



NEWSLETTER



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Are You Ready for Nutrition Month 2018?

The Academy of Nutrition and Dietetics has just announced its theme for **Nutrition Month**, which happens during **March of 2018**.

Are you ready?

It's "**Go Further with Food!**"

Our team is already hard at work creating new materials that fit this theme, so stay tuned! We're really excited about some of the ways that we can help your audience go further with food, focusing on how a healthful eating pattern can contribute to wellness. We'll have brand-new **posters, handouts, photos, displays**, and more!

FANCY & SIMPLE

Make fantastic scalloped potatoes!

Meet the Dish:

This is a really fancy and healthful version of scalloped potatoes that's fit for any holiday meal or entertaining table, thanks to its layered colors and flavors. The topping of corn kernels and cheese makes it feel special, but it's actually easy enough to make every day.

Nutrition Info:

Serving size: 1 wedge
Number of servings: 6

Each serving contains 164 calories, 2 grams fat, 1 gram saturated fat, 0 grams trans fat, 3 milligrams cholesterol, 107 milligrams sodium, 34 grams carbohydrate, 5 grams fiber, 6 grams sugar, 5 grams protein, 73% vitamin A, 70% vitamin C, 8% calcium, and 5% iron.



Creamed Potato Skillet

- ❖ 4 medium Yukon Gold potatoes
- ❖ 2 carrots
- ❖ 1 red pepper
- ❖ 2 cloves of garlic
- ❖ ¼ of a red onion
- ❖ 1 cup of fat-free half and half or low-fat milk
- ❖ ¼ tsp black pepper, 1 pinch garlic powder, ½ tsp dried thyme leaves, ½ tsp chopped fresh rosemary leaves
- ❖ 1 cup corn kernels
- ❖ 2 tablespoons of grated Parmesan cheese

Preheat your oven to 450 degrees. Thinly slice the potatoes, then slice the onion, garlic, & red pepper, arranging them all in a pie pan. Mix the half and half with the seasonings and pour it over the potatoes, then bake at 450 degrees for 10 minutes. Turn the heat down to 350 and bake for 15 minutes. Add corn and cheese during the last 10 minutes.

SOUP'S UP!

A fresh take on a classic meal



Heirloom Tomato and Fig Soup

- ❖ 5 assorted heirloom tomatoes (yellow, red, plum, cherry, ugly, etc), sliced
- ❖ 1 green bell pepper, seeded, cored, and sliced
- ❖ 3 figs, sliced
- ❖ 1 cup fresh basil leaves
- ❖ 1 sliced onion
- ❖ 3 cups low-sodium broth
- ❖ Dash garlic salt, black pepper to taste, and Italian herb mix
- ❖ 1-1/2 cups half and half
- ❖ 1 tablespoon grated Parmesan cheese

Place the vegetables, fruit, broth, and seasonings in a large Dutch oven pan on the stove. Bring everything to a boil, lower to a simmer, and cook on medium for 10 minutes or until peppers are tender. Puree. Return the puree to the stove and cook until slightly thick, about 3 minutes. Add the cream, stir, and turn off the heat. Garnish with fresh grated Parmesan cheese and serve.

Serves 4. Each 1.5 cups per serving serving: 170 calories, 3g fat, 1g saturated fat, 0g trans fat, 6mg cholesterol, 197mg sodium, 29g carbohydrate, 4g fiber, 16g sugars, 9g protein.

The Scoop On Yogurt

Choose nonfat Greek yogurt for more protein and calcium and fewer calories!

Yogurt	Size	Cost	Protein (g)	Fat (g)	Sugars (g)	Calcium	Calories
Single Serving Container Nonfat Greek Plain	6 oz	\$0.28/oz	18	0	7	20% DV	100
Single Serving Container Nonfat Greek Blueberry	5.3 oz	\$0.32/oz	13	0	16	15% DV	120
1 Cup Nonfat Greek Plain	8 oz	\$0.23/oz	23	0	9	25% DV	130
1 Cup Nonfat Greek Vanilla	8 oz	\$0.17/oz	20	0	20	20% DV	170
1 Cup Full-Fat Greek Plain	8 oz	\$0.25/oz	19	10	6	25% DV	210

Inside the Data:

Buying yogurt in bulk is a good idea: Choose non-fat instead of whole milk yogurt for less saturated fat and more protein, then choose plain instead of sweetened yogurt for less sugar and more calcium. In fact, you can add flavor to your yogurt by topping it with fresh fruit yourself!

