

Health Connection

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EXTENSION

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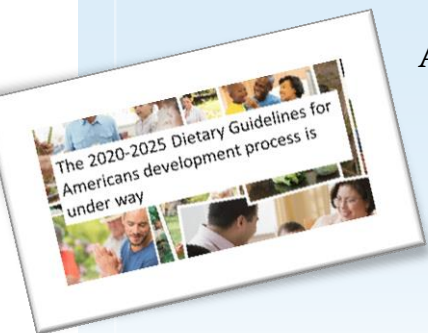
New Dietary Guidelines Are on the Way!

Have you heard the news? The Dietary Guidelines for Americans are getting an update, and you can help shape them!

According to their press release, “For the first time, the departments will **seek public comments** on the proposed priority topics and supporting scientific questions that will guide the development of the upcoming 2020-2025 edition.” **Want to give feedback?** You can do so between now and March 30 – just go to the Federal Register at <https://www.cnpp.usda.gov/dietary-guidelines>.

The topics the DGA are planning to expand include **life stages**, adding data for pregnant and breastfeeding women along with children from birth to 24 months of age, and **eating patterns**, exploring “patterns of what we eat and drink as a whole, on average and over time.” Get more information at

<https://foodandhealth.com/2020-2025-dietary-guidelines-process-under-way-new-step-added/>.



Salmon With Lentils

Ingredients are roasted separately and then assembled at the last minute

Ingredients:

- 1 3-ounce fillet of salmon
- 1/4 cup red lentils
- 3/4 cup water
- Dash of garlic seasoning mix
- Vegetable oil cooking spray
- 1 cup broccoli
- 1/4 cup sliced red pepper
- 1 fresh lemon



Directions:

Place the lentils and the water in the bottom of a glass baking dish. Add the salmon and then top with seasonings. Sprinkle red pepper slices over the top. Bake at 400 degrees F until the fish is done, about 25 minutes. Add more water during cooking if needed.

When the fish is done, you can remove it from the oven. Microwave the broccoli on full power for 2 minutes or until crisp tender.

Serve all together on a plate with the salmon served on top of the lentils and the peppers over top of the salmon. Place the broccoli to the side. Sprinkle all with the garlic seasoning and a generous squeeze of fresh lemon juice.



Nutrition Information

Serves 1. Each serving contains 484 calories, 17 g fat, 3 g saturated fat, 0 g trans fat, 140 mg cholesterol, 152 mg sodium, 22 g carbohydrate, 6 g fiber, 3 g sugars, and 59 g protein.



Diabetes Snack Tips

By Jill Weisenberger, MS, RDN, CDE, CHWC, FAND

Snacks have been dubbed “the fourth meal” because we consume one-quarter of our calories between meals. Though many people think that snacking frequently is good for blood sugar control, weight management, and overall health, researchers have never identified an ideal pattern of eating frequency. In fact, **there are several reasons that you may want to cut back on snacking!**

Reason #1: It provides extra calories. Lots of people eat just as much at meals whether they snack or not. Americans have gotten heavier over the last few decades.

Reason #2: Snacking does not boost metabolic

rate. Contrary to popular belief, eating more often doesn’t keep your metabolism humming. While it is true that you burn a bit more calories to digest, absorb, and assimilate food and nutrients, there is no difference in a day. The bump in calorie expenditure is influenced by what you eat, not how often you eat.

Reason #3: Snack foods are often not nutrient dense. The favorite snacks in North America are chips, chocolate, cheese, and cookies. Yet the Dietary Guidelines for Americans identifies fruits, vegetables and dairy as the most under-consumed food groups.

Snack Foods to Choose:



Your best choices of snack foods should be the foods that you’re lacking throughout the day. And as noted above, that’s probably fruit, vegetables, and dairy. Many people are also low on fish, whole grains, and nuts. Think about what you need more of and go for that.

You should also consider your blood sugar level when choosing your snack. If your blood sugar is already at the high end of your range, avoid pushing it higher by making lower-carb choices. Otherwise, nutrient-dense foods with carbohydrates like fruit and yogurt are just fine.

