

Health Connection

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Brought to you by:



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Maintaining a Food Log is Easier Than You Think!

Perception is not always reality. When I ask my weight loss clients whether they track their food intake, they often roll their eyes and tell me that it's too tedious of a task to undertake and they dread having to do it. But when push comes to shove, to be successful with weight loss, self-monitoring is the most promising indicator.

A recent study found that the time needed to document total food intake is less than 15 minutes per day. In addition, the time it takes to document is less important than the frequency of monitoring. In an online behavioral weight loss program, the participants that were most successful after 6 months of recording their food intake took an average of 14.6 minutes daily on the activity. Individuals in the study monitored the fat and calories in foods and beverages consumed, as well as portion sizes and methods of preparation. The study done by researchers at the University of South Carolina and University of Vermont is the first to define the time required to self-monitor in individuals that lose weight successfully.

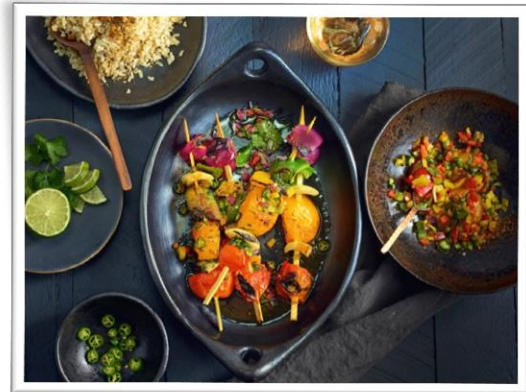
By Lisa Andrews, MEd, RD, LD



Rainbow Kabobs

Ingredients:

*1 red plum tomato
1 yellow tomato or bell pepper
1 white onion
1 green bell pepper
1 red onion or cubed egg plant*



Directions:

Rinse all items under running water. Cut all veggies in cubes, taking care to remove the skins from the onions and the stems from the tomatoes and peppers.

Arrange the cubed veggies on skewers in a rainbow pattern: red, yellow, white, green, and purple. Spray them with a little oil and season them with salt, pepper, lemon, and oregano.

Grill them in your oven under the broiler, on a gas BBQ grill, or on a grill skillet on the stove. Cook until tender, about 10 minutes.

Sprinkle with lime and fresh cilantro.

Chef's Tips:

Serve over brown rice. You can serve cooked lentils, beans, or grilled poultry or seafood with your kabobs.

Nutrition Information:

Serves 4. Each 1 kabob serving: 81 calories, 1g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 7 mg sodium, 18g carbohydrate, 7g fiber, 7g sugars, 3g protein



Strawberry Shorty

This delicious dessert is bursting with fresh strawberry flavor and low in calories.

Ingredients:

- 2 cups of fresh hulled strawberries, divided
- 1 fresh orange
- 1/4 cup fresh whipped cream
- 2 small scones, cut in half horizontally



Directions:

Divide strawberries in half. Cut one half of the berries (1 cup) into slices. Take the other half (1 cup) and place in blender with juice from the orange.

Place the sliced berries on a scone half. Top with blended strawberry puree. Divide the whipped cream between the 4 servings, using about 2 tablespoons each. Serve immediately.



Nutrition Information

Serves 4. Each serving: 152 calories, 11g fat, 6g saturated fat, 0g trans fat, 34mg cholesterol, 52mg sodium, 14g carbohydrate, 2g fiber, 7g sugars, 2g protein.

What Are Paleo Flours?

By Lynn Grieger, RDN, CDE, CPT, CHWC



The Paleo diet excludes all grains, and some of the more popular non-grain, Paleo substitutes for wheat flour include:

Almond flour and almond meal are made from ground almonds. Because almonds are a good source of protein and fat, almond flour adds tenderness to pancakes and muffins. Refrigerate or freeze almond flour prevent it from becoming rancid.

Coconut flour has much higher fiber content than wheat flour or other alternative flours, which increases the amount of fluid it absorbs.

Cassava flour is made from the root of the cassava plant, a major crop in South America and some parts of Asia and Africa.

Plantain flour is made from dehydrated green

plantains that are then ground into a flour-like consistency.

Gluten-free and grain-free flour combinations from companies such as Bob’s Red Mill and King Arthur Flour make paleo-friendly baking easier because they’ve tested the types and proportions of grain-free flours to use for the best results.

