

Wellness Corner Connection

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Nutritional Facts to "Chew on"

Fiber: How Much Do We Need to Stay Healthy?

The importance of fiber is no surprise and something that has been addressed before. Yet because of its importance and the fact that most people are not getting nearly enough in their diets, it warrants revisiting this nutritional powerhouse. Studies have shown where eating a diet rich in fiber can add years to your life, and now, there is more information on just how much you actually need. A study commissioned by several health and educational entities that analyzed 40 years' worth of data showed that consuming **25-29 grams** of fiber each day can help protect against a slew of chronic conditions including heart attack, stroke, type 2 diabetes and colorectal cancer. Getting above 30 grams can result in **even greater defense** against these potential life-threatening conditions. People eating the most fiber showed a 15%-30% LESS chance of dying prematurely from any cause compared to those eating less fiber.

Americans on average only consume a meager 16 grams of fiber each day. With many of the current fad diets telling people to fill their plates with animal protein and fat, this is no surprise. Weight loss is a goal that typically drives us to following the promising results advertised by these fads. But consumer (dieter) beware since most of these "guarantees" that sound too good to be true are exactly that... "too good to be true"! Sustainability, nutrient-rich, whole food "diets" are the way to go. Not always so easy, that is true! Please do your research before jumping on the fad diet fast train. Make sure there are reputable studies to back up the claims being made. It may help you lose weight now, but could cause health problems in the near future.

FIBER-RICH MENU

Total for the day = 45 grams of fiber.

Breakfast

¼ cup steel-cut oatmeal (5 g)
¾ cup raspberries (6 g)
1 T chia seeds (5 g)



Lunch

salad with 2 cups spinach (2 g)
1 cup cherry tomatoes (2 g)
¼ cup lentils (8 g)
2 T sunflower seeds (2 g)



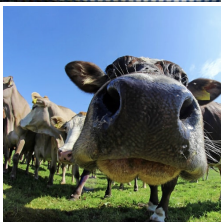
Snack

1 cup baby carrots (3 g)
¼ cup hummus (3 g)



Dinner

salmon
baked medium sweet potato with skin (4 g)
2 cups steamed broccoli (5 g)



What about milk?

It was eye-opening to see that many of the studies that support the consumption of milk are actually conducted by the dairy industry. Humm....so is it really good for us?

There was an extensive study conducted in Sweden that involved 100,000 men and women followed over 20 years. Women who drank more milk had a significantly higher rate of bone and hip fractures, heart disease, cancer, and premature death!! WHAT? But weren't we taught milk (calcium) prevented fractures. Men with higher milk consumption were also recorded to have higher risk of premature death, primarily from prostate cancer.

All animal-based foods contain sex hormones, such as estrogen. These hormones naturally found even in organic cow's milk may play a part in the findings associating dairy products to hormone-related conditions such as acne, diminished male reproductive potential, and premature puberty. Leading experts also express concern that the "hormones in dairy and other growth factors could potentially stimulate the growth of hormone-sensitive tumors" (Greger, 2019). Dairy consumption may also play a role in the increased risk of asthma, Parkinson's disease, and elevated blood pressure.

Isn't it sad that more effort has been given to the investigation of designer steroid use in Olympians and ballplayers than efforts to investigate how dietary hormones can potentially increase the risk of cancer and other disease on millions of Americans? Government does not have our best interest in mind, therefore, we must do our own investigation and not believe all that is marketed to us.

