

Nutrition in the News

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Are You Having Chocolate Cravings?

Chocolate is a wonderful treat that brings smiles to faces. This delicious dessert is unfortunately filled with calories and fat. Chocolate is made from cocoa which is the main ingredient. Cocoa contains flavanols, a class of flavonoid antioxidant. Flavanols are known to help lower the risk of heart disease and blood pressure, improve vascular function and lower damage to cells that might cause heart disease. Flavanols are more abundant in dark chocolate than milk chocolate, which is one reason dark chocolate has been dubbed as the "healthier chocolate."

Listen up Chocolate Lovers! Are you having a hard time fighting the cravings? Try these small treats as a healthier chocolate alternative with lower calories and fat. (B.C.)

Chocolate Item	Calories/Fat	Healthier Alternative	Calories/Fat
Butterfinger (fun size)	100 cal/4 g	3 Musketeers (fun size)	63 cal/2 g
Twix minis (3 pieces)	150 cal/8 g	Tootsie Roll (3 pieces)	70 cal/1.5 g
Oreo Cookies (3 cookies)	165 cal/7 g	100 Calorie Pack Oreos	100 cal/2 g
Chocolate Covered Raisins	390 cal/14.8 g	Chocolate Yogurt Covered Raisins	140 cal/6 g
Milk Chocolate Bar	210 cal/13 g	Dark Chocolate Bar	90 cal/5.51g

<http://www.livestrong.com/article/389526-what-kind-of-chocolate-is-healthy/#ixzz1f6pzDOBV>

<http://www.fatsecret.com/calories-nutrition/usda/special-dark-chocolate-bar-candies?portionid=39934&portionamount=1.000>

Recipe Modifications

Do you have a favorite recipe that you love to eat everyday and want to make some changes to it making it healthier for you? In order to make the recipe a healthier, you are going to need to modify some of the ingredients in the recipe or the style that you are cooking with. A couple modifications can take a surprising amount of calories off the foods you eat every day.

- If the recipe calls to use whole milk or 2% milk, trade it in for skim milk instead.
- If the recipe instructs you to grease the pan with butter or margarine, use a non-stick spray.
- If the recipe calls for whole fat cheese try to use reduced fat or fat-free cheese.
- If the recipe asks for sour cream, cottage

cheese or ricotta cheese use non-fat or reduced fat.

- If the recipe calls for salt omit it unless there is yeast in the recipe.
- If you use canned vegetables rinse the vegetables before consuming to help reduce the sodium.
- If the recipe calls for white rice or enriched rice try using whole grain or brown rice.
- Look for recipes that have cooking methods such as broil, bake, grill or roast.

The above are all good examples of how to decrease sodium, fat and increase your fiber intake. For more tips on how to cook healthier, visit www.healthyohiprogram.org. (A.C.)



Portion Control

Twenty years ago, an average portion size of pizza was about two pieces of pizza equaling 500 Calories. Today's society, on average, consumes two slices totaling 850 Calories.

Portions consumed by people today are generally much larger than they should be. Most of the time, the large portion sizes can be attributed to the fact that the consumer doesn't know what a real serving suggestion looks like, assumes that he/she does know and thinks he/she is eating one serving, or the person just doesn't care or pay attention.

Here are some tips to help control how much you're consuming:

- Check package labels or look up nutrition information online at the company's website or try sites such as Nutrition.gov or *SELF*NutritionData before consuming so that you can dish out a serving for yourself and avoid overeating; nowadays, restaurants are putting nutrition information on their menus so check that out first and maybe decide to put half of the meal into a take-home box prior to eating any of your dish.
- Be mindful; turn off the TV, stay away from eating straight out of containers/bags foods come in and pre-portion instead, get away from the computer and just watch how much you're actually eating.
- Take the time to sit down and enjoy your meal, relaxing this way will allow to pay more attention to when your stomach is full instead of standing and feeling rushed to finish everything on your plate.
- Try to use smaller plates, bowls, utensils, or cups ; using larger sizes will encourage overeating because more food/drink is able to be placed on them.
- The color blue is an appetite suppressant while red and yellow are stimulants, realize that mostly all fast food restaurants use red and yellow in their logos, buildings, and advertising so that you can be one step ahead of falling for their consumption trap.
- For a healthier approach to pizza, aim to consume just one small slice by placing it on your plate and filling half of the plate with veggies; a whole grain crust will add fiber to the meal, helping you to feel full faster and stay full longer.
- When it comes to fruits and vegetables, don't think that eating huge portions that make you overly-full is a good idea; even though it is good to eat all of the recommended daily servings, there are still serving suggestions for them.

So, next time you go to swallow an entire watermelon thinking that it is healthy, just remember that a serving of watermelon is only about the size of a cup (compare to a baseball or your fist), going over that may add extra sugar to your diet. (I.P.)

<http://www.divinecaroline.com/22177/49492->

http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1

Antioxidants

protect &

repair cells from

damage caused

by free radicals.

Super Food: Blueberries

- Blueberries are not only packed with antioxidants, but phytoflavonoids, vitamin C, and potassium.
- Blueberries help to lower the risk of heart disease, cancer, and are anti-inflammatory.
- When choosing blueberries, remember that the darker they are, the better because they have more antioxidants.
- It is recommended to get about 1/2 cup a day. Frozen blueberries are just as good as fresh! (K.T.)

