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NEWSLETTER



Photo by Judy Doherty Photography

Share with Your Clients:

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- Mindful Eating to Lower Blood Pressure
- Remission of Prediabetes Through Weight Loss

Research Corner:

Lack of Treatment Common for Hypertension

Editor's Note:

We are bringing you delicious holiday time recipes along with helpful tips for lowering sugar intake, focusing on the GO foods, and mindful eating to lower blood pressure as found in one new study.

-- Judy Doherty, MPS,
PC II



Apple Chai Spiced Mocktail

INGREDIENTS

- 1 cup apple cider (or unfiltered apple juice)
- 4 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon of chai spice mix (or use pumpkin pie spice mix)
- 1/2 cup fresh squeezed orange juice (save the peel for garnish)
- ice
- orange peel garnish
- Place the cider, vinegar, honey, and orange juice in a bar mixer or pitcher. Stir to mix well. Pour over ice and garnish with an orange peel. You can refrigerate it for later use for up to 8 hours.

INSTRUCTIONS

1. Rim the glass by dipping in apple juice and then rolling in chai spice sugar. To make chai spice sugar, mix equal parts of chai spice with sugar.
2. Place the cider, vinegar, syrup, juice, and bitters in a bar mixer or pitcher. Stir to mix well. Pour over ice and garnish with an orange peel. Sprinkle with a drop or two of bitters or orange turmeric shot over the top.
3. You can refrigerate it for later use for up to 8 hours.

Serves 4. Each 1/2 cup serving: 125 calories, 0g fat, 0 g saturated fat, 0 mg cholesterol, 0 g trans fat, 12 mg sodium, 28 g carbohydrate, 0 g fiber, 0 g protein.



Roasted Turkey Breast

Ingredients:

- 3-pound turkey breast, boneless
- 1 tablespoon olive oil
- 2 tsp poultry seasoning
- 1 tsp paprika
- 1 cup gravy
- 0.5 cup water

Directions:

1. Preheat the oven to 350 degrees. Place the turkey on a roasting rack on a sheet pan or roasting pan. Rub it with olive oil and seasonings. Place a thermometer into the middle of the breast.
2. Bake until the turkey breast reaches an internal temperature of 165F.
3. Remove the breast from the oven.
4. Add water to the gravy to keep it thin.
5. Slice the breast into thin pieces and serve with hot gravy.

Serves 8. Each serving: 200 calories, 5g fat, 1 g saturated fat, 94 mg cholesterol., 0 g trans fat, 486 mg sodium, 2 g carbohydrate, 0 g fiber, 37 g protein.



Apple Cranberry “Stuffins”

Ingredients:

- 1 bag stuffing mix
- 0.5 onions peeled and chopped
- 2 each stalks of celery chopped
- 1 each apple peeled, cored, chopped
- 0.25 cup dried cranberries or chopped fresh ones
- 1.75 cups water
- 4 tablespoons olive oil

Directions:

1. Saute the apples, onions, and celery with a little spray vegetable oil. Cover and cook until tender. Add the stuffing mix and olive oil. Mix well. Then add the water. Cover and cook on very low heat for a few minutes.
2. Grease the muffin tins. Scoop the stuffing into the tins.
3. Bake the stuffins for about 30 minutes or until they are heated through and a nice brown color on the top and sides.
4. Serve on a platter. Garnish with a few more cranberries and some parsley

Serves 12. Each stuffing: 59 calories, 5g fat, 0.5 g saturated fat, 0 mg cholesterol, 0 g trans fat, 4 mg sodium, 4 g carbohydrate, 0.5 g fiber, 1 g protein.



