UNIVERSITY OF DELAWARE NUTRITION AND DIETETICS CLUB

SPRING 2015 NEWSLETTER

ARRANGED BY: KAYLA RICHWINE



Get the scoop on GMOs from club member Rita Stegman:

If you have spent any time either in the grocery store or on the Internet, then you have heard of GMO foods- or at least recognize the term, vaguely. For a lot of people, the GMO label sets off a red flag. Health food enthusiasts seek out foods that are Non-GMO verified. This verification is backed by the Non-GMO Project, a movement whose mission is "to preserve and build sources of non-GMO products, educate consumers, and provide verified non-GMO sources." So, for most consumers it is an easy choice, if there is an entire movement advocating against GMOs, they probably aren't good.

But how many people actually know what a GMO is? Even knowing what GMO stands for – genetically modified organisms – can be confusing for those of us who aren't biology experts. The World Health Organization (WHO) website defines a GMO as a "plant, animal or microorganism in which DNA has been altered in a way that does not occur naturally by mating and/or natural recombination." This is pretty similar to the definition on the Non-GMO project website, which defines GMO as "living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering." But what does that mean for us? The non-GMO project goes on to say that this process "creates unstable combinations of plant, animal, bacteria and viral genes that do not occur in nature through traditional crossbreeding methods." This is pretty scary for most people, especially with the natural-is-better movement that is going on. It's intuitive, really, that natural IS better – our body wasn't built to process chemicals, so why are GMO products being allowed into our diet?

The WHO website provides a generally unbiased view of these products, unlike the Non-GMO project, whose stance is clearly negative. The first thing WHO explains is why GMO products are being produced in the first place. For the most part, they help farmers prevent crop loss. The two main types of modification are improved crop protection through disease or herbicide resistance or insect resistance. Insect resistance involves modifying the genes on the plant so that it produces a toxin. This can seem a little scary and like something you don't want to consume. The toxin that is being produced, however, is already used as a conventional insecticide on crops. So, is there really a huge difference if it is produced by the plant or sprayed on during growth? This toxin has already been verified as safe for human consumption and the GMO method is more effective and decreases the need for additional pesticides during growth.

A popular product that is genetically engineered to produce insecticide is GMO sweet corn. The Non-GMO project touches upon sweet corn on a page on their website. They point out that, "genetically modified sweet corn has not been thoroughly tested to ensure that it is safe for consumption." The WHO page, however, details the vigorous safety assessment put in place for all GMO products on the market. Products are tested for direct toxicity, Allergenicity, specific potentially toxic components, gene stability, nutritional changes and any possible unintended effects. Risk evaluation also covers environmental issues, including the genes stability in the environment and the risk of outcrossing. These tests cover a lot and call into question the Non-GMO projects claim that these organisms are untested and unstable. Sure, things can slip through the cracks but that applies to preservatives and pesticides and all kinds of things on the market. The WHO website points out that while products that are genetically modified in the lab are rigorously evaluated, foods that are genetically modified through other, more "natural" means (for example, crossbreeding, which has been done for decades before GMOs were even possible) are not tested. Yet, the genetic makeup is still being changed and these changes can have unintended effects, especially because the genetic change is not as easy to target through this method.

Despite the actual, rigorous testing that goes on, GMOs still have this bad label. Like a lot of technological advancement the manufacturers (in this case, the producers) are the first to reap the rewards. Those of us on the other end are skeptical about the benefits. Scientists, however, are seeking

ways to use this technology to benefit people, not just for maximum production. An example of this is the Golden Rice Project. The Golden Rice Project is an initiative by the Rockefeller foundation that wants to use GMO technology to add Vitamin A to white rice (therefore, making it a golden color). In countries that have a diet that relies heavily on rice there is a growing problem of micronutrient deficiencies, namely Vitamin A deficiency. Vitamin A deficiency weakens the immune system, especially in children, who are susceptible to deaths related to weakened immune systems. The Golden Rice Project website goes into great detail about the science, the why and the how but the bottom line is that providing preschool children in developing countries with Vitamin A "could prevent about a third of all under-five deaths, which amounts to up to 2.7 million children that could be saved from dying unnecessarily." Maybe this doesn't change how you feel about buying GMO's in the grocery store. Maybe it does. The point is, don't write something off just because it seems scary and different – or because the internet tells you it is evil. If you do choose to be GMO-free, know that it is not the key to good health and long life. Like everything we eat, GMOs have their pros and cons. Know where your food comes from, grow your own food, if possible, and shop for variety.

