grains a product needs to contain at least 16 grams per serving. Manufacturers have also come out with whole grain Wheat Thins and Whole Grain Triscuits. To make this easy to

understand, we created the chart on this page which shows a calorie comparison between these snacking products and whole cooked grains.

While it is great that cookies are made with whole grains, they really shouldn't count as a whole grain serving because they contain added sugar. They are a better cookie choice for those who can afford to imbibe. These cookies and crackers are clearly not the lowest calorie choices for those trying to lose weight. FMI see nabiscoworld.com



Whole Wheat Product

Calories

1 ounce cooked oatmeal	17
1 ounce cooked brown rice	31
1 ounce cooked barley	34
1 ounce cooked whole wheat pasta	35
1 ounce whole grain bread	76
1 ounce whole grain Fig Newtons	100
1 ounce whole grain Triscuits	120
1 ounce whole grain Wheat Thins	121

Fruits and Vegetables

If people consume more than five servings of fruits and vegetables a day, they should expect to see a major reduction in stroke, according to a meta-analysis published in *Lancet*. Authors found that 3-5 servings produced about an 11% reduction while more than 5 servings produced 25%. They credit an increase in potassium, along with low fat, high fiber and antioxidants, all nutritional benefits of eating fruits and vegetables in their natural state.

Fast Food Notes

We have scanned many fast food menus and note the following tips:

- Most chicken entrees and sandwiches are very high in sodium and not that low in fat, despite the fact that a chicken breast by itself is both low in fat and sodium

- Many salads are high in sodium and fat. If ordering a salad, make sure the ingredients are not fried and that you order the dressing on the side. Salads with chicken

are often high in sodium.

- Value meals can be costly on the waist. A recent offer from Jack in the Box is for The Big Deal which includes a cheeseburger, 2 tacos and 20 ounce soft drink. This can add up to 840 calories, 33 grams of fat, 14 grams of saturated fat and 1330 mg of sodium just for one meal. Sure, it only costs \$2.69 but the excess of calories, fat and sodium.

- Side dishes such as tossed salads, baked potatoes, fruit and yogurt are often the best options.

Create Your Own Cookbook

Tastebook.com allows you to create your own cookbook online and is similar in experience to using iTunes. You can buy a printed version or store your recipes online. But better still, you can access libraries of recipes created by home cooks who use them. Use the online library to jumpstart your collection. And store and edit all of your recipes online.



Light and Easy Entrees

Chicken Mushroom Saute

2 tsp olive oil
8 ounces thin-sliced chicken breasts
2 cups white wine (or broth)
1/4 cup minced onion or shallots
2 cups sliced mushrooms
Salt and pepper to taste

Heat oil in a large skillet over medium-high heat. Saute chicken on both sides until done, about 5-8 minutes. Remove from pan.

Add onion, wine, mushrooms and seasonings to skillet. Cook until the liquid is almost evaporated. Serve the chicken topped with the mushrooms.

Serves 4. Each serving: 214 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 48 mg cholesterol, 195 mg sodium, 4 g carbohydrate, .5 g fiber, 19 g protein.

Asian Style Flounder

1 cup chopped green onion
1 tablespoon grated ginger
1 tablespoon minced garlic
2 tablespoons light soy sauce
2 teaspoons sesame oil
16 ounces fresh flounder
4 cups raw spinach

Preheat oven to 350F. Place spinach in baking dish and then top with fish and the rest of the ingredients. Bake the fish until done, about 10 minutes.

Serves 4. Each serving: 174 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 51 mg cholesterol, 618 mg sodium, 3.5 g carbohydrate, 3.5 g fiber, 19 g protein.

Barbecue-Baked Salmon

4 4-ounce salmon fillets
4 tablespoons barbecue sauce
1/4 cup water
Sliced lemons

Preheat oven to 375F.

Place salmon fillets in baking dish and add water.

Top each fillet with a tablespoon of barbecue sauce.

Bake until done, about 20 minutes. Serve with fresh lemon.

Serves 4. Each serving: 217 calories, 12 g fat, 2.5 g saturated fat, 0 g trans fat, 66 mg cholesterol, 193 mg sodium, 2 g carbohydrate, 0 g fiber, 22 g protein.

Salsa-Broiled Tilapia

16 ounces tilapia fillets
2 cups chopped tomato
1 lime, juice only
1/2 cup chopped red onion
1/2 cup chopped green pepper
1/2- teaspoon minced jalapeno
1 tablespoon chopped cilantro

Preheat oven broiler. Place fish in baking dish and top with tomato, lime juice, green onion and jalapeno. Broil until fish is done, about 10 minutes.

Serve fish hot with baked salsa spooned over the top and garnish with chopped cilantro (or parsley).

Serves 4. Each serving: 130 calories, 3.2 g fat, 0 g saturated fat, 0 g trans fat, 57 mg cholesterol, 59 mg sodium, 6 g carbohydrate, 2 g fiber, 19 g protein.