Pumpkin Flan

Caramel

- 1/2 cup sugar
- 1 tsp lemon juice
- 2 tsp water

Filling

- 1 can pumpkin puree
- 1 tablespoon pumpkin pie spice
- 5 eggs
- 1 can of evaporated milk
- 1 can sweetened condensed milk

INSTRUCTIONS

1. Prepare the flan mold. It should be a ceramic bowl or tart pan with straight sides about 8 inches in diameter. And it should be ovenproof. Lightly grease the sides.
2. Place the ingredients for the caramel in a stainless steel pot. Mix well and bring to a boil. Boil on high until the mixture is the color of iced tea.
3. Immediately pour the caramel into the bottom of the flan mold.
4. Prepare the custard by mixing the spices into the pumpkin with a whisk and then add the eggs one by one, mixing smoothly between each addition. Add the evaporated and condensed milk to the pumpkin/egg mixture and mix smoothly. Pour the custard into the tart pan. Bake in a 350-degree oven in a pan of water until the custard is firm in the center, about 45 minutes. Remove from the oven, cool briefly, then refrigerate overnight.
5. Run a knife around the edges of the flan and invert onto a plate.
6. Garnish with pumpkin seeds (pepitas) and pomegranate arils.
7. **Crepe Brulee version:**
8. Skip the caramel sugar steps. Make the custard and bake in a tart pan in a water bath. Top with sugar and caramelize with a torch (omit lemon juice and water).

Serves 12. Each serving: 217 calories, 7g fat, 4 g saturated fat, 87 mg cholesterol, 0 g trans fat, 101 mg sodium, 32 g carbohydrate, 1 g fiber, 7 g protein.

Should Cravings Be Your Guide?



Research has shown that women of childbearing age are most likely to report intense food cravings. Chocolate is the most often reported craving for these women. Men are more likely to report cravings for meats and salty snack foods. Since nearly all craved foods by men and women are calorie-dense, it is not surprising to find overweight people reporting intense food cravings. Since dietary restraint in the form of calorie restriction or portion control invariably increases hunger and hunger increases the desire to eat all foods, it is not surprising that people on calorie restricted diets often end up bingeing on a highly preferred food or craved food.

Many people believe that a craving or desire for a specific food is an indication of nutritional need. Some researchers have suggested that since most cravings are for nutrient-poor foods high in fat, sugar, and/or salt, such cravings appear unlikely to have anything to do with real nutritional needs. These researchers note that it is food items which are highly palatable that are most likely to be craved. They hypothesize that most food cravings simply reflect a desire for pleasure; often people who are depressed, anxious, or lonely report the most intense food cravings.

Other researchers note that certain neurotransmitters increase the desire to eat certain types of food. For example, galanin increases the desire for fatty foods, while neuropeptide Y is associated with a desire for high-carbohydrate foods. Of course research also shows that the more fat in one's diet, the more galanin is produced, and the more galanin that's produced, the more one prefers or craves fattier foods. Indeed, research shows that eating less fat for several weeks reduces galanin levels and the desire to eat fatty foods. It is clear that the only way to reduce one's desire for fatty foods is to not eat them. There is no evidence that avoiding a certain food will create a more intense craving or desire to eat that food. In fact, avoidance is the only proven way to reduce ones desire for a craved food item.

The bottom line: contrary to popular myth, food cravings do not reflect a real nutritional need and often undermine rational attempts to improve one's diet. In general, the only way to reduce the desire for nutritionally undesirable craved foods is to avoid them for several weeks. With time, such cravings diminish and become easier to control.

Swap Ideas to Lower Sugar Intake

Reducing sugar intake can have various health benefits, including better weight management and improved overall health. To eat less sugar, you can swap out high-sugar foods with healthier alternatives. Here are some of the best sugar swaps:



1. **Fresh Fruit:** Instead of reaching for sugary snacks or desserts, opt for fresh fruits like berries, apples, or oranges. They provide natural sweetness along with fiber and essential nutrients.
2. **Unsweetened Applesauce:** Use unsweetened applesauce as a substitute for sugar in baking recipes. It can add moisture and sweetness without the need for added sugar.
3. **Stevia or Monk Fruit:** Stevia and monk fruit are natural, calorie-free sweeteners that can be used as sugar substitutes in recipes, coffee, or tea.
4. **Honey or Maple Syrup:** When a recipe calls for sugar, try using natural sweeteners like honey or pure maple syrup in moderation. Keep in mind that these still contain sugar but provide additional nutrients compared to refined sugar.
5. **Greek Yogurt:** Swap out sugary, flavored yogurts for plain, unsweetened Greek yogurt, which you can sweeten with fresh fruit or a drizzle of honey.
6. **Nut Butters:** Instead of sugary spreads, use natural nut butters like almond or peanut butter. These add healthy fats and protein without the added sugars.
7. **Cinnamon or Vanilla Extract:** Enhance the flavor of your dishes with spices like cinnamon or a touch of vanilla extract. This can reduce the need for added sugar in recipes.
8. **Dark Chocolate:** If you have a sweet tooth, opt for dark chocolate with a high cocoa content (70% or higher). It contains less sugar than milk chocolate and provides antioxidants.
9. **Whole Grains:** Choose whole grains like oats or quinoa over sugary cereals and refined grains. Whole grains can be a satisfying and nutritious option for breakfast or snacks.
10. **Homemade Smoothies:** Make your own smoothies using unsweetened almond or coconut milk, fresh fruits, and a source of protein like yogurt or protein powder. This way, you can control the amount of added sugar.
11. **Seltzer Water or Herbal Tea:** Replace sugary soft drinks and juices with unsweetened seltzer water or herbal teas. You can add a slice of citrus or some mint for flavor.
12. **Reduce Sugar Gradually:** If you're used to adding a lot of sugar to your coffee or tea, try reducing the amount slowly over time until your taste buds adjust to less sweetness.

Remember that it's essential to read food labels and be mindful of hidden sugars in packaged and processed foods. Reducing sugar intake is a gradual process, and it's important to find a balance that works for your taste preferences and health goals.

Go Foods for Better Weight Control



What do GO foods have in common?

- High in water
- High in fiber
- Low in calorie density
- Low in fat
- No added sugar

GO foods are high in water content — this means that cooked whole grains like oatmeal, brown rice, barley, and whole grain pasta are better choices than lower moisture items like bread and crackers. Not that bread and crackers are bad — don't make them the bulk of your preferences.

Fruits and vegetables are the best of all choices!! They are high in water content and fiber. And they are low in calorie density and fat.

GO! foods include fruits, vegetables, nonfat dairy, cooked whole grains, lean protein, and legumes.

What is calorie density?

Calorie density: the concentration of calories in a given weight of food.

Compare foods by grams, ounces, pounds or kilos:

Item	Calories per pound
• lettuce	77
• Apple	224
• potato, baked	320
• cheese	1824
• potato chips	2432
• olive oil	4000

See how the more refined and higher-fat foods are higher in calorie density than the unprocessed ones.

The GO foods are the base of MyPlate, too. They are right in line with all of the recommendations from the Dietary Guidelines for Americans By James J. Kenney, PHD, RD, FACN

Mindful Eating to Lower Blood Pressure?

In a study examining individuals with elevated blood pressure, those who engaged in an eight-week mindfulness-based blood pressure reduction program demonstrated substantial enhancements in both self-awareness and their commitment to following a heart-healthy diet, in contrast to a control group. These findings were reported in JAMA Network Open. The participants in the program displayed marked progress in adhering to a heart-healthy diet, a key factor affecting blood pressure, along with notable improvements in self-awareness.

The study involved the comparison of two cohorts, with a combined total of 201 participants. The first group, consisting of 101 individuals, participated in the 8-week MB-BP program, encompassing personalized feedback and education concerning hypertension risk factors, mindfulness training addressing hypertension risk factors (including mindful eating), and support for behavioral changes. The "usual care" control group, on the other hand, received educational brochures on managing high blood pressure. Both groups were equipped with home blood-pressure monitoring devices and received training on their usage, as well as the possibility of being referred to primary care physicians. The program used the DASH Diet. After six months, the mindfulness group showed a 0.34-point improvement in the DASH diet score.