Exercise Won't Fix the Obesity Epidemic, Researchers Argue

by Anne Harding, Live Science Contributor | April 22, 2015 06:41pm ET

Contributed by Leah Greenwood

Reprinted from: http://www.livescience.com/50580-exercise-obesity-epidemic.html



The food industry has helped push the belief that people's sedentary lifestyles are solely to blame for widespread obesity, three researchers argue in a new editorial.

And by doing so, the industry has deflected attention from the role that <u>sugary drinks and junk food</u>play in making people fat, said Dr. Aseem Malhotra and his colleagues. Malhotra is an honorary consultant cardiologist at Frimley Park Hospital in the United Kingdom and science director of the advocacy group Action on Sugar.

"The public health messaging around <u>diet and exercise</u>, and their relationship to the epidemics of type 2 diabetes and obesity, has been corrupted by vested interests," the researchers write in their editorial, published today (April 22) in

the British Journal of Sports Medicine. They liken the food industry's tactics to those that "Big Tobacco" used to obscure the link between cigarettes and lung cancer.

But, more controversially, Malhotra and his colleagues also state, "Physical activity does not promote weight loss."

Other experts disagree.

There is a difference between <u>"physical activity" and "exercise training,"</u>said Gordon Fisher, an assistant professor of kinesiology at theUniversity²⁷ of Alabama at Birmingham. Both burn calories, but physical activity consists of nonstructured activities, such as gardening or walking the dog, whereas exercise means planned, structured and repeated activities, such as weight training or running.

"While this may seem like a minute point, it is critical" in discussions about whether physical activity or exercise are effective in helping people lose weight, Fisher said. [How Many Calories Am I Burning? (Infographic)]

Supervised exercise training can help people lose weight, but most people don't engage in enough physical activity to promote weight loss, he told Live Science.

So, although Fisher said he sees some truth in Malhotra's argument that the role of exercise in weight loss has been overblown, "there are many studies that demonstrate the benefits of physical activity on energy balance and the prevention of weight gain."

There is no doubt that poor diet has contributed greatly to the obesity epidemic, Fisher said. But "physical inactivity plays an even larger role" in aggravating the health conditions — such as insuline resistance, and hypertension — that can accompany being overweight, Fisher said.

James O. Hill, director of the Center for Human Nutrition at the University of Colorado in Aurora, said that the food industry certainly bears some responsibility for the current <u>obesity epidemic</u>, and should be involved in addressing it. But it's simply wrong to say that physical activity doesn't promote weight loss, he said.

"They're ignoring not just thousands, but tens of thousands of articles showing the importance of exercise for weight control," Hill said. "I think it's a disservice to the science of exercise physiology."

Hill said that what he calls the "inactivity industry" — companies that suck people into spending so much time on screens — is also to blame, and should take steps to help tackle obesity, too. "Bill Gates has probably caused as much obesity as junk food," Hill said.

"We've got to quit debating whether it's diet or physical activity. We have to do both."

Kale and Blueberry Slaw with Buttermilk Dressing

Contributed by Laura Talbot

(Originally from myrecipes.com)

Ingredients: 6 tablespoons apple cider vinegar 3 tablespoons grated onion 1/2 teaspoon Worcestershire sauce 1/4 teaspoon hot sauce (such as Tabasco) 1 garlic clove, minced 1/2 Granny Smith apple, grated 1 cup buttermilk 6 tablespoons mayonnaise 6 tablespoons sour cream 3 tablespoons finely chopped fresh tarragon 1/2 to 1 tsp. kosher salt 1/4 to 1/2 tsp. freshly ground black pepper 1/4 to 1/2 tsp. sugar 6 radishes, thinly sliced 4 medium carrots, cut into thin strips 1 bunch kale, trimmed and thinly sliced 1/2 small head red cabbage, shredded 1 cup fresh blueberries 1 cup fresh raspberries



Directions:

1. Stir together first 6 ingredients in a jar with a tight-fitting lid; let stand 5 minutes. Add buttermilk and next 3 ingredients. Cover jar with lid; shake vigorously until blended and smooth. Add salt, pepper, and sugar to taste.

