

Health Connection

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EXTENSION

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Inside the June Edition:

1. Recipe by Judy Doherty, BS, PC II
2. Allulose by Lynn Grieger, RDN, CDE, CPT, CHWC
3. Fiber: It's Time to Double Up! by Jill Weisenberger, MS, RDN, CDE, CHWC, FAND
4. E. Coli What is it and Why is it Important? by Lynn Grieger, RDN, CDE, CPT, CHWC

Spotlight on DHA:

Omega-3 fatty acids are a group of polyunsaturated fatty acids that play a variety of important roles in health. EPA (eicosapentaenoic acid) and DHA

(docosahexaenoic acid) are two of the most

important omega-3 fatty acids, and they are commonly found together in seafood and in fish oil supplements.

While DHA and EPA most often function together, DHA plays a starring role in several crucial areas. DHA has a longer carbon chain and a higher degree of unsaturation, which gives it unique structural and functional properties in cell membrane phospholipids, particularly those in the retina and the neuronal synapses in the brain.

By Lynn Grieger, RDN, CDE, CPT, CHWC



Everything-Spiced Salmon

This dish provides a delicious new way to serve baked salmon using an old favorite spice from bagel bakers.

Ingredients:

- 1/2 tsp sesame seeds
- 1/2 tsp poppy seeds
- 1/2 tsp dried minced onion
- 1/4 garlic powder
- 4 3-ounce salmon fillets



Directions:

Toast the sesame seeds in a dry, nonstick skillet over medium heat for about a minute. Add the rest of the seasonings and remove from heat. Toss together and allow to cool. Store in a covered jar until ready to use.

Press the seasoning on the salmon fillets. Place the salmon in a baking dish. Bake for 20 minutes at 400F.

Serve salmon hot.

Chef's Tips:

Serve a fresh salad and veggies with this fish. Why not try roasted cauliflower and tossed salad with tomatoes?



Nutrition Information

Serves 4. Each 1 fillet serving: 535 calories, 35g fat, 8g saturated fat, 0g trans fat, 140mg cholesterol, 151mg sodium, 0g carbohydrate, 0g fiber, 0g sugars, 52g protein.



Meet Allulose

By Lynn Grieger, RDN, CDE, CPT, CHWC

Food manufacturers have many different sweetener choices: sweeteners that contain calories like sugar, high fructose corn syrup, and honey, and sweeteners that are very low in calories like sucralose (Splenda), aspartame (Equal, NutraSweet), and stevia. Allulose is one of the newer low-calorie sweeteners.

Allulose, also known as psicose or D-psicose, is found in very small amounts in figs, raisins, and jack fruit and is also naturally in maple syrup and brown sugar. Because it's present in tiny amounts in only a few foods, it's known as a rare sugar. To create a larger supply, food manufacturers use enzymes to produce Allulose

from corn and other plants.

Allulose is absorbed by the body but not metabolized, so it provides almost no calories. In fact, it has 90% fewer calories than table sugar. Allulose contains 0.4 calories per gram while table sugar contains 4 calories per gram. The Food and Drug Administration (FDA) has designated Allulose as Generally Recognized as Safe (GRAS) to be used in a variety of foods.

Allulose is so new that its main use is by food manufacturers to reduce the sugar & calories in foods. Allulose gives consumers another safe, good-tasting, low-calorie sweetener.

Benefits of Allulose

Since Allulose isn't metabolized, it doesn't raise blood sugar levels or cause the body to release insulin, which can be beneficial for people with diabetes.

Allulose has a similar taste and texture to sugar, with no aftertaste.

Research shows that Allulose is well-tolerated with no adverse side effects. A randomized, double-blind, placebo-controlled research study with 17 people who consumed 5 grams of D-psicose with three meals per day for 12 weeks showed no abnormal effects or clinical problems.