Practicing mindful eating can help you reduce your salt intake by making you more aware of the foods you consume and how much salt is in them.

Here are some tips for mindful eating to adopt the DASH diet and lower your salt intake:

1. **Pay attention to your cravings and habits:** Recognize when and why you reach for salty foods. Are you eating out of boredom, stress, or habit? Identifying the triggers can help you make more conscious choices.
2. **Read food labels:** Always check the nutrition labels on packaged foods to be aware of their salt content. Pay attention to the sodium levels and serving sizes to make informed decisions.
3. **Cook at home:** Preparing your meals at home gives you complete control over your ingredients. You can choose low-sodium options and season your food with herbs, spices, and other flavor-enhancing ingredients instead of relying on salt.
4. **Use herbs and spices:** Experiment with various herbs and spices like basil, oregano, garlic, ginger, and turmeric to add flavor to your dishes without the need for excess salt.
5. **Limit processed and fast foods:** These types of foods often contain high levels of hidden sodium. Reducing your consumption of fast food, frozen meals, and packaged snacks can significantly lower your salt intake. By planning ahead you can avoid a hunger rush to the fast food location!
6. **Eat whole, unprocessed foods:** Fresh fruits, vegetables, lean proteins, and whole grains are naturally low in salt. Focusing on whole foods in your diet can help you consume less salt.
7. **Avoid the salt shaker:** At the table, try not to reach for the salt shaker automatically. Taste your food first, and if needed, use it sparingly.

Mindful Eating to Lower Blood Pressure?

8. **Slow down and savor your meals:** Eat mindfully by taking your time to enjoy each bite. Chewing your food thoroughly and savoring the flavors can make you more satisfied with less salt.
9. **Drink plenty of water:** Staying hydrated can help reduce your cravings for salty foods. Sometimes, your body may mistake thirst for hunger.
10. **Plan your meals around fruits and vegetables in season:** Create meal plans and grocery lists in advance to ensure that you have healthier, lower-sodium meal plans and snacking options readily available. This can prevent last-minute, high-sodium food choices.
11. **Be mindful of portion sizes:** Even low-sodium foods can contribute to high salt intake if consumed in excessive amounts. Pay attention to portion sizes to maintain a healthy sodium balance.
12. **Educate yourself about high-sodium foods:** Learn which foods are typically high in salt, such as processed meats, canned soups, and some condiments, and try to limit their consumption.

Practicing mindful eating and making gradual changes to your diet can help you reduce your salt intake over time. It's important to focus on long-term habits rather than quick fixes to maintain a lower-sodium diet and support your overall health.

Reference:

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Remission of Prediabetes Through Weight Loss

My clients with pre-diabetes often think they need to drop loads of weight to prevent developing diabetes. A current study that supports previous research on weight loss and diabetes proves them wrong. 1, 2

A recent study published in *The Lancet Diabetes & Endocrinology* found that a small weight loss puts prediabetes in remission and may protect against type 2 diabetes. In addition, it's linked with better kidney and vascular function. 3

The study from the University of Tübingen in Germany was led by Arvid Sandforth, M.D, and colleagues evaluated how weight loss induced remission in people with prediabetes. The study included subjects in the Prediabetes Lifestyle Intervention Study (PLIS) and the Diabetes Prevention Program (DPP) study who were randomly assigned to participate in a lifestyle intervention or placebo and lost at least 5 percent of their body weight.

Subjects whose blood sugar returned to normal fasting levels had normal glucose tolerance and hemoglobin A1c (HbA1c) below 39 mmol/mol after a year of lifestyle intervention or placebo or control intervention were considered responders.

The investigators discovered that in PLIS, over 25 percent of participants had a weight loss of 5 percent or more of their body weight from the start, and of these, 43 percent were responders

Within the 683 DPP subjects who lost a minimum of 5 percent of their body weight at baseline, 19 percent were responders. Despite BMI reduction being similar between responders and non-responders, responders had increased whole-body insulin sensitivity compared to non-responders.