Single-serving containers can be handy for a quick snack when you're on the go, but note that they are often **smaller servings than the 1 cup of yogurt recommended by MyPlate for a serving of dairy**. Plus, they often contain added sugars, which increase the calories without improving the nutrients.

Topping ideas: Sliced bananas, sliced apples, fresh or frozen berries, whole grain cereal, nuts.

Top 5 Herbs & Spices

Food. We all need it. We all eat it. However, eating the same tired recipes can get monotonous. There's an entire world of flavors out there! What are you waiting for? Keeping a stock of various herbs, spices, and seasonings will help you mix it up in the kitchen. You can spend an entire day prepping food, or you can keep some simple items in your pantry and refrigerator to make meals come alive.

To help with the latter, [I've listed the top five most useful items to keep on hand for quick and flavorful meals...](#) By Lisa Andrews MEd, RD, LD

Spice	Tips and usage
Jarred garlic	This minced garlic, also called jarlic, is less pungent than the fresh stuff and you can add it to pasta, pizza sauce, soup, stir fries, salad dressings, marinades, and more. Find it in the international section or the produce section of most grocery stores. A half teaspoon of "jarlic" is equivalent to 1 clove of fresh garlic.
Ginger paste	Similar to jarred garlic, ginger paste has a less intense flavor than fresh, but some people prefer it that way! Ginger paste is great for seasoning vegetables like green beans, spinach, and broccoli or for adding to Thai, Indian, or other Asian dishes. It's found in the produce section either in the refrigerated or regular section. Bear in mind that this paste must be refrigerated after opening. When you cook with it, you can use the same amount of ginger paste as fresh ginger in your recipe (i.e. 1:1).
Cumin	Cumin is a member of the parsley family and is native to regions from the eastern Mediterranean to South Asia. Cumin comes in a few varieties and can be added to Mexican cuisine (think tacos and chili) or as a part of Indian dishes and curries. Try dusting sweet potatoes with cumin and cinnamon before roasting.
Lemon juice	A bottle of lemon juice is not only more convenient, it's less expensive than fresh lemons. Lemon juice is great as part of a marinade for fish, pork, or chicken. You can also blend it with olive oil and Dijon mustard for a quick salad dressing. Buy 100% juice and store it in your refrigerator for use all week.
Salsa	Salsa can be added to black beans for a quick soup or chili, or doused over salad instead of dressing. Cover chicken breast with your favorite salsa in a slow cooker in the morning and you've got a quick and tasty meal upon your return. There are so many varieties to choose from, from mild, medium and hot to corn, black bean, peach, and mango. Which will you try first?

The Mind Diet



WHAT YOU EAT MAY AFFECT YOUR BRAIN - Alzheimer's disease is an irreversible, progressive brain disease that affects an estimated 5.4 million Americans. Its cause is not completely understood, and most likely is due to a combination of genetic, environmental, and lifestyle factors. One factor that has the potential to decrease the risk of developing Alzheimer's disease is food choices.



THE MIND DIET - Martha Clare Morris, a nutritional epidemiologist, conducted a research study using the MIND diet, her combination of the DASH and Mediterranean diet plans. Morris found that the MIND diet lowered risk of Alzheimer's by about 35% for people who followed it moderately well, and up to 53% for people who closely followed it.



FEATURES OF THE MIND DIET - This pattern focuses on 10 food groups to promote health: leafy greens, other vegetables, nuts, berries, legumes, fish (1-2 times per week), poultry, olive oil, & wine (in moderation and if desired). The MIND diet also reduces or avoids foods from these five groups: red meat, butter/stick margarine, cheese, pastries and sweets, & fried/fast food.



THE SCIENCE BEHIND IT - Nutrition has an important role in healthy brain functioning because the brain requires a large amount of energy and variety of nutrients. It's well-known that the nutrients in vegetables (especially green leafy vegetables, which are good sources of folate, vitamin E, and carotenoids), seafood (a good source of omega-3 fatty acids), and berries (a source of polyphenols) play important roles in brain health. More limited data are available on the benefits of monounsaturated fat, carotenoids, polyphenols, and vitamin D.

Boost Flavor with Veggies



Cynthia Lopez-Pettorino, a registered dietitian, certified diabetes educator, and nutrition coordinator, asked us to delve deeper into the world of aromatic veggies, citing their budget friendliness and huge flavor-boosting properties.