2. Toss together radishes, next 5 ingredients, and 1/2 cup dressing in a large bowl; let stand 30 minutes. Season with salt and pepper. Serve with remaining dressing.

Triple-Berry Summer Salad Contributed by Kaitlin Applegate

serves 4

- Ingredients:
- 9oz baby spinach, torn
- 1 cup sliced strawberries
- 1 cup raspberries
- 1 cup blueberries
- 1/2 cup sliced almonds, toasted
- 1/3 cup chopped basil
- 1 avocado, chopped
- 4oz goat cheese



Directions:

Divide baby spinach between plates then top with berries, almonds, basil and chopped avocado. Crumble goat cheese on top then dress with salad dressing. I 1. recommend strawberry balsamic vinegar, but any olive-oil based vinaigrette would be fantastic. http://iowagirleats.com/2013/05/29/triple-berry-summer-salad/

BEET CRUST PIZZA

Contributed by Taylor Meily

Crust (makes two 12 inch crust)

cup lukewarm water
 teaspoon active-dry
 ounces unbleached all-purpose flour
 1/2 teaspoons kosher salt
 teaspoons honey
 cup pureed beets (about 2 large beets, roasted and peeled)

Topping

4 oz. goat cheese

3 soft boiled eggs, sliced
1 roasted beet, sliced
4 oz. mini heirloom tomatoes, halved
3-4 tablespoons pesto (optional)
1 handful of watercress (optional)

Directions:

To make crust:

Preparation: Place pizza stone on lower middle rack. Heat oven to 500° F.

- 1. Combine and stir water and yeast in a mixing bowl until mixture resembles miso soup. Add flour salt, honey and pureed beets to yeast mixture and combine until dough just comes together.
- 2. Turn the dough onto a lightly floured surface. Knead the dough until the flour is incorporated, about 5 minutes or until it is smooth and elastic. The dough should be moist and slightly tacky. (If it's sticky, add in more flour 1 tablespoon at a time until smooth). Form dough into a ball. Lightly oil a bowl and place dough in, turning once to coat dough with olive oil. Cover with plastic wrap and set aside in a warm area to double in size, about 1 ½ to 2 hours. Once doubled evenly divide dough in half and refrigerate one half for another time or double the topping recipe to make two 12 inch pizzas.
- 3. Lightly grease a sheet of parchment paper with olive oil. Transfer one ball of dough to parchment and stretch it out by hand as much as possible. Lightly brush olive oil on another piece of parchment paper and place it on top of hand-flattened dough. Use a rolling pin and work from the middle of the dough outward to flatten dough to ¼ inch thickness. Peel off top parchment paper. Note: Dough can be made ahead of time and refrigerated for up to three days.

Assembly:

- 1. If using pesto, evenly spread it on the crust with an offset spatula or the back of a spoon, leaving ¹/₂ inch border. Top with 3 oz. goat cheese on top and layer with asparagus, soft boiled egg slices, mini heirloom tomatoes and remaining 1 oz. of goat cheese.
- 2. Slide the pizza (with the parchment underneath) on to the hot pizza stone. Bake for 3-5 minutes until pizza crust starts to slightly brown. Rotate the pizza once and remove parchment, continue to bake for another 3 minutes. Remove from oven. Optional: Garnish and with watercress, or any choice of greens you prefer. Slice and serve.



How Can Diet Sodas Make You Fat? Study May Explain It

By: Maggie Fox, Reprinted from http://www.nbcnews.com/health/diet-fitness/how-can-diet-sodas-make-you-fat-study-may-explain-n205406 Contributed by Jaclyn Soter

Researchers trying to figure out whether artificial sweeteners really do make people fat think they've found a possible explanation — they may disrupt the bacteria in some people's bodies.

Their findings may shed light on why studies often contradict one another, with some finding that people who drink lots of diet drinks are more likely to be obese, with others finding they may help people keep weight off.

