

Health Connection

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Brought to you by:



Lorrie Coop CEA-FCH

PO Box 22

Benjamin, TX 79505

940-459-2651

ljcoop@ag.tamu.edu



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Heart Health Update

The American Heart Association (AHA) and the American College of Cardiology (ACC) have released updated guidelines on the important role of lifestyle choices in reducing cardiovascular risk. The focus of the guidelines is prevention of heart attack, angina, stroke, peripheral arterial disease, heart failure, and atrial fibrillation. The report clearly states that the most important way to prevent cardiovascular disease is through a healthy lifestyle.

The report details 5 ways to reduce cardiovascular disease: healthy food choices, regular exercise, avoiding use of tobacco products, including e-cigarettes, talking with your doctor about factors that affect your health, such as housing, food security, transportation, self-image, and culture, and finally, talking with your doctor about whether aspirin for prevention is right for you.

By Lynn Grieger, RDN, CDE, CPT, CHWC

Sautéed Spinach Salad

Ingredients:

2 fresh plum or heirloom tomatoes, seeded and diced
2 garlic cloves
olive oil spray
1 bunch fresh spinach leaves, rinsed and dried
fresh basil leaves
black pepper to taste
1 tablespoon red wine vinegar

Directions:

Prepare all ingredients as described above.



Heat a large nonstick saute pan over medium heat. Saute the tomatoes and garlic lightly until the garlic is soft. Add the spinach and basil leaves and cover the pan for 2 minutes. Stir lightly.

Serve the spinach warm on a plate. It can be a vegetable side dish or a warm salad. It goes great over pasta or rice.

Chef's Tips:

You can use this spinach dish with baked fish or grilled seafood. Use it as a warm and delicious side dish!

Nutrition Information:

Serves 4. Each 1 cup serving: 44 calories, 2g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 71mg sodium, 6g carbohydrate, 3g fiber, 2g sugars, 3g protein.



Kale Pistachio Salad

The leaves are warmed in a sauté pan and the salad is served with crunch pistachios. It is a perfect dish for spring



Ingredients:

- 6 cups of fresh curly kale leaves, rinsed, dried, ready to serve
- 1/2 cup sliced green onion
- 1/4 cup pistachio nuts, chopped
- olive oil spray
- balsamic vinegar glaze

Directions:

Heat a sauté pan over medium heat. Spray with olive oil spray. Lightly sauté the kale leaves until they turn a bright green. Remove from the pan. Sauté the onion and pistachios until they turn a little brown. Add the kale and toss together.

Turn the salad out onto a plate. Sprinkle with balsamic vinegar glaze.

Chef's Tips:

Feel free to use any type of flavored vinegar in place of the balsamic syrup. Serve warm.



Nutrition Information

Serves 4. Each 1 cup serving: 99 calories, 4g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 46mg sodium, 13g carbohydrate, 3g fiber, 2g sugars, 5g protein.

Overnight Oatmeal

By Cheryle Jones Syracuse, MS



Oatmeal has always been a hot topic when it comes to nutrition. One of the latest crazes is actually “cold” oatmeal, otherwise known as overnight oatmeal or overnight oats. This really isn’t something new, it’s just a resurgence of a classic with a new name. Have you ever heard of muesli? This was the original overnight oatmeal!

Over the past few years, we’ve been hearing that eating raw or uncooked flour can be a food safety risk and many wonder if raw oatmeal could pose the same problem.

Flour is made from milling wheat that was grown outdoors; it does have the potential to contain bacteria that could make someone sick. This usually doesn’t happen because flour is primarily used in foods that are cooked and

those bacteria are rendered harmless by heat. The concern is when people eat raw dough or other uncooked or undercooked foods that contain flour.

Uncooked oatmeal is another story. According to the folks at Quaker Oats, unless there is a dietary restriction requiring soft foods, oats and oat bran can be eaten raw. While **oats are also obviously grown outdoors, oatmeal is made from oat groats, which have been steamed.** This heating reduces the risk of pathogens in oat products.

There are many packaged varieties of muesli available. Be sure to read the ingredients labels for added ingredients that you may not want. You can also make your own at home with oats, milk or milk alternatives, and fruit.

