

# Health Connection

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Brought to you by:



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## Good News for People with IBS!

People with irritable bowel syndrome (IBS), a disease of the intestines that results in stomach pain, bloating, gas, diarrhea, and/or constipation, often try a variety of restrictive diets to get relief.

The low-FODMAP diet helps approximately 70% of people with IBS live healthy, symptom-free lives.

FODMAP is an acronym for Fermentable Oligosaccharides (fructans and galacto-oligosaccharides) Disaccharides (lactose) Monosaccharides (excess fructose) And Polyols. The FODMAP sources of carbohydrate aren't completely absorbed in people with IBS, leading to the production of gas and changing the motility and function of the intestinal tract. This in turn

leads to symptoms of gas, bloating, diarrhea, or constipation and pain. A low-FODMAP diet should not be followed longer than the initial 2-6 weeks because it could reduce the amount of beneficial bacteria in the digestive tract.

*By Lynn Grieger, RDN, CDE, CPT, CHWC*



# Delightful Veggie Burger

## Ingredients:

*1 portobello mushroom burger, rinsed and stem cut off*

*1 whole wheat bun*

*1 cup of lettuce like arugula or kale*

*Roasted veggies: onion rings, tomato slices, egg plant*

*Ketchup*

*Salad dressing*

*Olive oil spray*



## Directions:

Preheat the oven to 450 degrees F.

Meanwhile, lightly spray a non-stick baking tray with olive oil or vegetable oil spray.

Place the portabella mushroom on the tray, then add the onion rings, sliced tomatoes, and sliced eggplant.

Roast all of the veggies for 15 minutes. Remove from the oven and allow to cool for 5 minutes.

Make a delicious veggie burger by layering all of the veggies with the ketchup and salad dressing.

## Chef's Tips:

Try to find a high quality bun or burger. You can add more protein or cheese or change the vegetables to suit your fancy.

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## Nutrition Information:

*Serves 14. Each burger contains: 193 calories, 2 grams of fat, 1 grams of saturated fat, 0 g trans fat, 0 mg cholesterol, 228 mg sodium, 37 g carbohydrate, 7 g fiber, 11 g sugar, and 9 g protein.*



## Roasted Holiday Salad

This is a fall or winter salad. It would be excellent for entertaining or for the holidays and it is easy to make!



### Ingredients:

- 5 cups of greens, like baby kale, arugula, or spinach
- 2 beets
- 2 carrots
- 1 eggplant
- 2 tomatoes
- 1 red or green bell pepper
- 1 red onion
- 1 tablespoon balsamic vinegar
- 2 tablespoons of low-fat vinaigrette dressing
- 1 tablespoon of toasted hazelnuts
- Everything spice or black pepper

### Directions:

Preheat the oven to 450 degrees. You can also lower it if you are roasting other items like a turkey! Just increase the cooking time.

Slice the eggplant, tomatoes, and onions and place them on an oiled baking tray. Roast them for 50 minutes. Place the whole beets and carrots in a baking dish and roast them for an hour.

Place the greens on a large shallow platter. Top them with the sliced and roasted eggplant, tomatoes, onions, and red peppers.

Then cut the beets into wedges and cut the carrots into slices. Add them to the salad. Top with a little balsamic vinaigrette. Spoon the balsamic vinegar onto the salad plate around the greens. Top with everything spice or black pepper. Then top with the hazelnuts.



### Nutrition Information

Serves 8. Each 1 cup serving: 37 calories, 1g fat, 0 g saturated fat, 0g trans fat, 0 mg cholesterol, 123 mg sodium, 8g carbohydrate, 2g fiber, 5g sugars, 1 g protein.

## Beets: Nutrition Powerhouses

By Lynn Grieger, RDN, CDE, CPT, CHWC



Both the dark green leafy tops as well as the colorful beet root contain a variety of essential nutrients. The beet root is an excellent source of antioxidants including vitamin C, carotenoids, phenolic acids, flavonoids, and a unique group of phytonutrients called betalains that provide the red/violet or yellow/orange color in beet roots. Scientists are just starting to learn about the possible anti-inflammatory and antioxidant benefits of betalains in some types of cancer, liver disease, arthritis, cardiovascular disease, and type 2 diabetes.