Their answer: it may depend on what kind of gut bacteria you have to start with.

They found clear evidence that artificial sweeteners, including saccharine and sucralose, can affect gut bacteria, which in turn affect how food is digested and metabolized. Mice and a very few people given artificial sweeteners for the first time showed distinct changes in the way their bodies processed sugar.

It's not a final answer, but the study, published in the journal Nature, may point research in a new direction. "Our findings suggest that noncaloric artificial sweeteners may have directly contributed to enhancing the exact epidemic that they themselves were intended to fight," they wrote in their report.

"By no means do we believe that based on the results of this study are we prepared to make recommendations as to the use and the dose of artificial sweeteners," said Eran Segal of the Weizmann Institute of Science in Rehovot, Israel, who worked on the study. But, he added, "In none of these experiments have we seen any beneficial effects." He said the findings should at least prompt closer examination of the very widespread popularity or artificial sweeteners.

How could artificial sweeteners, which have no calories, affect metabolism? Segal pointed out that bacteria in the guts of both mice and people digest compounds that animals normally cannot, and they could thrive on chemicals that would not normally be used as food by people or animals.

It's another example of how the microbiome — the population of microbes living in and on our bodies — can have huge effects on health.

Most of the study was done in mice. They fed the mice large amounts of sweeteners of all kinds and measured their gut bacteria and tested their metabolisms. Bacteria living in the intestines and colon are known to help digest food, and more and more studies are showing they can affect obesity and even appetite, as well as a tendency to disease.

Mice fed the sweeteners had definite changes in both gut bacteria and metabolism. Sugar did not have the same effect. To make sure it was the gut bacteria, the researchers removed bacteria from mice that had not eaten sweeteners, and grew them in lab dishes along with artificial sweeteners. They then put these sweetener-fed bacteria into new mice. The new mice began to show the same changes in metabolism as mice directly fed sweeteners.

The main flaws? Artificial sweeteners seemed to encourage a group of bacteria called Bacteroides and seemed to kill off another group called Clostridiales. Scientists are just beginning to understand what kinds of bacteria people have living inside their digestive systems and what balance might be healthy. But having too many Bacteroides and too few Clostridiales is a pattern sometimes seem in people with diabetes.

The researchers used mostly saccharine in their controlled experiments, but they said in early tests the mice responded the same whatever sweetener they used – saccharine, sucralose, aspartame or others. This baffled them, because the sweeteners are chemically very different from one another.

It's worth more research, they said.

Mice are different from people, of course, but they tried the experiment in a small group. Seven people who did not normally use artificial sweeteners were given large amounts for a week. In four of them, their blood sugar shot up and they had other changes to metabolism associated with weight gain and pre-diabetes.

Larger studies have also suggested similar patterns – some people are adversely affected by sweeteners, while others are not. It may be a very individual thing, Segal said.

"We are identifying many foods which are considered as healthy food to have potential adverse effects for large subsets of individuals," he told reporters in a telephone briefing. Genetic differences already demonstrate that some people can smoke tobacco with little effect, while most develop heart disease or cancer.

"What was super-striking and interesting to us was that we could predict ahead of time (who would be affected by the sweeteners)," Segal said. They profiled the microbiomes of their volunteers and found two distinct patterns. While everyone's microbiome is different, there were larger overall patterns, and these predicted who would be affected by the sweeteners, Segal said.

"I think we must stress that by no means are sugary drinks healthy and that sugary drinks should be brought back as a healthy part of our nutrition," added Eran Elinav, who led the research.

Researchers not involved in the study were skeptical, but most said it's worth looking into more.

"The study is based primarily on mouse experiments and only seven human subjects were studied," said endocrinologist Dr. Katarina Kos of the University of Exeter in Britain.

"Meanwhile, these findings support the widespread understanding that water is the healthiest drink option and that we should avoid sweet and sweetened drinks. Water is the best drink to control our blood sugar."

STRAWBERRY AVOCADO PICO DE GALLO

CONTRIBUTED BY: KRYSTAL LEE

Prep Time10 minutes Total Time10 minutes Yield4 servings

A refreshing combination of sweetness and tanginess, this pico de gallo is perfect with tortilla chips, tacos, quesadillas or even a giant spoon!