So, what is the definition of **aromatic vegetables**?

Generally, **aromatic vegetables** are used as a flavor base when cooking. Many cuisines in Europe and the Mediterranean use a base of garlic, carrots, onions, celery, and peppers as aromatics. But you don't have to stop there! You can also scan the produce aisles for appetizing in-season vegetables to get a flash of great flavor while cooking and preparing salads.

Consider these options:

- **Onions:** Choose from sweet, red, yellow, or white, then mix and match. Experiment with shallots for a milder flavor. Scallions are a fresh way to add a mild onion flavor too. Plus, these are easy to chop with no peeling and no crying
- **Garlic** has a great shelf life and adds a classic taste that is utterly unique to itself.
- **Mushrooms** often contribute a meaty flavor and texture called umami to dishes.
- **Hot peppers** come in all varieties of heat and spice and often you can use one to pep up dishes for the whole week! Think salads to salsas to grilled items.
- **Fennel:** This bulb adds a sweet and rich licorice essence to dishes.
- **Sorrel:** These greens add a rich bitter flavor wherever you put them. You can find sorrel in the freezer section of your store or use spinach.
- **Tomatoes** are sweet and acidic at the same time and they have the versatility to be used raw or cooked. Use them early in the week for snacks/salads, then later roasted with chicken or fish.

Vegetarian Diets & Heart Disease

Heart disease remains the number one killer in the US, with over 600,000 people dying of heart disease every year (based on recent CDC statistics). While age, sex, and hereditary are not in our control, plant-based diets have consistently been shown to prevent or treat symptoms of chronic diseases including diabetes, obesity, heart disease, and cancer.

A diet that contains whole grains, legumes, flaxseed, fruits, and vegetables may help reverse atherosclerosis and ischemic heart disease. Researchers in Boston went a bit further to see **which foods in a plant-based diet may be helpful instead of harmful**, since all diets are not created equal. Their findings were published in the *Journal of the American College of Cardiology* after research was conducted at the Harvard School of Public Health and Brigham and Women's Hospital, in Boston, MA. Subjects were recruited from three different health studies including the Nurse's Health Study, Nurse's Health Study II, and Health Professional's Follow-Up Study and were tracked for over 20 years using questionnaires that evaluated lifestyle, medical history, and health behaviors. Out of the baseline healthy participants, 8,631 subjects developed heart disease.

An initial consideration from the investigators was that **previous research did not differentiate between types of plant-based diets that were all deemed vegetarian**. The researchers did a more detailed approach and came up with three categories of plant-based diet patterns:

1. Diets that maximized plant food intake but did not entirely exclude animal-derived nutrients.
2. Solely plant-based diets that maximized intake of healthful plant foods (such as fruits, vegetables, and whole grains).

3. Plant-based diets consisting mostly of unhealthful plant-derived food (including sweetened beverages, potatoes, sweets, and refined grains).

What the researchers found was not surprising. Participants that followed a healthful, animal-free diet that consisted mostly of fruits, vegetables, and whole grains had a much lower risk of developing heart disease. Consumption of not-so-wholesome refined grains had a negative influence on the heart. **Overall, healthful plant-based foods were associated with lower risk of heart disease while unhealthful plant-based and animal-derived products were linked with a higher risk of disease.**

One limitation of the study was that dietary behaviors were self-reported by subjects, but biomarkers and detailed weekly records of food intake confirmed their reports. Clinicians should obtain more detailed diet histories when patients say they follow a "vegetarian" diet. After all, "vegetarian" may mean mostly plant-based foods, plant-based with eggs and dairy, or simply no animal products, but refined grains and sugars included. *By Lisa Andrews MEd, RD, LD*

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Do Paleo Diets Promote Heart Disease?

