

Nutrition News

November 2008



Harrisonburg Dietitians, LLC

Written by Julie Thurnau, RD, CNSC

According to the American Medical Association:

On November 10, 2008 The AMA released a statement supporting the ban of artificial *trans* fats in restaurants and bakeries nationwide.

According to Mary Anne McCaffree, MD an AMA board member, “*Trans* fats have been proven to raise LDL, the bad cholesterol, while lowering HDL, the good cholesterol, which significantly increases the risk for heart disease.”

Trans fats must be on food product labels, but not all products are required to have food labels. Also, if a product has less than 0.5 grams per serving, the product can list 0 grams on its label. To be certain a product does not have *trans* fats, check the ingredients for partially hydrogenated oils, if listed, the product will contain some *trans* fat.

Studies have shown an increase in heart disease by 25% in people with an average daily consumption of ~5 grams of *trans* fats.

Trans fat occurs naturally in small amounts in some red meats and dairy products.

Julie’s 2 Cents

‘Tis the season to fight colds and other viruses!

In an attempt to boost your immune system this year, I am challenging you to add an immunity boosting food. Most people don’t think of dried beans as being super healthy; however, they provide an abundance of antioxidants. In fact out of the top 20 antioxidant dense foods, they appear in 3 out of the top 4 spots according to the U.S Food and Drug Administration Nutrient Database. These top four beans were: dried red beans, pinto beans, and dried black beans.

For better health benefits, try not to add the salt and fat while cooking. Instead enjoy them in their basic element in recipes, salads, or alone and reap the health benefits. For those of you that are diabetic, keep one portion between 1/3 to 1/2 cup cooked and count as one carbohydrate serving.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
<i>Trans</i> Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Nutrition News

November 2008

Do Healthy and Holiday Go Together?

As appeared in Family Talk Magazine 2008 Holiday Issue by Julie Thurnau, RD, CNSC

Adding a little good health to your holiday season does not have to mean tasteless foods and denial of traditional meals. With some pre-planning and experimenting you can transform some of your favorite recipes into healthy dishes without compromising the good taste.

This year, if your recipe calls for one of these ingredients, use this healthy substitution instead:

Recipe calls for:	Substitution	Health Benefit
Egg-1 whole	¼ cup egg substitute or 3 egg whites	Removing egg yolks will decrease saturated fat and cholesterol from your recipe
Flour, All-Purpose- 1 cup	½ cup whole wheat and ½ cup all-purpose flour.	Whole wheat flour will add fiber and extra vitamins to your recipe
Mayonnaise 1 cup	1 cup sour cream OR yogurt OR cottage cheese pureed in a blender	Removing mayonnaise will decrease the amount of fat and calories.
Vegetable oil-non baked item	Canola, safflower, olive (more expensive)	Changing to mono-unsaturated oils will promote good cholesterol levels
Vegetable oil-baked item	Equal amounts of applesauce OR yogurt. If end result is not desirable, try again with half canola oil and half applesauce OR yogurt.	Removing half the oil will decrease almost half the calories. Changing to mono-unsaturated oils will promote good cholesterol levels

When trying to change a recipe, ALWAYS make the item in advance. This gives you time to decide if the item measures up to your standards. Some recipes might even be improved with a new softness or chewiness. When I make cookies with applesauce, I like them better the next day because they get moister. On the other hand, some brownie recipes I make with only applesauce seemed to be too moist after several days.

Last year, I modified my usual turkey gravy recipe using healthy substitutes without a single lost compliment. This is my version of healthy turkey gravy.

Healthy Turkey Gravy

Cook a whole turkey or just a breast/leg, saving the drippings.

Let the drippings sit until the fat separates and rises to the top. Strain most of the fat and discard (the more you discard, the healthier the recipe).

Pour your drippings, plus any bone, meat and skin that fell into the drippings into a saucepan.

Cook the drippings in the saucepan to a slow simmer.

Make some roux. This is essentially fried flour. Instead of using the usual butter to make the roux, substitute olive or canola oil. Use about ½ cup of olive or canola oil, plus some whole-wheat flour (instead of all purpose). Heat it until it starts frying, stirring constantly to prevent burning. The amount of roux you need depends on the amount of drippings you have and how thick you like your gravy.

Add some white wine to the roux. Not so much you make it all runny again, just enough to give it a bit of flavor. Let it simmer, boiling off the alcohol for just a few seconds. Pour the roux into the drippings, adding roux until the desired consistency is reached. Add salt and pepper to taste. Strain out the chunks of meat, skin and bone.