Delicious Low-fat Side Ideas

Grain/potato/pasta/starch:

1. Steamed brown rice
2. Baked potato with nonfat yogurt and chopped green onion
3. Baked winter squash with cinnamon
4. Corn kernels with light margarine
5. Orzo pasta tossed with olive oil, diced tomatoes and Parmesan

Vegetables/salads:

1. Tossed salad
2. Steamed broccoli with lemon
3. Sauteed spinach
4. Broiled asparagus
5. Mixed veggie stirfry
6. Boiled fresh beets
7. Microwaved green beans and red onions

Fruits:

1. Sliced berries
2. Fresh orange wedges
3. Microwave-baked apple wedges (with apple pie spice)

9 Heart Healthy and Inexpensive Ways to Fill Your Shopping Cart

1. Great Grains

Dinner can always be a plateful of grains and vegetables. Use a small amount of protein as the condiment rather than the centerpiece. Grains give a lot of B vitamins minerals and fiber for a low price.

- Store brand pasta and whole grain pasta
- Store brand brown rice and white rice
- Oatmeal (breakfast)
- Low-fat popcorn (snacks)

2. Bountiful Beans

Beans are an inexpensive way to add protein, iron and fiber to any dish.

- Canned beans
- Dried lentils
- Dried beans
- Frozen beans

3. Lean poultry

- Chicken tenders
- Chicken breasts with ribs
- Extra lean ground turkey
- Whole chicken

4. Frozen or canned fish in water

Fish is a nutritious, flavorful enhancement to pasta or rice dishes or salads. Small cans provide portion control. Your grocer's freezer now provides better choices for fish. Just make sure you choose plain varieties and add your own seasonings to keep fat and salt low.

5. Seasonal fresh vegetables and fruit

These are both economical and better tasting. Plan your meals around what is ripe, flavorful and colorful. Heads of lettuce, carrots, cabbage, bags of apples, zucchini, corn and melons all make excellent choices when they are in season.

6. Frozen vegetables

Frozen vegetables provide a shelf-stable product

that needs little preparation. You can find special deals on store brands.

7. Low-cal, high-calcium dairy choices

Skim milk, light low-fat yogurt and nonfat ricotta provide the best sources of calcium while being low in saturated fat and sodium. Watch for specials and buy in bulk to save.

8. Brewed tea

Brew your own tea to cash in on a beverage that is low in cost and chocked full of nature's healthful antioxidants and other beneficial elements. Brewed tea is an excellent and lower-priced alternative to soda and other sugar-laden expensive beverages. Choose store brands and stock up on special offers.

9. Potatoes

Baking potatoes, especially when purchased in bulk (choose the smaller sized ones) make great meals and snacks. Potatoes are among the highest satiety foods - meaning you feel full longer.



Healthful, low-cost food may help you lower your risk for certain cancers.

Eating more plant-based foods like grains, legumes, fruits and vegetables that are minimally prepared can make shopping less expensive. It can also help you lower your risk for certain cancers. FMI see www.dietandcancerreport.org

50 Things to Do When Bored Besides Eat

1. **Plan healthy meals and snacks** so you keep a healthful routine and do not choose calorie-dense foods at random. See number 2!
2. Make a **grocery list** and stock the house with good foods from #1.
3. Clean out the **refrigerator** and freezer.
4. **Drink water** or unsweetened tea.
5. **Clean the house** or catch up on chores.
6. **Wash the car.**
7. **Clean the back yard** or patio if you have one.
8. Go to the **gym.**
9. If you find you have a lot of extra time on your hands, enroll in an **exercise class.**
10. **Organize your closet** and donate extra items to charity.
11. **Prepare a low-fat salad** and raw vegetable snacks for the day or week.
12. **Walk the dog** or a neighbor's dog.
13. **Run errands** and put gas in the car so you have time to exercise tomorrow morning.
14. **Go out for unsweetened tea or coffee.**
15. **Shop for gifts** and get ahead with your life schedule so you have more time for exercise.
16. **Learn a new healthful recipe** using a fruit or vegetable.
17. **Prepare a healthy dinner.**
18. **Cut up fruit and put grapes in small baggies** so they are ready to go.
19. **Take up swimming,** biking, hiking, kayaking or another physical activity.
20. Buy and use an **exercise video.**
21. Find a **yoga studio** and take two lessons a week.
22. **Call a friend** and walk while you are talking on the cell phone.
23. **Chew gum** or brush your teeth.
24. **Write down** situations that cause you stress and make you want to eat and find non-food solutions for them.
25. **Reorganize your bathroom** or other drawers in the house.
26. **Clean and organize the garage.**
27. **Talk a long walk** to the store.
28. **Go to the mall** and walk around or do outdoor shopping.
29. **Walk the zoo** or outdoor park.
30. **Shop online** for new fitness equipment and clothes.
31. Write down what you have eaten today and **start a food journal.**
32. **Make a list of the times you feel bored** and need to eat and make a list of things you can do to conquer this.
33. **Research and write inspirational quotes.**
34. **Listen to music** while taking a walk.
35. **Organize your photographs.**
36. **Write to friends.**
37. **Meditate** or take a hot bath and then pamper yourself by looking good.
38. **Ride an exercise bike while you watch TV.** Drink water flavored with lemon. It is even better if you can watch a show or DVD on an inspirational athletic event.
39. **Sign up for tennis lessons.**
40. Go **bowling.**
41. **Volunteer** so you are out of the house and around people more.
42. **Cook some healthful low-fat meals** and freeze them for busy days.
43. **Organize your kitchen.**
44. **Attend an outdoor produce or farmer's market.**
45. Go out **dancing.**
46. Write down **goals** for yourself for the coming year - budget, vacation, work, lifestyle, etc.
47. Eat **carrots** or celery or melon.
48. **Iron** your clothes.
49. Go to the **bookstore.**
50. Take some outdoor **photographs.**





