

Your Nutrition News

VCU National Center of Excellence In Women's HealthCare
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Eat right. Period. That's the theme of National Nutrition Month this March 2009. Sounds simple enough, but what does it mean to "eat right?" It means making informed food choices based on nutrition facts, and your specific needs. With nutrition, one size doesn't fit all. Someone with food allergies won't necessarily follow the same food plan as someone who wants to lose weight. Individuals with diabetes wouldn't need to avoid wheat and gluten, as someone with celiac disease. Someone with osteoporosis may need to eat totally different than someone else with anemia. Are you getting the picture? While we all need to "eat right," we need to keep in mind that we all have unique health needs, and individual tastes.

VCU Women's Health Center at Stony Point offers ways for you to learn how to "eat right." Mary-Jo Sawyer, RD, is available for one on one nutrition counseling to help you determine your specific food needs. A variety of nutrition classes on weight control, diabetes and cholesterol lowering are available, too. See page 6 for the details on upcoming classes. Either way, you can learn about how to eat healthier and stay within your food budget.

Are You Eating Right?

Answer the questions below and add up your score to rate your current eating habits.

Do you...	Most Days	Some-times	Never
Consider nutrition when making food choices?	2	1	0
Avoid skipping meals?	2	1	0
Include 3 or more whole grain foods daily?	2	1	0
Eat at least 2 ½ cups of veggies daily?	2	1	0
Vary veggies with dark green & orange varieties?	2	1	0
Eat at least 2 cups of fruit daily?	2	1	0
Get 3 cups of low fat or fat free milk, yogurt or cheese daily?	2	1	0
Choose lean meats and poultry?	2	1	0
Vary protein with more fish, beans & nuts?	2	1	0
Try to limit saturated fat and trans fat?	2	1	0

Based on Dietary Guidelines 2005,
www.healthierus.gov/dietaryguidelines

Your eating right score:

16-20 points Healthy eating seems to be your habit already!

10-15 points You're one track. A few easy changes will make your total eating plan healthier.

0-9 points Sometimes you may eat smart. For your good health, add more smart choices to your eating plan.

For a personalized eating plan, go to:
www.mypyramid.gov

Book Review

Being Vegetarian For Dummies

Suzanne Havala, M.S., R.D.

Wiley Publishing, Inc.

111 River Road

Hoboken, NJ 07030

www.wiley.com , www.dummies.com

Both my teenage sons have girlfriends who are vegetarian. My first question to the guys was, do they “**eat right?**” I wanted to know if they were getting all the nutrients they needed while avoiding meat. Some people who say they’re vegetarian avoid meat, but also avoid vegetables, some fruits, or fill up on junk food because they’re just picky eaters. Other individuals select this eating style because of religious, moral, health, or a variety of other reasons.

“*Being Vegetarian*” is a complete resource for those interested in eating this way, or for those who want to improve their current vegetarian eating habits. The book begins by defining the different types of vegetarianism. A *lacto ovo vegetarian* diet eliminates meat, fish and poultry, but includes dairy products and eggs. A *lacto vegetarian* diet eliminates meat, fish, poultry eggs, and foods containing eggs. However, dairy products such as milk, yogurt and cheese are included. A *vegan* diet (pronounced ‘VEE gun’) includes diet and lifestyle, as well. Vegans avoid eating or using all animal products including meat, fish, poultry, eggs, dairy products. They also avoid byproducts of these ingredients, wool, silk, leather and any nonfood items made with animal products.

The book discusses the benefits of these diets, tells how to make the switch and the basics of vegetarian nutrition. The main nutrients for vegetarians to focus on are protein, calcium, iron, B-12, and each are discussed in a separate chapter. It reviews the vegetarian food guide pyramid, provides a week’s worth of menus, and shows how to adjust your own recipes. Unfortunately, it

doesn’t include recipes, but those can be found in the author’s companion book, “*Vegetarian Cooking for Dummies.*” (Or try these vegetarian nutrition month recipes beginning on page 4, *Portabella Mushroom Wraps, Summer Vegetable Spaghetti, Spring Vegetable Sauté, or Ambrosia.*)

Eating vegetarian in a nonvegetarian family and world can be a challenge. Several chapters show how to include friends, loved ones, and coworkers. It’s more than eating tofu, and by offering foods many already enjoy, such as macaroni and cheese, eases the transition.

The book covers vegetarianism throughout the life cycle from pregnancy, and infants, through older Americans. It also explains how to meet special needs for athletes, how to eat out, and how to eat during the holidays.