<http://www.webmd.com/diet/features/superfoods-everyone-needs>



The Importance of Staying Hydrated in the Winter

It's a myth that you only have to stay hydrated in the summer. Perspiration does not have to be visible for dehydration to occur. Staying hydrated in the winter is just as important as in the summer. When temperatures are extreme, your body uses more water to maintain its normal temperature. When inside, heated air evaporates water from your skin. You should be alert to certain conditions that leave you dehydrated from sweat loss. High temperatures inside or outside can cause sweating. Strenuous activity or workouts cause perspiration. Being overweight also causes a person to perspire more.

The warning signs for dehydration are thirst, flushed skin, premature fatigue, increased body temperature, faster breathing and pulse rate, increased perception of effort, and decreased exercise capacity. More extreme signs are dizziness, increased weakness, and labored breathing with exercise.

Fluid replacement is very important. Drinking water during exercise is a good way to replace your fluids. Certain sports drinks are helpful to athletes who are engaging in moderate to high activity for an hour or longer. Women need about nine cups of fluid per day and men need about 13 cups. It is extra important to make sure that children and the elderly are staying hydrated. (C.S.)

<http://www.eatright.org/Public/content.aspx?id=7084>



Nutrition Briefs

- Dark chocolate with a high cocoa content gives your body antioxidants. Studies found that small portions of dark chocolate can help maintain healthy blood vessels and a healthy heart.
<http://www.eatright.org/Public/content.aspx?id=11360&terms=dark+chocolate>
- Sweet potatoes are low in calories and contain no saturated fats or cholesterol. They are high in antioxidants, vitamins and minerals, and are a very good source of dietary fiber.
http://www.nutrition-and-you.com/sweet_potato.html
- A serving of eggnog, 1 cup, contains approximately 342 calories, 34 grams of carbohydrates, and 19 grams of fat!
<http://voices.yahoo.com/7-facts-eggnog-may-not-know-5049160.html?cat=22>
- Pistachios are a great source of vitamin E which is a powerful lipid soluble antioxidant essential to maintaining the cell membranes in the skin.
<http://www.nutrition-and-you.com/pistachio.html>
- Honey is made up of 80% sugar, 18% water, and 2% minerals, vitamins, proteins. Because of the high natural sugar content (fructose and glucose), honey is sweeter than table sugar.
<http://www.benefits-of-honey.com/honey-nutrition.html>
- The term "Whole grain" means the complete grain composed of the germ, bran, and endosperm. Whole grains contain carbohydrates, proteins, B vitamins, vitamin E, and other trace elements. The recommended amount is 48 grams daily or about half of your grains should be whole grains.

<http://wholegrainnation.etbetteramerica.com/facts/>

Sustaining Your New Year's Resolution

Every year as the clock nears midnight on December 31st, millions of people tune in to watch the dazzling lights and bustling energy of Times Square. New Year's Eve has evolved into more than just a celebration; it now accompanies many global traditions. One of these traditions is to make a New Year's resolution. Approximately 48% of adult Americans make resolutions (time.com), while only 12% are successful in sustaining their resolutions (triplepundit.com). Although the statistics are moderately low for keeping a resolution, it does not mean there is no hope. Here are 5 simple keys to following through on your resolution:

1. Set an attainable, realistic resolution.
2. Ask yourself, "What actions do I have to accomplish to attain this goal?" If you have selected a goal such as exercising or losing weight, break it down into minutes per day or pounds per month, again keeping the numbers realistic.
3. Plan out the necessary steps and actions to achieve your goal.
4. Allow yourself the necessary time. When making a lifestyle change, time is essential to break a habit or create a new habit. Make sure to approach your resolution in moderation. Although

going "cold turkey" might be the quickest way to attain a goal, this is not a manageable change. Moderation can help to sustain the changes made.

5. Surround yourself with a social support group that will encourage the behavior change and set an example. This is possibly the most important thing to help keep your New Year's resolutions.

I would encourage everyone to set a New Year's resolution, but to keep in mind the necessary steps to attain and sustain your ultimate goal. Avoid being a statistic by utilizing these 5 steps to help ensure your success! (K.B.)

<http://www.time.com/time/health/article/0,8599,1950511,00.html>

<http://www.triplepundit.com/2011/01/sustaining-new-years-resolution/>



Safe Desktop Eating

According to a survey by the Academy of Nutrition and Dietetics and ConAgra Foods' Home Food Safety program, 83% of Americans regularly eat meals at their desks. Make sure to keep those meals safe and help to prevent food borne illness at the office by following these safety tips. Make sure to keep yourself safe from food borne illness by keeping your offices stocked with food safety supplies including hand sanitizer and disinfectant wipes. Have an insulated lunch bag with freezer pack if a refrigerator is not available. Label leftovers with dates to avoid spoilage. Have a refrigerator thermometer which is set properly below 40°F, and a food thermometer to reheat leftover lunch foods to an internal temperature of 165°F. Now, those include the office essential supplies, now here are the food safety tips. The first tip is to wash your hands before and after eating at the desk! From the time you make your food at home, if it includes perishable food items, don't let more than two hours pass before putting it into the refrigerator. Keep perishable foods properly refrigerated below 40°F. If you carry your lunch in a reusable tote or isolated bag, make sure to wash it frequently! Thaw frozen foods in a microwave or refrigerator, not on the countertop. Don't forget that the same food safety tips apply to carry-out and fast food, which can also be at risk to bacteria if not handled properly! (K.Y.)

http://homefoodsafety.org/pub/file.cfm?item_type=xm_file&id=1336



<http://ashlanddietetics.blogspot.com/>

<http://twitter.com/#!/AUDietetics>

<https://www.facebook.com/pages/AU-Dietetics/154278511298891?sk=wall>

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