Secretion of insulin was not different within groups over time or between the groups. Both responders and non-responders had reductions in intrahepatic lipid content, but visceral adipose tissue was reduced more in responders. Within two years of the intervention, a 73% lower risk of developing type 2 diabetes was observed compared to non-responders.



Lack of treatment common in those with hypertension

A recent report by WHO (World Health Organization) focusing on hypertension found that while medications and care involved with treating the disease are easy and inexpensive, 80% of patients don't get adequate treatment.

The paper also exposes that lack of access to diagnosis has a major effect on treatment access. High blood pressure impacts one in three adults globally, but almost half of people with hypertension are not aware of their illness.

Hypertension is linked with a multitude of cardiovascular issues including heart failure and stroke. It's been dubbed the "silent killer" as initial symptoms for many patients are absent. In the report, Tedros Adhanom Ghebreyesus, PhD, Director-General of the WHO, stated, "Hypertension can be controlled effectively with simple, low-cost medication regimens, and yet only about one in five people with hypertension have controlled it."

The report was addressed on September 19 in the 78th session of the United Nations General Assembly, which highlighted the organization's progress of Sustainable Development Goals.

The report notes that "The world is not on track to meet the voluntary global target of a 25% reduction in the prevalence of raised blood pressure (uncontrolled hypertension) by 2025."

In addition, the report suggested that "High blood pressure causes more deaths than other leading risk factors, including tobacco use and high blood sugar."

The WHO advises better prevention and treatment programs to improve the outlook of those with hypertension. According to Ghebreyesus, "Hypertension control programs remain neglected, underprioritized, and vastly underfunded. Strengthening hypertension control must be part of every country's journey towards universal health coverage, based on well-functioning, equitable, and resilient health systems built on a foundation of primary health care,".

According to the WHO, those with blood pressure $\geq 140/90$ mm Hg or using blood pressure medication have doubled in 20 years from 650 million in 199 to 1.3 billion in 2019.

Brazil is one country where the prevalence of high blood pressure is higher than the global average, impacting nearly 45% of adults aged 30 to 79 years. Over 50 million adults have hypertension. While 62% are receiving treatment, only 33% have their blood pressure under control.

While high blood pressure can be exacerbated by family history and a patient's age, lifestyle choices including a high-sodium, low-potassium diet, smoking, alcohol intake, tobacco use, and lack of physical activity are main contributors.

The report advises large-scale adoption of recommendations from the [WHO HEARTS](#) technical package, which sums up a series of approaches and strategies to improve cardiovascular health in global populations to be sure that diagnostic tools and appropriate care for those with hypertension are addressed.

Lack of treatment common in those with hypertension

The WHO states that increasing the number of people treated globally and repeating the successes of high-performing countries could dodge 76 million deaths due to cardiovascular disease, 120 million strokes, 79 million myocardial infarctions, and 17 million cases of heart failure from 2023 to 2050.

WHO believes that adequate community- and country-wide management of hypertension can be done in countries of all economic levels, stressing that "more than 40 low- and middle-income countries, including Bangladesh, Cuba, India, and Sri Lanka, have strengthened their hypertension care with the HEARTS package, enrolling more than 17 million people into treatment programs."

Below are tips to share with your patients with hypertension:

1. Encourage a diet low in sodium and saturated fat.
2. Provide tips on how to prepare simple meals to reduce reliance on fast food and convenience food.
3. Offer ways to season foods without high sodium condiments, salt, and sauces.
4. Encourage high potassium fruits and vegetables. Those that are dark green or dark orange are good sources.
5. Suggest ways to obtain adequate calcium in the diet through low-fat or non-fat dairy products or calcium-fortified non-dairy products.
6. Discuss mild weight loss if patients are overweight or obese.
7. Encourage regular physical activity.
8. Refer patients for smoking cessation and stress reduction programs.
9. Provide suggestions and low-calorie drink options to help reduce alcohol intake.
10. Don't forget the power of sleep on blood pressure control

Reference:

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