The Story of Overnight Oatmeal

Muesli was developed by a Swiss doctor for his patients in the early 1900s. Originally, it was a diet food and served as an evening meal, but it has evolved into a breakfast food that is usually prepared the night before and eaten cold in the morning. Overnight oatmeal is uncooked oatmeal mixed with other ingredients — usually milk or fruit juice and fresh fruits, raisins, grains, and/or nuts that then all come together in the refrigerator overnight.

Overnight oatmeal can be a great ready-to-go nutritious breakfast. In a typical bowl, you get 4 grams of dietary fiber, 5 grams of protein, and only 3 grams of fat when you start with just a ½ cup of uncooked rolled oats. Then add your milk, fruits, and nuts for additional nutrition bonus.

Tips to Prevent Cancer

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

Be a Healthy Weight and Stay Physically Active

Excess body fat pumps out hormones and other compounds that can give cancer growth a boost. Carrying extra fat is a cause of at least 12 cancers. All types of activity reduce cancer risk by affecting hormones and immune function. A good goal is to get at least 150 minutes of moderate or 75 minutes of vigorous activity each week. Also limit your sedentary time.



Focus on Whole Grains, Vegetables, Fruits, and Beans

These foods provide a host of vitamins, minerals, fibers, and phytonutrients. Aim for a variety of foods to get at least 30 grams of dietary fiber daily, 5 servings of non-starchy vegetables and fruits each day, and at least three servings of legumes weekly.

Skip Processed Foods High in Fat, Starch, and Sugar

Though these types of foods aren't linked directly to cancer, they indirectly affect cancer risk because they're associated with weight gain. Sugar-sweetened drinks, for example, are linked to weight gain, which is linked to at least 12 types of cancer, so it's best to have them very rarely.



Limit Red and Processed Meats

Aim to limit red meat (beef, lamb, and pork) to no more than 12-18 ounces weekly and try to avoid processed meats -- like hot dogs, ham, and sausage -- to lower your risk of colorectal cancer.

Are You Getting Enough Choline?

Our bodies produce small amounts of choline, but not enough to prevent deficiency and promote health. Choline is crucial for the liver, muscle, and brain and it plays important roles in memory, mood, muscle control and preventing atherosclerosis. (seafood). Incorporating 1 to 2 eggs per day as a substitution for processed and/or red meat increases choline intakes without altering other essential

Healthy men and women who are fed a choline-deficient diet develop fatty liver disease and increased levels of creatine phosphokinase that indicates muscle damage; when choline is added back to their diets, these situations resolve. nutrients and maintaining cholesterol intakes within a healthy range.

Choline is even more important during pregnancy, lactation, and early childhood because fetal and infant needs for choline are so high that maternal choline stores are easily depleted. Low choline intake during pregnancy increases the risk of both neural tube defects and cleft palate. In addition, optimal development and functioning of the placenta during pregnancy relies on adequate amounts of choline. Impairments to the placenta can result in preeclampsia and poor fetal growth. Women who are pregnant need 450 mg of choline per day, and women who are breastfeeding need 550 mg of choline per day. A small randomized study showed that higher maternal choline intake during pregnancy resulted in positive effects on the children's attention, memory and problem-solving skills into the school-age years. Only about 10% of Americans and 8% of pregnant women currently meet their gender- and life-stage-specific adequate intake for choline.

Which foods contain choline?

Choline is largely present in animal foods, meaning that vegetarians and especially vegans need to make sure they're including more choline-containing foods in their diet.

Food	mg choline
3 oz salmon	187mg
1 large egg	147 mg
½ cup roasted soybeans	107 mg
1 cup collard greens	72 mg
1 cup Brussels sprouts	63 mg
3 oz chicken	56 mg
½ cup shitake mushrooms	58 mg
3 oz beef	55 mg
1 oz wheat germ	51 mg
1 cup Swiss chard	50 mg
1 cup cauliflower	48 mg
½ cup kidney beans	45 mg
1 cup cooked quinoa	43 mg
1 cup milk	38 mg
1 oz almonds	15 mg

Choline intakes are usually driven by egg intake and animal protein foods (meat, poultry, and seafood).

Incorporating 1 to 2 eggs per day as a substitution for processed and/or red meat increases choline intakes without altering other essential nutrients and maintaining cholesterol intakes within a healthy range.

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