“*Being Vegetarian*” shows it is indeed not only possible to obtain the needed nutrients, it is tasty, healthy and enjoyable as well. Fortunately, both my sons’ girlfriends “**eat right**” as vegetarians. In fact, this book was borrowed from one of the girls for this review. Check out your own copy at the library, or purchase it online or at a local bookstore.



Look for archived issues of “Your Nutrition News” at

http://www.womenshealth.vcu.edu/clinical_services/health_education.html

How to EAT RIGHT for...

General Good Health

- Emphasize fruits, vegetables, and whole grains, aiming for at least 25 gm fiber daily
- Select low-fat and fat-free milk and dairy products, 3 servings per day
- Include moderate portions of protein including lean meats, poultry, fish, beans, eggs and nuts
- Select foods low in saturated fats, trans fats, and cholesterol
- Select and prepare foods with little salt (sodium)
- Select foods and beverages that do not contain added sugars more often



High cholesterol

Follow the guidelines for good health and

- Lose weight if you are overweight
- Keep total cholesterol intake below 300 mg daily
- Keep total fat intake to 30% or less of total calories. For 1600 calories fat intake should be < 50 gm daily, and < 60 gm for 2000 calories
- Focus on polyunsaturated fats and oils and monounsaturated (olive, canola, and peanut oils)
- Saturated fat intake should be < 7% of total calories (13 gm for 1600 calories, 15 gm for 2000 calories)
- Avoid trans fats



Diabetes

Follow the guidelines for good health and cholesterol reduction, as diabetes increases heart disease risk. Also

- Lose weight if you are overweight

- Balance carbohydrates through the day. If you need to lose weight consume 45 gm carbohydrate per meal, and no more than 15 gm per snack.
- Select *high fiber* carbohydrate food sources and balance them within your carbohydrate guidelines to keep blood sugar under control. Include oats and barley; whole-grain breads, cereals, and pastas; brown rice, dry beans, peas, and lentils; nuts, fruits, and vegetables.



High Blood Pressure

Follow the guidelines for good health and cholesterol reduction, as high blood pressure increases heart disease risk. Also:

- Lose weight if you are overweight
- Keep blood pressure under 120/80
- Keep sodium intake between 2400 – 3500 mg sodium daily. A low sodium food contains 140 mg or less per serving.
- Increase your daily intake of fruits and vegetables.
- Include 3 servings of low fat dairy products each day



Osteoporosis

Follow the guidelines for good health, and also

- Consume low fat or fat free milk and dairy products, 3 or more times daily
- Obtain at least 1000 mg of calcium daily
- Calcium on the label is only listed as a percentage. To find the mg, add a zero to the percentage. 20% would be 200 mg of calcium
- Take a calcium supplement if needed and 400 IU of Vitamin D. Most supplements contain both now.

EAT RIGHT...

...Nutrition Month Recipes

Portabella Mushroom Wraps*

- 1 TBSP extra-virgin olive oil
- 1/3 cup soy sauce
- 1/3 cup Merlot or any red wine
- 1/3 cup balsamic vinegar
- 1 TBSP garlic powder
- 1 tsp crushed red pepper
- 2 medium-sized portabella mushrooms, sliced
- 1/2 cup uncooked quinoa*
- 8 ounces, reduced-fat cream cheese, room temperature
- 1, 7-ounce jar sun-dried tomatoes, drained
- 4, 10-inch whole-wheat tortillas (or other designer flavor such as garlic-herb)
- 2 cups fresh baby spinach, washed and dried

*(Substitution: substitute brown rice for the quinoa; increase the simmer time to 35 minutes)

Combine the oil, soy sauce, wine, vinegar, garlic powder, and red pepper. Cover and marinate overnight in the refrigerator.

Combine the marinated mushrooms and 1/2 cup water in a medium-heavy saucepan. Bring to a boil; add the quinoa, reduce heat, cover and simmer 15 minutes. Remove from heat; stir, cover and let stand 5 minutes.

Blend the cream cheese and tomatoes in a food process on medium speed until smooth. (Alternatively, finely chop the tomatoes and stir them into the softened cream cheese).

To prepare the wraps: spread the cream cheese mixture evenly over the tortillas. Top with 1/4 cup of the cooked mushroom-quinoa mixture and 1/2 cup of the spinach leaves. Tuck in the upper and lower edges of the tortilla and roll it into a cylinder. Serve warm.