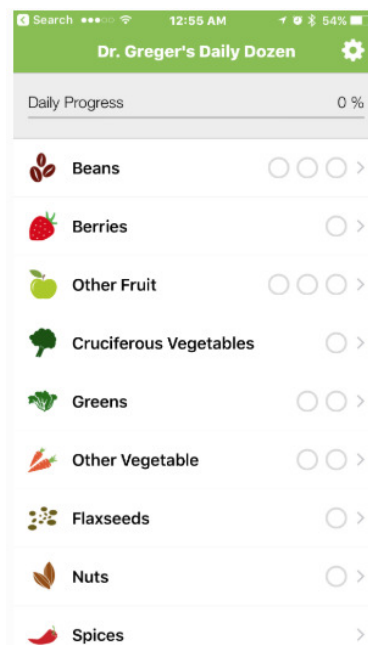
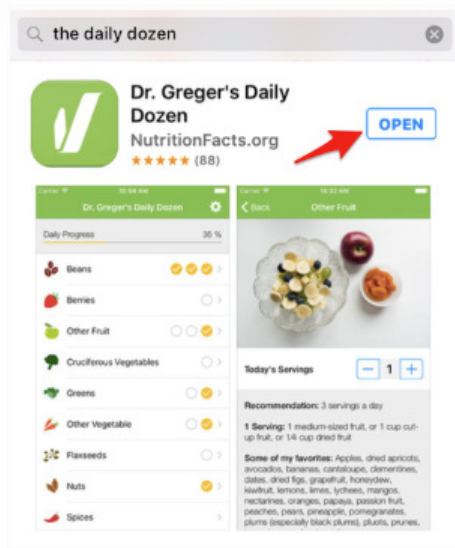
What is the “Daily Dozen”?

Dr. Michael Greger is an acclaimed MD. He has dedicated his career to unveiling scientific facts about nutrition. He is a big advocate of a whole-food plant-based diet and through his studies has identified 12 foods we should all try to incorporate into our daily consumption. In one of his most popular books, “How Not to Die”, Dr. Greger shares his “daily dozen”.

Here, I'll just point out six of the twelve:

1. **Beans**, more specifically legumes, comprised of soybeans, split peas, chickpeas, and lentils. You should try for three servings a day. A serving is a 1/4 cup of hummus or bean dip; 1/2 cup of cooked beans, split peas, lentils, tofu, or tempeh; or 1 cup of peas or sprouted lentils. Beans help you lose weight by keeping you feeling fuller longer due to the high fiber content.
2. **Cruciferous vegetables**—Common ones include broccoli, cabbage, collards, and kale. Typically a serving is 1/2 cup which you should get at least one serving a day. Getting two additional servings of greens a day, cruciferous or otherwise, is highly recommended.
3. **Berries**—A serving of berries is a half cup of fresh or frozen, or a quarter cup of dried. While biologically speaking, avocados, bananas, and even watermelons are technically berries, I'm referring here to any small edible fruit, which is why I include kumquats and grapes (and raisins) in this category, as well as fruits that are typically thought of as berries but aren't technically, such as blackberries, cherries, mulberries, raspberries, and strawberries.
4. **Nuts**—Everyone should try to incorporate 1 tablespoon of ground flaxseeds into his or her daily diet, in addition to a serving of nuts or other seeds. A quarter cup of nuts is considered a serving, or 2 tablespoons of nut or seed butters, including peanut butter. (Chestnuts and coconuts don't nutritionally count as nuts.)
5. **Spices**—Include 1/4 teaspoon of turmeric a day in addition to any other salt-free herbs and spices you most enjoy.
6. **Whole grains**—A serving of whole grains can be considered a half cup of hot cereal such as oatmeal, cooked grain such as rice (including the “pseudograins” amaranth, buckwheat, and quinoa), cooked pasta, or corn kernels; a cup of ready-to-eat (cold) cereal; one 4” tortilla or slice of bread; half a bagel or English muffin; or 3 cups of popped popcorn.

What's that you ask...is there a phone app for tracking the Daily Dozen? Why of course!



Fishing for what to buy: Farmed Salmon or Wild Salmon?

Let's dive in and compare so you can make the right decision.

Every trip to the grocery store can turn out to be a dilemma: Which bread to buy from the dozens of options available? Are the chickens that laid these eggs really cage-free? Organic or not? We know fish, such as salmon and trout, have many health benefits and contain lots of omega-3 fatty acids which is said to promote heart health. However, we have also heard some alarming stories about how contaminants and risks come with those purchases of fish.