Beets are also high in nitrates that play an important role in regulating blood pressure, reducing oxidative stress, and promoting

cardiovascular health. Several studies show that drinking 1-3 cups of beetroot juice per day improves the distance and time that people with peripheral artery disease can walk and also increases the intensity and amount of exercise in trained athletes due to increased levels of nitric oxide that improves blood flow and lung function as well as strengthens muscle contractions. Beet greens are excellent sources of vitamins K, A, C, and B vitamins along with copper, magnesium, calcium, iron, and fiber. Beet greens contain lutein and zeaxanthin, phytonutrients that, according to the American Optometric Association, protect our eyes from harmful ultraviolet rays and are important in preventing cataracts and macular degeneration.

## Let's Cook Beets!

*Although it looks tough, the beet root is actually quite delicate. Rinse it gently under cold, running water to avoid bruising. To preserve the most nutrients, cut the cleaned beet root into quarters and steam over boiling water for 15 minutes until easily pierced by a fork. Remove from the water and remove the skin by gently rubbing with a paper towel. Marinate steamed beets in olive oil, lemon juice and fresh herbs.*

*Beets become tender and sweet when roasted; wrap cleaned beets in aluminum foil and roast in a 400 degree oven for 45-60 minutes. Remove the skin by rubbing each beet with a paper towel. For a quick and simple meal, grate raw beets and use the grated beet in cold salads.*



# Choose a Plant-Based Eating Pattern

By Lynn Grieger, RDN, CDE, CPT, CHWC

## The ACLM Says “Choose Plants!”

The American College of Lifestyle Medicine (ACLM) is a professional association of physicians and medical professionals dedicated to the evidence-based practice of adopting lifestyle behaviors such as regular exercise, healthful food choices, eliminating tobacco use and moderate alcohol consumption as the first treatment option in preventing and managing chronic disease. The ACLM statement is based on a large body of research that supports the important role of a whole-food, plant-based eating pattern. Foods from animals play a much more limited role in this eating plan.



## Why Plants?

Plant foods contain fiber, antioxidants, vitamins, and minerals that are essential to health. Plants are also good sources of unsaturated fatty acids that help promote a healthy cardiovascular system and they contain far less of less-healthful types of saturated fatty acids.

## Promote Good Health!

There is no one perfect food. Choosing a variety of different foods is a key strategy to consume all the nutrients your body needs for optimal health. For example, we often don't realize that legumes, nuts and seeds, and whole grains contribute important amounts of protein to our diet. When we fill our plate with plant foods, we're giving our body key nutrients that promote lifelong health.



## Choose Minimally-Processed Foods

Processing removes some of the essential nutrients in foods, which makes choosing minimally-processed foods a key health strategy. For example, a baked potato is far less processed than potato chips and a fresh apple is less processed than sweetened applesauce.

## New Research: Meal Timing and Body Fat

**A recent study in the Journal of Nutritional Sciences finds that small changes to the first and last meals of the day can lower body fat. Scientists used “time-restricted feeding,” a form of intermittent fasting, in a 10-week study at the University of Surrey to evaluate the impact that altering meal times had on food intake and chronic disease risk.**

Dr. Jonathan Johnston led the study. Subjects were divided into two groups -- one that was required to delay eating breakfast for an hour and a half and eat dinner an hour and a half earlier, and a control group that ate meals at their normal times. Participants had to provide blood samples and complete food diaries before and during the 10-week trial period as well as complete a feedback questionnaire right after the study.

Unlike other diet studies, subjects were allowed to eat freely and were not advised to stick to a strict diet, as long as they ate meals within a certain window. This allowed researchers to evaluate whether this type of eating plan could be sustained in everyday life.

In the group that changed meals to a later breakfast and earlier dinner, subjects lost on average over twice as much body fat than the control group who did not change their eating times or habits. Scientists in the study discovered that even though no restrictions were advised in the study group, subjects that altered meal times ate less food overall than the control group. Questionnaire replies confirmed a reduced food intake as 57% of subjects cited less appetite, fewer opportunities to eat, and a reduction in snacking, especially in the evening. It is unclear whether a longer fasting period was an additional factor in body fat reduction. Researchers included questions regarding sustainability of the new eating times with participants. When asked, 57% of subjects said that the new times could not be sustained after the 10-week period due to family and social life. But 43% of subjects answered that they would continue the eating patterns if times were more flexible.