Up until about 20,000 years ago, all human existed on foods derived almost entirely from hunting and gathering. Over the last 20,000 years, hunting and gathering has largely given way to farming and increasingly varied forms of food processing that has drastically altered the diet of most people worldwide and especially in more developed nations such as the USA. According to S. Boyd Eaton, MD, "we are the heirs of inherited characteristics accrued over millions of years; the vast majority of our biochemistry and physiology are tuned to life conditions that existed before the advent of agriculture some 10,000 years ago. Genetically our bodies are virtually the same as they were at the end of the Paleolithic era some 20,000 years ago (1).¹ Certainly it is true that human beings adapted to their environment in part by evolving their physiology and biochemical "machinery" to meet their nutritional requirements more efficiently. The scientific evidence increasingly shows that many aspects of the typical modern diet and lifestyle do promote the very diseases that increasingly account for a large proportion of the disabilities and deaths seen in modern societies. Promoters of the Paleo diet or "caveman diet" suggest that such diseases could be prevented in large part by returning to a diet that is more in sync with our metabolic machinery than is the typical modern Western-style diet. Nutrition research does increasingly indicate that many aspects of the modern diet do in fact contribute to the development of cardiovascular disease (CVD), obesity, type 2 diabetes (DM), and numerous other modern diseases. The high sodium to potassium ratio of a modern diet certainly contributes to elevated blood pressure and CVD. The intake of calorie-dense foods loaded with refined carbohydrates and/or refined fats and oils certainly contributes to the development of obesity and type 2 DM.

Where Paleo diet proponents seem out of sync with research data is in their claim that diets high in animal products and especially those not fattened up on grains do not promote atherosclerosis and CVD. They argue that CVD was rare before people started farming and started consuming grains and animals fattened on grains and point to data from modern-day

humans living something akin to a hunter-gatherer lifestyle who often have less CVD than people living in modern societies, despite a sometimes high intake of animal products. Many Paleo diet proponents even advocate foods high in saturated fat and/or cholesterol such as coconuts and eggs from range-fed chickens, claiming that such foods do not promote atherosclerosis. Like Atkins and other proponents of low-carbohydrate diets, many Paleo-dieters blame atherosclerosis on too much carbohydrate, even when that carbohydrate is coming from whole grains and beans.

An article published in the March 10, 2013 edition of the *Lancet* seriously undermines the popular mythology that a diet high in hunted and gathered foods will prevent coronary artery disease. Researchers examined mummified human remains, including some from hunter-gatherer cultures whose diets were devoid of grains. They also looked at the mummies of ancient Egyptians, who consumed whole grains but no refined grains or sugars. The 138 mummified bodies all came from cultures where plenty of animal products were consumed, so their intake of saturated fat and cholesterol was likely rather high. Unfortunately for the Paleo diet advocates the mummies from all these ancient cultures showed clear evidence of calcified arteries (indicative of advanced atherosclerotic lesions) despite an estimated age of death of only 43yrs. If these mummified remains were representative of human populations many years ago, then this data is inconsistent with the belief that grains, beans, and refined sugars were the main cause of atherosclerosis during the Paleolithic period. This data suggests that the consumption of meat and other animal foods are largely responsible for promoting atherosclerosis.²

The Paleo diet promoters most often point to Eskimos as an example of a human population that consumes a diet high in saturated fat and cholesterol and yet experience little or no atherosclerotic disease. However, the notion that the incidence of CVD was low among Eskimos subsisting on a traditional diet composed largely of marine animals while achieving almost axiomatic status among Paleo dieters is suspect. Indeed, the scientific evidence for this is weak and rests on early clinical observation and very uncertain mortality statistics. Autopsy data has clearly shown atherosclerosis is very common among Inuit and other Eskimo cultures. However, the now decreasing trend in mortality from CVD among Inuit populations who are undergoing rapid Westernization of their diet with increasing amounts of

refined grains and sugar-rich foods suggests that the replacement of fatty animal products with even refined grains and sugars is lowering their LDL-C levels and reducing deaths from CVD.³ The scientific evidence for the most part appears to support the current prevailing theory about what aspects of the diet are largely responsible for promoting atherosclerosis. The now widely-accepted lipid hypothesis postulates that the primary cause of atherosclerosis is a diet high in saturated fat and cholesterol, which come primarily or entirely from animal products, respectively.⁴

Bottom Line: Some aspects of the Paleo diet, such as the low sodium/potassium ratio, have credible scientific support but the now widespread belief among Paleo theologians that CVD is largely promoted by the intake of carbohydrates (including from their perspective even whole grains and legumes) rather than an excessive intake of animal foods high in saturated fat and cholesterol is without scientific merit. Indeed, even when the dietary saturated fat and cholesterol are derived almost entirely from omega-3 rich seafood, the scientific evidence shows that it will raise LDL-cholesterol levels and promote coronary artery disease. This Ted video with Christina Warinner, Ph.D. an archeologist does a nice job of debunking a variety of Paleo-Diet myths: <https://goo.gl/wFnio4>.

By James J. Kenney, PhD, FACN

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⁴ <http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3full.pdf>



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