Ingredients:

- 1 California Avocado, halved, seeded, peeled and diced
- 1 cup diced strawberries
- 1/3 cup diced mango
- 1/2 jalapeño, seeded and minced
- 1/4 cup diced red onion
- 2 tablespoons chopped fresh cilantro leaves
- 1 teaspoon honey, or more to taste
- Juice of 1 lime
- Kosher salt, to taste

Instructions:

- In a large bowl, combine avocado, strawberries, mango, jalapeño, onion, cilantro, honey, lime juice and salt, to taste.
- Serve immediately.

http://damndelicious.net/2013/08/12/strawberry-avocado-pico-de-gallo/

Zucchini Pesto Pasta

Contributed by Stephanie Kramer

Servings= 4

Ingredients:

- 4 zucchini
- 3 garlic cloves
- 2 cups fresh basil
- Pinch of salt & pepper
- ¼ cup grates parmesean cheese
- 2 tbsp. pine puts (toasted)
- 2 tbsp fresh lemon juice
- 1/3 cup extra virgin olive oil
- Cherry tomatoes

Use a vegetable peeler to cut the zucchini into pasta. Combine the pine nuts, basil and garlic into a food processor and pulse until well combined. Then, with the food processor still on, slowly add in the olive oil until a smooth consistency is reached. Add the lemon juice and salt & pepper, and pulse a few more times. Mix the pesto sauce





with the zucchini noodles, and add in the cherry tomatoes (cut in half if desired). Finally, top with the grated parmesan.

Dish can be served hot or cold. If cold, assemble and chill for at least 1 hour. If hot, sauté the zucchini noodles with the pesto in a skillet for a few minutes, and then top with the parmesan and tomatoes when finished

Strawberry-Mango Ice Pops

Contributed by Eileen O'Connor Photo: Jonathan Kantor

Ingredients

- 1 cup thinly sliced ripe strawberries
- 1 mango, peeled, pitted and diced
- 1 tablespoon sugar
- 1 2/3 cups mango nectar



Preparation

1. Set temperature of freezer as low as it will go. Soak 10 wooden pop sticks in warm water for 10 minutes.

2. Drop strawberry slices into each cavity of a 10-pop mold, bending them so they won't clump. Blend mango and sugar in a food processor until smooth. With machine running, pour in nectar.

3. Pour mango mixture over strawberries to fill each cavity. Poke with a skewer to release air bubbles and distribute berries. Place top on mold and add sticks. Freeze for 8 to 12 hours.

4. To remove pops from mold, run top under tepid water to loosen, then swish bottoms in a basin of tepid water until loose. Pull middle sticks to remove top and all 10 pops. Store pops in ziplock freezer bags.

http://www.health.com/health/recipe/0,,50400000128412,00.html

Vegan Chickpea Cookie Dough Dip

Contributed by Jaclyn Soter Photo by crunched4xfitness.com

Ingredients:

1 cup of chickpeas, skinned

1/3 cup of natural, smooth peanut butter

1 1/2 teaspoons of vanilla extract

2 tablespoons agave nectar

1/3 cup of vegan dark chocolate chips

Instructions:

- 1. Combine chickpeas, peanut butter, extract and agave in blender or food processor.
- 2. Blend until it is a fine puree.
- 3. Remove cookie dough and place in large bowl.
- 4. Add vegan chocolate chips and mix well.
- 5. Serve dip with snacks such as apples, pretzels and crackers.



Summer Corn, Avocado and Black Bean Salad

Contributed by Emma Newell

Ingredients:

Veggies-

-1 3/4 cup thawed frozen or fresh sweet corn

-40 cherry tomatoes, halved

-1 15 oz. can of black beans, rinsed and drained

-2 avocados, diced

-1 red onion, finely diced

-1/4 cup cilantro, chopped (use stems too)

Dressing-

- -2 Tbsp. olive oil
- -1 lemon, juiced (or 2 limes)

-1-2 tsp. cumin

-1/2 tsp. kosher salt

-1/2 tsp. ground black pepper

Instructions:

Prep all the veggie ingredients and add them to a large serving bowl. Toss well to combine. In a small bowl or measuring cup, whisk together the dressing ingredients and pour over the veggies. Toss gently to coat evenly and let rest about 10 minutes. Store in the fridge and serve alone, with multigrain chips or in a pita!