Our Take: For the best results, use a recipe that’s designed for grain-free flours. While baked goods made with grain-free flours can taste delicious, they will have a different taste and texture than baked goods made with wheat flours. I doubt that our ancestors 10,000 years ago were making cookies, cakes, or muffins with grain-free Paleo flours. Remember to enjoy them in moderation!

Nutrition Information: Flours

Flour (1/2 cup serving)	Calories	Protein	Carbohydrate	Fat	Fiber
Wheat Flour	247	8	50	1	1
Almond Flour	320	12	12	28	6
Coconut Flour	280	12	36	14	20
Cassava Flour	260	0	62	0	4
Plantain Flour	220	8	26	8	6

Debunking Grain Myths

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

Myth #1: Eating Grains Leads to Heart Disease and Type 2 Diabetes

People who consume the most whole grains have the lowest risk of dying from heart disease. Population studies also link eating whole grains to a lower risk of developing type 2 diabetes. Oats and barley, in particular, help lower cholesterol levels, which reduces your risk for heart disease. And their fiber helps improve insulin action and lower blood glucose levels – a big plus for people with diabetes or prediabetes.

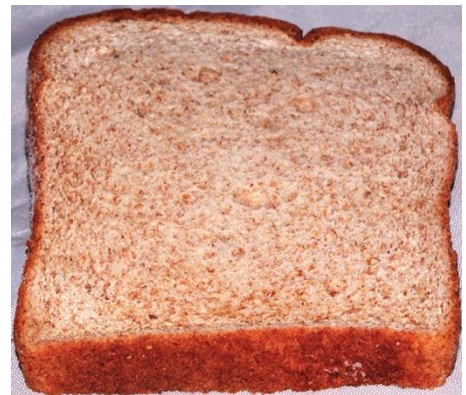


Myth #2: Grains Contain Antinutrients

An anti-nutrient is any compound in food that interferes with your body's absorption of or ability to use a nutrient. Phytic acid in grains is one of those compounds because it can block the absorption of zinc and magnesium. But it takes a lot of phytic acid to cause a nutrient deficiency. Besides, phytic acid might even have some anti-cancer potential.

Myth #3: Refined Grains Are Always Bad

It's the actual food that matters. There's a big difference between various types of foods made with enriched wheat flour. Wheat flour can give us bread for a sandwich of lean proteins and vegetables. But it can also give us donuts, cookies, and biscuits overflowing with sausage gravy. A few refined grains won't undo your healthful diet.



Myth #4: Grains Take Forever to Cook

Yes, brown rice simmers on the stove for much longer than white rice, but there are some great solutions to these obstacles. First is to batch cook whole grains when you have the time. Pack them up in single-serve containers to eat later in the week. Or purchase quick-cooking varieties that have been processed in a way to get them on your table faster.

Maintaining Long-Term Weight Loss

The argument surrounding diet versus exercise for weight loss seems as old as the chicken and egg theory.

We all recognize that chronic dieting is difficult and not the best for our psyche in the long term. Now, a new study shines some light on the question of why dieters have difficulty maintaining their weight loss over time. The March issue of *Obesity* published the study by Danielle Ostendorf, PhD, a postdoctoral fellow at the CU Anschutz Health and Wellness Center which shows that participating in high levels of exercise helped prevent weight regain in a group of weight-loss maintainers.

Rather than be in a state of chronic calorie restriction, the study indicates that those who were successful at keeping weight off relied on physical activity to prevent weight regain. Participants in the study lost at least 30 lbs. and maintained the loss for over a year.

The research compared successful weight-loss maintainers to two groups- normal weight controls with BMIs similar to the weight-loss maintainers and overweight/obese subjects whose present BMIs were close to the pre-weight-loss BMI of the maintainers. The body weight of the weight-loss maintainers was ~150 lbs. which was nearly the same as the normal weight controls and controls who were overweight or obese had a body weight of roughly 213 lbs.

Key Points from the Study:

Weight loss maintainers worked off (and ate) roughly 300 more calories per day than the people at normal weight controls, **but what they ate was not statistically different** from what overweight/obese individuals ate.

The **number of calories burned by weight loss maintainers through physical activity was higher** (180 kcal/day) compared to normal weight individuals and overweight/obese individuals, which provides evidence that the weight loss maintainers move more.

Weight loss maintainers also reported **higher step levels** (12,000 steps daily) compared with people at a normal body weight (9,000 steps per day) and overweight/obese individuals (6500 steps daily).

