

Health Connection

October 2018

Brought to you by:

Lorrie Coop
CEA-FCH, Knox County
PO Box 22
Benjamin, TX 79505
940-459-2651
ljcoop@ag.tamu.edu

TEXAS A&M
AGRI LIFE
EXTENSION



Inside the October Edition:

1. Light Avocado Toast by Judy Doherty, BS, PC II
2. Pasta Bowl by Judy Doherty, BS, PC II
3. Picture This by Lisa Andrews, MEd, RD, LD
4. Does Bone Broth Live Up to the Hype? by Lynn Grieger, RDN, CDE, CPT, CHWC
5. Meal Planning by Lisa Andrews, MEd, RD, LD

Are Food Colorings Safe?

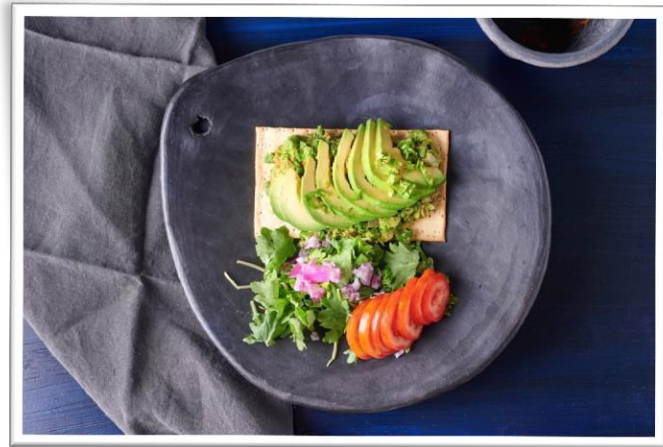
There is research on both sides of the color additive safety debate, with some research showing that even people who consume a high number of foods with color additives are not at risk of any adverse health effects. Other research points to the possibility that color additives may be carcinogenic or could cause hypersensitivity reactions or behavior problems.

A 2012 meta-analysis of 36 studies found that 8% of children with ADHD had improved behavior when they ate a diet that contained no color additives. FD&C Yellow No. 5 is used to color beverages, dessert powders, candy, ice cream, custards, and other foods. The FDA's Committee on Hypersensitivity to Food Constituents concluded in 1986 that FD&C Yellow No. 5 might cause hives in fewer than one out of 10,000 people, and that there was no evidence the color additives in food provoke asthma attacks. The law now requires Yellow No. 5 to be identified on the ingredient list. *By Lynn Grieger, RDN, CDE, CPT, CHWC*

Light Avocado Toast

Ingredients:

- 1 avocado*
- 2 cups cooked peas*
- 1/4 cup diced onion*
- 1 tablespoon of diced hot or sweet green pepper*
- Juice of 1 lime*
- 2 whole grain crackers*
- 1 cup kale*
- 1 sliced tomato*



Directions:

Mash half of the avocado with the peas. Add the onion, pepper, and lime juice. Place the avocado mixture over the whole grain crackers, dividing it between 2 of them. Take the remaining half of the avocado and slice it thin; place it on the top of the toast.

Chef's Tips:

Serve the avocado toast with kale and sliced tomatoes on the side. Add a selection of dressings and or oil and vinegar to top the kale salad.

This recipe contains 13 grams of fiber and is lower in fat and calories than traditional avocado toast that can be upwards of 400 calories per serving.

Nutrition Information:

*Serves 2. Serves 2. Each 1 toast serving:
254 calories, 11g fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 143mg sodium, 36g carbohydrate, 13g fiber, 7g sugars, 8g protein.*



Pasta Bowl

Easy to make, low in calories, and super delicious describe this dinner.

Ingredients:

- 2 cups cooked spaghetti
- 2 cups cooked veggie "noodles"
- 2 cups cooked and shredded chicken breast
- 1.5 cups marinara sauce
- 1 cup steamed broccoli



Directions:

Cook the spaghetti according to the package directions; drain in colander.

Heat the "veggie noodles" (zucchini or carrots) and the other ingredients including the chicken breast, marinara sauce, and steamed broccoli.

Assemble all ingredients into a bowl in this fashion: Layer the veggie noodles and the spaghetti. Place the chicken and broccoli on top of the noodles. Then pour the hot sauce over all.



Nutrition Information

Serves 4. Each 2-cup serving: 282 calories, 4g fat, 1g saturated fat, 0g trans fat, 60mg cholesterol, 109mg sodium, 34g carbohydrate, 5g fiber, 7g sugars, 28g protein.

Picture This

By Lisa Andrews, MEd, RD, LD



A recent study found that providing children's plates with compartments with images of fruits and veggies increased how many fruits and vegetables the kids added to their plates and then consumed.

The study included 325 children. For three days during lunchtime in one week, kids were given plates with pictures of fruits and vegetables.

Observations were done to see how much food they added to their plates and ate. Those days were then compared to three days in a prior week when the children used plain white plates.