Farm raised has become more common due to the declining of the world's fish stock. But consumers demand for more tasty fish is not declining. The question is do you risk the downsides of farmed fish (contaminants and effects on health) for the perks (high source of omega-3, lower price, more availability and, to some, tastes better)? Let's compare:

1. Nutritional Content A small fillet of wild salmon has 131 fewer calories and half the fat. Farmed salmon has slightly more omega-3 but also 20.5% more saturated fat.	Farm Raised	Wild Caught <input checked="" type="checkbox"/>	Go with wild salmon because of fewer calories and less saturated fat.
2. Risky pollutants You may be familiar with the term Persistent organic pollutants (POP for short) which have been linked to diseases such as type 2 diabetes and obesity. Someone who is obese may actually have a higher risk of diabetes if POPs are present in the body. And specific POPs can increase the risk of stroke in women. This is a concern when purchasing farmed fish because it contains 5-10 times more PCB (one type of POP) than wild fish!	Farm Raised	Wild Caught <input checked="" type="checkbox"/>	Wild salmon wins hands (or fins) down!
3. Cancer-causing chemicals Both types contain omega-3 fatty acids. But eating large amounts of either type to get the full benefits could expose you to these harmful chemicals, since these chemicals come from potentially polluted water. Try to get your omega-3 from various sources, not just fish.	Farm Raised	Wild Caught <input checked="" type="checkbox"/>	The benefit-risk ratio for carcinogens and noncarcinogens is much greater for wild salmon than farmed. Both put you at risk if eaten in large amounts. If eaten in moderation, go wild! ☺
4. Unsafe contaminants Studies have shown where contaminants in farmed salmon were generally higher than in wild salmon. Although below approved U.S. FDA tolerance levels, it was still higher than what is considered safe for frequent consumption by the EPA. Children, women of childbearing age and pregnant women should choose wild salmon and other sources of omega-3.	Farm Raised	Wild Caught <input checked="" type="checkbox"/>	Both contain contaminants but wild caught has lower levels and is considered safer overall.
5. Concern about antibiotics This surfaced as a major concern when Chilean salmon imported from Japan had higher antibiotic amounts than allowed under regulation. Believed to be reduced, the amount is uncertain.	Farm Raised	Wild Caught <input checked="" type="checkbox"/>	Farmed raised comes with uncertainty about antibiotics. Wild salmon does not!

Chicken and Bulgur Salad with Peaches

Recipe from CookingLight.com

A quick-cooking whole grain, bulgur is perfect for time-crunched weeknight cooking. If you can't find it on the grains aisle, you can substitute quinoa, farro (my fav) or whole-wheat couscous.

Ingredients:

- 1 1/3 cups water
- 2/3 cup bulgur
- Cooking spray
- 1 pound chicken breast cutlets
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 4 cups packed arugula
- 2 cups halved cherry tomatoes
- 2 cups sliced fresh peaches
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons rice vinegar



Nutritional Value:

Calories 364
Fat 14g
Sat fat 2g
Unsat fat 11g
Protein 31g
Carbohydrate 30g
Fiber 6g
Sugars 9g
Added sugars 0g
Sodium 547mg
Calcium 7% DV
Potassium 20% DV

Active Time
20 Mins

Total Time
20 Mins

Yield
Serves 4 (serving size: 4 oz. chicken
and 2 cups salad)

Directions:

Step 1

Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 minutes. Drain and rinse under cold water. Drain well; let dry on paper towels.

Step 2

Meanwhile, heat a grill pan coated with cooking spray over high. Sprinkle chicken with 1/2 teaspoon salt and pepper. Grill chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice against the grain into strips.

Step 3

Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken.

Fun Summer Quotes

Summer vacation is when you drink triple, see double and act single!

I'm glad it's finally hot enough to complain about how hot it is!

Dear Winter, I'm breaking up with you. Summer is hotter than you!