Fiber: It's Time to Double Up

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



We're Not Getting Enough Fiber

Americans consume only about half as much fiber as recommended. The average intake is a mere 16 grams daily, yet experts tell us that men and women should aim for 38 and 25 grams per day respectively. Getting the right amount — and the right types — of fiber can help you stay regular in the bathroom, control your blood sugar and cholesterol levels, optimally feed your gut bacteria, and probably even help you prevent chronic diseases.



Not All Fibers Are the Same

Just like we need a variety of vitamins, we need different types of fibers. And just like different vitamins have different jobs, different fibers do too. Many people have heard of soluble and insoluble fibers, but these are only descriptions of how the fibers behave in water. They don't tell us what the fibers do in the body.

Meet Beta-Glucan

Beta-glucan is a viscous fiber in oats and barley that sweeps cholesterol from the digestive tract before it reaches your bloodstream. Beta-glucan also helps improve insulin resistance and manage blood sugar levels. It is even fermented by the good gut bacteria, helping them to thrive.



Changes Can Make a Difference

Eat fruits and/or vegetables every time you eat (all fruits and vegetables give us fiber). Or eat legumes at least a few times each week. In addition, it helps to read food labels on crackers, breads, and cereals. Try to find products with at least 1 gram of fiber for every 50 calories. If you start with one of these tips, then add a second, etc, and are consistent over time, you'll meet your fiber goal. Add fiber gradually and drink plenty of water to avoid gas, bloating and discomfort.

E. Coli: What is it and Why is it Important?

If you enjoy including Romaine lettuce in your salad, you've most likely noticed the empty spaces in the grocery store produce aisle where Romaine used to be found. Officials in several states are investigating a multi-state outbreak of dangerous E. coli that has infected over 50 people from 16 different states.

E. coli is a large group of bacteria that are found throughout our environment as well as within our own digestive system. E. coli was first identified by the German microbiologist and pediatrician Theodor Escherich when he studied the role of bacteria in the digestive tracts of infants in 1884.

Most strains of E. coli are harmless, but some types can lead to diarrhea, urinary tract infections, respiratory illness, or pneumonia. The strain of E. coli that is the most dangerous to humans is E. coli O157:H7, known as a STEC or "Shiga toxin-producing" E. coli. STEC is most often found in the digestive tracts of cattle, goats, sheep, deer, and elk. STEC doesn't make these animals sick, but it can cause human illness. Sometimes other types of animals, like pigs and birds, pick up STEC from the environment and can spread it in their feces.

STEC can easily contaminate our food supply. Vegetables like Romaine lettuce can be contaminated via fertilizer and water, or through contact with livestock-associated birds. STEC can also be transmitted to humans via fecal contamination of meat.

The Shiga toxin produced by STEC attacks small blood vessels inside our body, kills intestinal cells, and causes bloody diarrhea and severe



abdominal pain. Sometimes people affected by STEC believe they have the flu and don't seek treatment.

STEC can sometimes lead to hemolytic uremic syndrome, a potentially-deadly condition that can involve widespread blood clots and hemolytic anemia (abnormal breakdown of red blood cells), thrombocytopenia (lack of blood platelets reduces the blood's ability to form clots), and renal failure.

The CDC recommends throwing out all uneaten Romaine lettuce, both whole heads of Romaine as well as bagged, chopped Romaine and salad mixes that contain Romaine lettuce unless you know for sure that it was not grown in Yuma. Since packaging labels typically don't identify growing regions, if you're unsure, it's safest to throw out the lettuce. Restaurants and retailers should not sell or serve Romaine lettuce in any form unless they know for certain that it was not grown in Yuma.

If you have diarrhea that lasts for more than 3 days, or have diarrhea with high fever and bloody stools, or are vomiting and can't keep down liquids, it's important to contact your healthcare provider. Very young children, the elderly, and anyone with a chronic health condition should be especially vigilant.

By Lynn Grieger, RDN, CDE, CPT, CHWC