Chopped Thai Salad with Sesame Garlic Dressing

Recipe by Pinch of Yum at http://pinchofyum.com/chopped-thai-salad-sesame-garlic-dressing

Contributed by Kimberley Lee

Ingredients

For the dressing:

⅓ cup canola oil

3 cloves garlic, peeled

- 3 tablespoons low sodium soy sauce
- 2 tablespoons water

2 tablespoons white distilled vinegar

- 2 tablespoons honey
- 1 tablespoon sesame oil
- 1 tablespoon lemongrass paste (ginger would also work) a squeeze of lime juice

For the salad:

16 ounces frozen shelled edamame 5-6 cups baby kale



3 large carrots
2 bell peppers (1 red, 1 yellow)
1 cup cilantro leaves
3 green onions
3/4 cup cashews (if you can find them, Trader Joe's Thai Lime and Chili Cashews are the bomb)

Instructions

1. Puree all the dressing ingredients in a food processor until smooth. Taste and adjust to fit your preferences. Transfer

to a dressing jar and rinse the food processor out for use later.

2. Cook the edamame by boiling it for 3-5 minutes in a pot of boiling water. Drain and allow it to cool. Meanwhile, slice up

the kale, carrots, peppers, cilantro leaves, and green onions into thin strips or shreds.

3. Place the cooked edamame in the food processor and pulse 5 times to get a minced texture. Transfer to a bowl and

repeat the same process for the cashews. Toss the kale, carrots, peppers, cilantro, green onions, edamame, and cashews together until well combined. Drizzle with the dressing, toss gently a few times, and serve immediately.

Notes

The salad will stay fresh longer if you store the dressing separately from the salad ingredients, tossing them together just

before serving.

Agave nectar or sugar would work in place of the honey for vegans.

Those 3 cloves of garlic pack a spicy garlicky punch, so if you don't love garlic, use less.

Spaghetti Squash with Parmesan and Butter

Contributed by Lauren Sharpe

Ingredients:

1 tablespoon light olive oil 1 spaghetti squash 1/2 cup grated parmesan cheese 3 tablespoons unsalted butter Salt and freshly ground pepper, to taste



Instructions:

Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil. Drizzle the olive oil on the foil. Microwave the whole squash for 3 minutes (this will make it easier to slice in half). Slice the squash in half, lengthwise. Scoop out the seeds and discard. Place the squash, cut side down, on the foil-lined baking sheet.

Bake at 400 degrees until soft, about 35 to 40 minutes. Remove from oven. Let cool for 10 minutes. Using a potholder and spatula, turn the squash over so that the center is exposed. Run the tines of a fork down the center of the squash to pull up the strings of "spaghetti." Transfer pulled squash to a large bowl and toss with butter and Parmesan cheese. Season with salt and pepper if desired. Serve warm.

Good vs. Bad Carbohydrates

By Diana Rodriguez | Medically reviewed by Lindsey Marcellin, MD, MPH

Contributed by Eileen O'Connor Reprinted from: <u>http://www.everydayhealth.com/diet-nutrition/101/nutrition-basics/good-carbs-bad-carbs.aspx</u>

Carbohydrates are an important part of your diet, but that doesn't mean you're free to load up on cakes and cookies to get your daily amount. Here, we explain the difference between good and bad carbohydrates.

Carbohydrates are an important part of a healthy diet, but there's much discussion about the good and bad carbohydrates. So how do you know which is which? The answer is both simple — and complex.

Good vs. Bad Carbohydrates

Carbohydrates, often referred to as "carbs," are your body's primary energy source, and they're a crucial part of any healthy diet. Carbs should never be avoided, but it is important to understand that not all carbs are alike.

Carbohydrates can be either simple (nicknamed "bad") or complex (nicknamed "good") based on their chemical makeup and what your body does with them. Complex carbohydrates, like whole grains and legumes, contain longer chains of sugar molecules; these usually take more time for the body to break down and use. This, in turn, provides you with a more even amount of energy, according to Sandra Meyerowitz, MPH, RD, a nutritionist and owner of Nutrition Works in Louisville, Ky.