Nutrition Month Ideas

Worksite Activities

“Here are some of the things I am doing at my work location (a Public Health Department):

- Nutrition Education Display board in the lobby to be viewed by employees and community members seeking services
- Nutrition Education bulletin boards made available for all clinic sites to display if they want them
- 5 for 5 Challenge-Challenge will encourage employees to eat at least 5 servings of fruits or vegetables everyday and exercise at least 30 minutes each of the 5 days during the week. Employees will have a tracking form to keep up with their progress towards the challenge and if they complete the form their name will be entered into a drawing at the end of the month’s activities. Employees will be asked to forward their form to me for confirmation and we will operate on the honor system for the information stated on the form.
- Smoothie and Healthy Snack Taste Testing-Healthy snacks

and smoothies will be available for a one hour period at each of the clinic sites (7 different sites). Recipes and supporting materials will be given to participants encouraging healthy snacks. Employees that participate will also enter their names into the drawings to be held at the end of the months activities.

- Healthy Cooking Food Demonstration: Session will be a 1 hour nutrition education session including the preparation of multiple recipes to encourage healthy eating and vegetable consumption. RSVP's will be requested for the session. Employees that participate will enter their names into the drawings to be held at the end of the month’s activities.
 - At the end of the month, drawings will be held for the people that participated in at least one of the months activities. Drawing prizes will include the following: National Nutrition Month(r) products to include: Lunch tote, water bottles, gym bag, pedometer, measuring cup and spoon. Other items will include salad spinner and healthy eating cookbook.”
- Kelly Whipker, RD, LDN
Nashville, TN

Mr. Potato Head Theme

“We will be featuring the Healthy Mr. Potato promo and coordinate that with the Veg-

etable Group in MyPyramid. Every two months in 2006 we are featuring a section of MyPyramid and the vegetable category happens to fall in March and April. Some ideas that we have so far:

- A display case showcasing the Healthy Mr. Potato Head along with the first generation Mr. Potato Head, emphasizing the differences. The "old" Mr. Potato Head has a pipe, appears much larger and does nothing for activity. We will be featuring him like a "couch potato". The new Healthy Mr. Potato Head has inline skates, hand weights and appears much smaller. We will feature him eating healthy and exercising. The message will be that potatoes and vegetables are part of a healthy diet. In addition, we have approximately 10 Healthy Mr. Potato Heads to give away.
- We will be organizing noon cafeteria activities such as how fast can you build Mr. Potato Head? And we will hold activities like potato sack races, taste testing, Lunch 'n Learns, etc. Our cafeteria menu will be featuring potato recipes all through the month of March.

We are very excited about this promotion and the staff and customers of Community Memorial Hospital are always eager to participate!”

– Barb Taggart RD, CD, Clinical Dietetics Supervisor

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Kids' Blood Pressure On The Rise

The average life expectancy of Americans has been increasing as long as good statistics have been available to measure it. Sadly, some experts now believe this upward trend is about to reverse thanks in large part to the modern diet.¹ Modern highly-refined and processed foods full of salt along with declining activity levels, are leading to increasing blood pressure and body fat stores in American children. We know that children with higher blood pressure and more body fat are likely to become adults with hypertension and type 2 diabetes. And we know that all things being equal, the sooner hypertension and type 2 diabetes develop in life, the shorter their life expectancy becomes.

A recent analysis of the NHANES data from 1963 through 2002 found that blood pressure in American children was trending down until 1988. However, since 1988, blood pressure has been on the rise in American children. The authors concluded that this increase was due in part to increasing body weight and particularly increased abdominal fat stores.² Another reason blood pressure has been increasing in kids is the greater consumption of

salt from foods produced by the commercial food industry. A study of children in the Great Britain looked at the relationship between salt intake derived from commercial foods and blood pressure in kids 4 to 18 years old. Salt intake was measured using a 7-day dietary record. The results of this study showed that children who consumed more salt from commercial food products had significantly higher blood pressure.³ While the variation in salt intake was rather modest in this study, it was sufficient to show that even small increases in salt intake result in higher blood pressure in children. It should also be noted that as people grow older they become more sensitive to the hypertensive impact of increasing salt intake.⁴

Bottom Line: The worldwide pandemic of higher blood pressure will promote earlier mortality from strokes, heart failure, heart attacks and kidney failure and reduce the quality and length of people's lives.
By James J. Kenney, PhD, RD, FACN
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