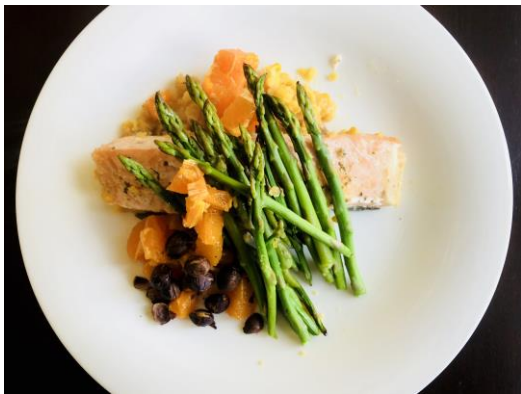
Eat to Improve Your Sleep

By Lynn Grieger, RDN, CDE, CPT, CHWC



Your Eating Pattern Can Affect Your Sleeping Pattern!

According to the CDC, 1/3 of adults report inadequate amounts of sleep. Adults need at least 7 hours of sleep for the best health and well-being. Not enough sleep is linked with obesity, physical inactivity, mistakes at work, car crashes, and 10 chronic health conditions: heart attack, coronary heart disease, stroke, asthma, COPD, cancer, arthritis, depression, chronic kidney disease, and diabetes. In addition to strategies to improve sleep like regular exercise, regular exposure to daylight, a bedtime routine, and sleeping in a dark, cool bedroom, food choices also play an important role in quality of sleep.



Protein

Some studies show that short sleepers (people who routinely sleep less than the recommended 7 hours per night) don't eat enough protein throughout the day. Include plain Greek yogurt, nut butter, skinless poultry, seafood, eggs, nuts and seeds, legumes, edamame, or tofu with every meal (and most snacks!).

Melatonin

Tart cherries, not the sweet ones we typically enjoy, may help improve levels of melatonin. Melatonin is a hormone that promotes sleep. Bananas, pineapple, and oranges are also good sources of melatonin. Combine all of these into a fruit salad and serve it with some nonfat plain Greek yogurt for a sleep-boosting snack.



Tryptophan

Foods high in tryptophan, an amino acid that produces serotonin to induce calmness and drowsiness, can help promote sleep, especially when they're combined with whole grains. The best bedtime snack is one that contains both: think whole grain cereal with milk, peanut butter on whole grain toast, or cheese and whole grain crackers.

Save the Bread for Last: Carbohydrate Timing Matters



It's been said that, "Man cannot live by bread alone." While that is certainly true, many of us still enjoy bread as part of our regular meals and snacks. However, saving the bread for the end of a meal may help people with diabetes have better blood sugar control, according to data from a new study.

Dr. Alpana Shukla and Dr. Louis Aronne of the Comprehensive Weight Control Center at Weill Cornell Medicine in New York City found that individuals with type 2 diabetes who consumed vegetables and protein early in their meals before eating bread and drinking orange juice had much **smaller increases in blood sugar after their meals** when compared to meals in which they ate the carbs first. According to Shukla, the drop is "comparable to the kind of effect you see with some of the drugs we use to treat diabetes. Eating carbohydrates last may be a simple strategy for regulating post-meal glucose levels".

For those with type 2 diabetes, keeping blood sugars regulated is vital, primarily because it aids in protection from severe complications such as heart disease, loss of vision, and nerve damage. Dr. Shukla added that those with diabetes are advised to limit carbs and eat complex carbohydrates in place of simple sugars.

A smaller follow-up study produced similar results when it comes to timing carbohydrates. The subjects were 16 men and women with type 2 diabetes who ate the same meal on three different occasions, a week apart but with the elements of the meal in a different order each time. The results indicated that **consuming protein before carbs produced smaller increases**

in blood sugar than eating carbs before protein.

In this study, subjects drank orange juice and ate bread first, then took a 10-minute break before finishing up with salad and chicken. In the next instance, participants ate the meal in reverse order. For the final meal, the subjects ate the chicken, vegetables, and bread in a sandwich along with orange juice. Everyone ate the same number of calories and carbohydrates each meal.

When subjects ate carbs last, their **post-prandial blood glucose levels were almost half as high** as they were when the participants ate carbs first, and 40% lower than they were when people ate the meal as a sandwich. The "carbs last" meal was also linked with **decreased insulin secretion as well as higher levels of glucagon-like peptide-1 (GLP-1)**, a hormone in the gut that helps regulate satiety and glucose. After following a carbs-last plan, the insulin levels needed to keep individuals' glucose levels in control were close to 25% less.

Shukla notes that in reality, when people eat carbs at the end of their meals after having protein and vegetables, they may end up eating fewer total calories. This should not give those with high blood sugar a pass to eat high-sugar desserts after eating protein and vegetables, as these types of foods are still not great for anyone's health. But for now, maybe it's wise to save that bread for last.

By Lisa Andrews, MEd, RD, LD