Makes 4 wraps. Per wrap: 410 calories, 13 gm fat, 62 gm carbohydrate, 20 gm protein, 8 gm fiber, 1360 mg sodium.

Spring Vegetable Sauté *

- 1 TBSP canola oil
- 1 clove garlic, minced
- 1/4 red onion, cut into slivers
- 1 portabella mushroom, sliced
- 1 pound sugar snap peas, trimmed
- 1/2 pound fresh asparagus, trimmed and sliced diagonally
- 1 to 2 TBSP balsamic vinegar
- 1 TBSP snipped fresh tarragon or 1 tsp dried
- 4 TBSP slivered almonds, optional

Combine the oil, garlic and onion in a large nonstick skillet over medium-high heat. Sauté 2 to 3 minutes.

Add the mushroom slices, snap peas, asparagus and 2 TBSP water. Sauté 2 to 4 minutes or until the mushrooms wilt and the peas are crisp tender.

Add the vinegar and tarragon; stir. Simmer 2 to 3 minutes or until liquid reduces. Sprinkle with almonds and serve.

Makes 6 servings. Per serving: 120 calories, 5 gm fat, 5 gm protein, 10 gm carbohydrate, 3 gm fiber, 15 mg sodium.

Pizza Chicken *

- 1 pound boneless, skinless chicken breast, trimmed of all fat and sliced into strips
- 1 medium-size yellow onion, finely chopped
- 1 green bell pepper, cored and thinly sliced
- 1 red bell pepper, cored and chopped
- 1 26-ounce jar favorite pasta sauce
- 1 cup shredded part-skim mozzarella cheese (4 ounces)
- 6 cups cooked favorite family pasta

Spray a large nonstick, Dutch oven or electric skillet with non stick cooking spray. Heat to medium high. Add the chicken and onion; brown 3-5 minutes.

Reduce heat to medium low, top the chicken with the peppers, then the pasta sauce. Cover tightly and simmer 20 minutes.

Remove the lid and add the cheese. Replace the lid, remove from heat and allow the chicken to melt about 5 minutes. Serve over pasta.

Makes 6 servings of 1 cup chicken and sauce, plus 1 cup cooked pasta. Per serving: 390 calories, 7 gm fat, 30 gm protein, 50 gm carbohydrate, 5 gm fiber, and 880 mg sodium.

* These recipes courtesy of John Wiley & Sons, *From American Dietetic Association Cooking Healthy Across America* by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005 John Wiley & Sons.

Tarragon Cod with Vegetables

Recipe from the *New Family Cookbook for the People with Diabetes*, published by Simon & Schuster, copyright 2007.

6 frozen cod fillets (1 ½ pounds total)
¼ tsp salt
¼ tsp freshly ground pepper
1 TBSP fresh tarragon leaves, or 1 tsp dried tarragon
1 TBSP fresh lemon juice
1 ½ cups chopped mushrooms
1 ½ cups thinly sliced carrot
¾ cup chopped celery
2 TBSP chopped fresh parsley
1 TBSP margarine, cut into 6 small pieces

Preheat the oven to 350°F. Place the frozen fish on a sheet of heavy-duty aluminum foil; season with salt and pepper.

Sprinkle the tarragon and lemon juice on the fish. Add all the chopped vegetables and the fresh parsley. Dot with margarine; fold and crimp the foil to make a tight package.

Bake for 40 minutes if the fish was frozen or 35 minutes if it was thawed when it was put into the oven. To serve, slit the foil across the top, being careful of the escaping steam.

Quick tip: Prep the fish packet in advance if you like—just keep it refrigerated until ready to bake.

Makes 3 servings, about 3 ½ ounce fish, plus 1/3 cup vegetables. Per serving: 130 calories, 3 gm fat, 21 gm protein, 4 gm carbohydrate, 1 gm fiber, 205 mg sodium.

Summer Vegetable Spaghetti

Reprinted from *A Healthier You*. Based on the Dietary Guidelines for Americans, 2005, U.S. Department of Health and Human Services, www.healthierus.gov/dietaryguidelines

2 cups small yellow onions, cut in eighths
2 cups fresh ripe tomatoes (about 1 lb.)
chopped and peeled
2 cups yellow and green squash (about 1 lb.)
thickly sliced
1 ½ cup fresh green beans (about ½ lb.) cut
2/3 cup water
2 TBSP fresh parsley, minced
1 clove garlic, minced
½ tsp chili powder
¼ tsp salt
Black pepper to taste
6 oz. can tomato paste
1 lb. spaghetti, uncooked
½ cup Parmesan cheese, grated

Combine the first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently 15 minutes, stirring occasionally until the vegetables are tender.