The Detail on Simple Carbohydrates

Simple carbohydrates are composed of simple-to-digest, basic sugars with little real value for your body. The higher in sugar and lower in fiber, the worse the carbohydrate is for you — remember those leading indicators when trying to figure out if a carbohydrate is good or bad.

Fruits and vegetables are actually simple carbohydrates — still composed of basic sugars, although they are drastically different from other foods in the category, like cookies and cakes. The fiber in fruits and vegetables changes the way that the body processes their sugars and slows down their digestion, making them a bit more like complex carbohydrates.

The most important simple carbohydrates to limit in your diet include:

Soda Candy Artificial syrups Sugar White rice, white bread, and white pasta Potatoes (which are technically a complex carb, but act more like simple carbs in the body) Pastries and desserts Meyerowitz says that you can enjoy simple carbohydrates on occasion, you just don't want them to be your primary sources of carbs. And within the simple carb category, there are better choices — a baked potato, white rice, and regular pasta — than others — chips, cakes, pies, and cookies.

The Detail on Complex Carbohydrates

Complex carbohydrates are considered "good" because of the longer series of sugars that make them up and take the body more time to break down. They generally have a lower glycemic load, which means that you will get lower amounts of sugars released at a more consistent rate instead of peaks and valleys —to keep you going throughout the day.

Picking complex carbohydrates over simple carbohydrates is a matter of making some simple substitutions when it comes to your meals. "Have brown rice instead of white rice, have whole-wheat pasta instead of plain white pasta," says Meyerowitz.

To know if a packaged food is made of simple or complex carbohydrates, look at the label. "Read the box so you know what exactly you're getting. If the first ingredient is whole-wheat flour or whole-oat flower, it's likely going to be a complex carbohydrate," says Meyerowitz. "And if there's fiber there, it's probably more complex in nature."

The Glycemic Load Factor

Describing carbs as being either simple or complex is one way to classify them, but nutritionists and dietitians now use another concept to guide people in making decisions about the carbs they choose to eat.

The glycemic index of a food basically tells you how quickly and how high your blood sugar will rise after eating the carbohydrate contained in that food, as compared to eating pure sugar. Lower glycemic index foods are healthier for your body, and you will tend to feel full longer after eating them. Most, but not all, complex carbs fall into the low glycemic index category.

It is easy to find lists of food classified by their glycemic index. You can see the difference between the glycemic index of some simple and complex carbohydrates in these examples: White rice, 64 Brown rice, 55 White spaghetti, 44 Whole wheat spaghetti, 37 Corn flakes, 81 100 percent bran (whole grain) cereal, 38

To take this approach one step farther, you want to look at the glycemic load of a food. The glycemic load takes into account not only its glycemic index, but also the amount of carbohydrate in the food. A food can contain carbs that have a high glycemic index, but if there is only a tiny amount of that carb in the food, it won't really have much of an impact. An example of a food with a high glycemic index but a low glycemic load is watermelon, which of course tastes sweet, but is mostly water.

The bottom line: Just be sensible about the carbs you choose. Skip low-nutrient dessert, consider the levels of sugar and fiber in carbs, and focus on healthy whole grains, fruits, and veggies to get the energy your body needs every day.

Quinoa with Tempeh, Sweet Potatoes and

Tahini-Miso Sauce

Contributed by Kimberley Lee

Marinated tempeh, sweet potatoes and quinoa combine to make a healthy dinner for two. Ingredients

Juice of 1 lime

1 tablespoon tamari or soy sauce

- 1/2 teaspoon toasted sesame oil
- 1 (8-ounce) package tempeh, cubed
- 1 teaspoon avocado oil (or other cooking oil that you have on hand)
- 1 medium sweet potato, peeled and cut into 1/2-inch cubes
- 1 1/2 cups cooked quinoa
- 2 tablespoons roasted cashew pieces
- 2 teaspoons tahini
- 1 teaspoon white miso paste
- 1 tablespoon water
- 2-3 teaspoons rice or coconut vinegar, to taste

2-3 cups baby spinach or greens

Sriracha, for drizzling

Instructions

1. Whisk together the lime juice, soy sauce, and sesame oil in a shallow dish; add the tempeh cubes to the dish and toss to coat. Set aside.