An increase was observed in both fruit and vegetable consumption. The children consumed

more veggies with the experimental plates, eating an average of 28 grams of vegetables using the experimental plates versus 21 grams with regular white plates. The pattern continued with fruit. When using experimental plates, the kids served themselves approximately 64 grams of fruit, which was an increase from about 60 grams previously.

Emily Melnick, the study's co-author, states, "Pictures on lunch plates may indicate a social norm of vegetable and fruit consumption to nudge children's dietary behaviors in a classroom setting."

More Progress Still Needs to be Made

While this is heartening news, there is still a ways to go in terms of getting kids to eat vegetables. According to the CDC, children's fruit intake has increased, but fruit and vegetable intake remains too low. Vandana Sheth, a spokesperson for the Academy of Nutrition and Dietetics notes that it's not clear if the classroom experiment could be repeated at home with family meals or lead to long-term changes in children's eating habits. She states, "If this is repeatable at home, it can be a simple technique practiced by families and have a significant impact on their long-term health [...] We know that early childhood dietary behaviors can affect food choices and eating decisions into adulthood [...] If something as simple as putting pictures on plates [...] can work, it's worth a try."

Does Bone Broth Live Up to the Hype?

By Lynn Grieger, RDN, CDE, CPT, CHWC

What is Bone Broth?

Bone broth is basically stock that's made by slowly simmering animal bones and skin in water for 5-24 hours or more to allow the collagen and gelatin to be released from the cartilage. Just as every cook has their own special recipes, there is no one single recipe for bone broth. When cooled in the refrigerator, bone broth becomes thick, like a soupy Jello, due to the amount of gelatin in the liquid.



What Nutrients are in Bone Broth?

The nutrient content varies quite a bit, depending on how the broth is made. According to the USDA nutrient database, 1 cup of homemade chicken or beef stock contains 31-86 calories, 0.2-2.9 grams fat, 4.7-6 grams protein, and varying amounts of minerals like calcium, iron, sodium, and potassium.

What is the Hype?

Bone broth marketing promises benefits from collagen, gelatin, and a variety of amino acids that supposedly promote healthy skin, decreased joint pain, an improved immune system, and better digestive health.



Is That How Bone Broth Works?

Just because bone broth contains a high amount of collagen and gelatin doesn't automatically mean that it provides health benefits, because the amino acids from both will be put back together by the body in a variety of ways. Excess amino acids aren't stored, and are instead processed by the liver into urea, which is then excreted in urine.

Meal Planning: The Science

People cite lack of time, knowledge, skill and creativity as barriers to regular meal prep (1), yet studies show that food consumed outside the home tends to be higher in calories, fat, and sodium and lower in fiber, vitamins, and minerals (2). A recent cross-sectional study indicates that meal planning may increase home meal prep, which is associated with improved diet quality, food variety, compliance with dietary guidelines and weight status (3).

In the Nutrinet-Sante study, which involved over 40,500 participants, researchers evaluated meal planning, which they defined as preparing food to be eaten over the next few days. Included in the study were energy and nutrient intake assessments, along with discussions of food groups and an evaluation of adherence to French nutritional guidelines (through repeated 24-hour recall records). A Food Frequency Score was used to estimate a food variety score. Participants self-reported height and weight. The connection between meal planning and dietary intakes was evaluated using analysis of covariance (ANCOVAs) and logistic regression models were utilized to compare links with quartiles of modified French Programme National Nutrition Sante-Guideline Score (mPNNS-GS) scores, quartiles of food variety score and weight status classes (overweight, obesity) (3).

57% of subjects stated that they planned meals on occasion. Those that meal planned were more likely to have a higher mPNNS-GS (OR quartile 4 vs. 1=1.13, 95% CI: [1.07-1.20]) and more overall food variety (OR quartile 4 vs. 1=1.25, 95% CI: [1.18-1.32]). Meal planning was associated with lower body weight in the female subjects and reduced likelihood of being overweight (OR=0.92 [0.87-0.98]) and obese (OR=0.79 [0.73-0.86]).

The authors concluded that planning meals was associated with healthier diets and reduced rates of obesity. While causality cannot be inferred from the associations, these data suggest that meal planning could likely be helpful in preventing obesity (3).

References:

1. Mancino L, Newman C. Who has time to cook? How family resources influence food preparation? Econ Research Report No. (ERR-40) 25 pp. USDA. 2007.
2. Todd JE, Mancino L, Lin BH. The impact of food away from home on adult diet quality. Econ Research Report No. (ERR-90) 24 pp. USDA. 2010. [PMC free article] [PubMed]
3. Ducrot, P., Mejean, C., Aroumougame V., Ibanez, G., Alles, B., Kesse-Guyot, E., Hercberg, S., Peanau, S., Meal planning is associated with food variety, diet quality and body weight status in a large sample of French adults. *Int J Behav Nutr Phys Act.* 2017; 14: 12.

By Lisa Andrews, MEd, RD, LD