Cook spaghetti in unsalted water according to package directions.

Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top.

Makes 9 servings of 1 cup spaghetti and ¾ cup sauce with vegetables. Per serving: 271 calories, 3 gm fat, 11 gm protein, 51 gm carbohydrate, 3 gm fiber, 328 mg sodium.

Ambrosia

Recipe from the *New Family Cookbook for the People with Diabetes*, published by Simon & Schuster, copyright 2007.

1 ½ cups orange segments
1 small banana (about 4 ounces), peeled and sliced
¼ cup orange juice
2 TBSP shredded coconut (sweetened or unsweetened as available)

Combine the fruits and juice. Sprinkle with coconut at serving time.

Makes 4, ½ cup servings. Per serving: 72 calories, 1 gm fat, 1 gm protein 16 gm carbohydrate, 2 gm fiber, 7 mg sodium.

EAT RIGHT... ...with Nutrition Classes

MARCH

3/30: **Food & Fitness Weight Loss Seminar**-
Monday evening, 7-9 PM

3/31: **Food & Fitness Weight Loss Seminar**-
Tues. morning, 9: 30 – 11:30 a.m.

APRIL

3/30: **Food & Fitness Weight Loss Seminar**-
Monday evening, 7-9 PM

3/31: **Food & Fitness Weight Loss Seminar**-
Tues. morning, 9: 30 – 11:30 a.m.

MAY

5/4: **Food & Fitness Weight Loss Seminar**-
Monday evening, 7 – 9 PM

5/5: **Food & Fitness Weight Loss Seminar**-
Tues. morning, 9:30 –11:30 a.m.

5/6: **Diabetic Dining Made Easy**- Wednesday
morning, 9:30 a.m. – 11:30 a.m.

5/11: **Lean 'N Easy Cholesterol Lowering
Diet Class**, Monday evening, 7-9 PM

5/12: **Lean 'N Easy**, Tuesday morning, 9:30 –
11:30 a.m.

5/18: **Diabetic Dining Made Easy**- Monday
evening, 7-9 PM

To REGISTER for all classes, contact Mary-Jo Sawyer, RD 327-8830 or msawyer@mcvh-vcu.edu. She will answer questions, or mail you a class brochure. You are considered registered for the class when payment is received. Class details:

Food & Fitness Weight Loss Seminar **Fee: \$35.00 per person**

Are you tired of following diets to lose weight, only to regain what you lost plus more? During the fast-paced, 2-hour seminar, you'll learn how to lose weight and keep it off for good! **You'll learn:**

- ☺ How much protein, carbohydrate, and fat you need to eat to lose weight
- ☺ How to lose weight without feeling deprived
- ☺ How to read a food label
- ☺ How to plan meals and snacks
- ☺ How to order healthier foods when eating out
- ☺ How to cook healthier
- ☺ How to choose the best exercise for you

Many handouts are provided and recipes will be tasted during class. ***One week of menus provided to get you started!***

Lean 'N Easy

Fee: \$35.00 per person

Learn how to lower your cholesterol and *enjoy* the food you eat! During the first hour of the class you'll learn about your lipid profile numbers, and how to select the best foods to reduce them. Discussion of grocery shopping, eating out, and other lifestyle changes will help you put these changes into practice.

During the second hour of the class, you'll view an entertaining video showing one man's experience with trying to lower his cholesterol. It demonstrates low fat cooking methods. Then, you'll be able to taste some recipes to see that heart healthy eating can be delicious!

Diabetic Dining Made Easy

Fee: \$35.00 per person

Did you know that the foods you eat could help control your blood sugar? Did you also know that some food choices could send your blood sugar out of control? The best type of diet to follow to control your blood sugar is one that you can *follow for life*. In this class we will **not** count exchanges or count calories. Instead, we will focus on balancing your protein, fat and carbohydrate at meals. We will also discuss carbohydrate counting (grams and carb choices). This class will show you how eating the right type of food will help keep you healthy and satisfied. *One week of menus and recipes are provided.*

INDIVIDUAL NUTRITION COUNSELING

is also available for those who desire to have a one-to-one session with our *Registered Dietitian*. While some insurance plans cover this service, please consult your plan to determine coverage. *Otherwise, payment is expected at time of service. For current fees, call Mary-Jo Sawyer, RD 327-8830 or email msawyer@mcvh-vcu.edu.*