2. Heat a non-stick skillet to medium-high, then add the avocado oil. Add the cubed sweet potato. Cook, turning the sweet potatoes often, until golden brown and tender, 5-10 minutes. Transfer the sweet potatoes to a medium bowl, along with the quinoa, and keep warm.

3. To the same skillet, add the tempeh cubes and any liquid from the marinade that wasn't absorbed. Cook the tempeh on all sides until golden brown and crispy. Add the guinoa and sweet potatoes back to the skillet and fold in the cashews. Remove from heat.

4. In a small bowl, whisk together the tahini, miso, and water until smooth. Add vinegar to taste. Set aside.

5. To serve, arrange the baby spinach on two plates and divide the quinoa mixture onto the spinach. Drizzle with the Tahini-Miso Sauce and Sriracha.

http://ohmyveggies.com/how-to-create-a-healthy-dinner-system/

5-Minute Healthy Strawberry Frozen Yogurt

Contributed by Lauren Sharpe.

Yield: 4 servings

Prep Time: 5 min



Ingredients:

4 cups frozen strawberries 3 Tablespoons agave nectar or honey 1/2 cup plain yogurt (non-fat or full fat) 1 Tablespoon fresh lemon juice

Directions:

Add the frozen strawberries, agave nectar (or honey), yogurt and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.

Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.

Mushroom Risotto

Contributed by Leah Greenwood



"Delicious mushroom risotto made with vegetable broth, cream, and a variety of fresh vegetables. Serve as a side dish or filling main course."

INGREDIENTS:

- 1 tablespoon olive oil
- 3 small onions, finely chopped
- 1 clove garlic, crushed
- 1 teaspoon minced fresh parsley
- 1 teaspoon minced celery
- salt and pepper to taste
- 1 1/2 cups sliced fresh mushrooms

DIRECTIONS:

- 1 cup whole milk
 1/4 cup heavy cream
 1 cup rice
 5 cups vegetable stock
 1 teaspoon butter
 1 cup grated Parmesan cheese
- Heat olive oil in a large skillet over medium-high heat. Saute the onion and garlic in the olive oil until onion is tender and garlic is lightly browned. Remove garlic, and stir in the parsley, celery, salt, and pepper. Cook until celery is tender, then add the mushrooms. Reduce heat to low, and continue cooking until the mushrooms are soft.
- 2. Pour the milk and cream into the skillet, and stir in the rice. Heat to a simmer. Stir the vegetable stock into the rice one cup at a time, until it is absorbed.
- 3. When the rice has finished cooking, stir in the butter and Parmesan cheese, and remove from heat. Serve hot.

Something to think about...

Fitness Brands

By: Lauren Sharpe

SoulCycle. Flywheel. SLT. Barry's Boot camp. City Row. What do each of these names have in common? Each is a developing fitness named brand aspiring to get their customers to feed into this crazy addiction. Over the past few years the fitness world has escalated from the simple treadmill to the extremes of each of these brands- but for what reason? Fitness gurus are becoming increasingly more popular and fitness followers are becoming increasingly less independent on the subject of workouts. When it comes to working out individuals love being told what to do, simply avoiding the effort of trying to make up your own workout routine without professional consent that it will even be effective. So, despite the huge expense these 'boutique' fitness classes are charging there is definitely not a lack of customers ready to get into these programs. 'Boutique fitness' is a new phenomenon that has taken the concept of a gym and turned it into a million dollar brand. Each brand is almost as if it creates a lifestyle for the customer- with a total package of a killer workout, overpriced apparel, and almost an entirely new social circle. Is this the future of fitness?

UD NTDT CLUB EVENTS SPRING 2015:

Stress Less Events

UD Health Fair

Vive tú Vida Health Fair

UD Field Day

Food Bank Trips

Anytime Fitness Nutrition Workshop



Photo contributed by Katie Hughes

Thanks for reading and have a wonderful summer !!!!