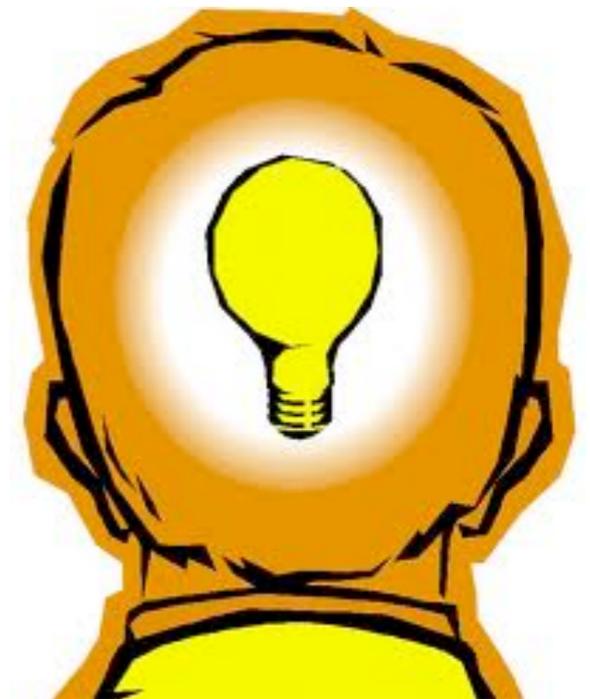


what's trending

FACT
vs.
FICTION

In the News

Nutrition is Confusing!
What is true and what is not.
What we know and what we don't.



What we know / What is True

Main recommendations from the **Dietary Guidelines Advisory Committee (DGAC)**

report on how food, nutrition, and physical activity can promote the health of the U.S. population to Frame our Answers

Used by in the development of Dietary Guidelines for Americans, which are updated and published every five years.



**Eat as much
Cholesterol as you
want!**

Cholesterol - Yes but not all foods and all people.

Eggs and shrimp, nutrient-rich foods once vilified for their cholesterol content, are back on the menu now that scientific evidence shows only a weak link between dietary cholesterol and cholesterol levels in the blood. But if you have Heart Disease and or High Cholesterol you should still limit cholesterol. Also many foods high in cholesterol are also high in Saturated Fats. [Dietary Guidelines Advisory Committee](#) (DGAC)

Food High in Cholesterol

Green is good **Red** is still bad

#1: Egg Yolk
Cholesterol 100g

#2: Liver (Chicken)
Cholesterol 100g

#3: Fish & Fish Oils (Herring Oil)
Cholesterol 100g

#4: Fast Foods (Egg & Bacon Biscuit)
Cholesterol 100g

#5: Animal Fats & Oils (Butter)
Cholesterol 100g

#6: Shellfish & Seafood (Shrimp)
Cholesterol 100g

#7: Processed Meats (Bacon)
Cholesterol 100g

#8: Red Meat (Lean Veal, cooked)
Cholesterol 100g

#9: Cheese (Port de Salut)
Cholesterol 100g

#10: Cakes, Pies & Cookies (Made with eggs/animal fats)

Red is still high in saturated fat



Recent Report on Saturated Fat and Heart Disease



The study found that people who ate higher levels of saturated fat had no more heart disease than those who ate less

The studies lead author Dr. Chowdhury suggested that artery-clogging particles are increased by sugary foods and an excess of carbohydrates.



True Processed Carbs linked to Heart Disease



But Saturated Fats should be limited for heart disease!

Experts recommend capping consumption of *saturated* fats at **10 percent of total calories**

Consume diets that are “lower in red and processed meats,” a change from earlier guidelines that encouraged people to eat lean beef.

2015 Dietary Guidelines Advisory Committee (DGAC)



The American Heart Association recommends aiming for a dietary pattern that achieves 5% to 6% of calories from saturated fat.

What foods contain saturated fats? Saturated fats occur naturally in many foods. The majority come mainly from animal sources, including meat and dairy products. Examples are:

- fatty beef,
- lamb,
- pork,
- poultry with skin,
- beef fat (tallow),
- lard and cream,
- butter,
- cheese and
- other dairy products made from whole or reduced-fat (2 percent) milk.
- Plant-based oils, such as palm oil, palm kernel oil and coconut oil,

Diet of 2,000 calories a day

**120 grams saturated fats.
That's about 13 grams of saturated fats a day.**

But what about
Coconuts - they are
high in Saturated Fats



Coconut is classified as a superfood by some.

They contain a different Saturated Fat [Medium Chain Triglycerides](#) (MCTs) – which are fatty acids of a medium length. Some feel that these MCTs are metabolized differently.

So the debate is out there.

But one thing is for certain **Hydrogenated** palm oil, palm kernel oil and coconut oil should be avoided. They have been altered into fats that are similar to Trans fat. These oils are found mostly in commercial cakes, cookies and salty "snack foods," and need to be eaten in moderation.



AHA-Plant-based oils, such as palm oil, palm kernel oil and coconut oil should be limited.

Still Question Use



But what about Coconut Water



what's  trending

Coconut Water



There are some health benefits to consuming coconut water. It's an all-natural way to hydrate, reduce sodium, and add potassium to diets.

Beyond that the scientific literature does not support the hype.

But what about Full Fat Dairy - high in Saturated Fats



what's 
trending

Contrary to current popular wisdom, full-fat dairy products may actually be better than low-fat varieties for **keeping off weight**, says Harvard School of Public Health (HSPH) nutrition expert Walter Willett. Diabetes studies have echoed the same thought.

Willett theorizes that full-fat dairy may help control weight because it promotes more of a feeling of **satiety** than low-fat. Another possibility is that the fatty acids in full-fat dairy may help with weight regulation.

Different Saturated Fat

Dairy Fat

AHA Recommendation

- Choose 2–3 servings of fat-free or low-fat dairy products for adults. Children should have two or more servings, teenagers and older adults should have four.
- For dessert or snacks, choose ice milk, frozen or fruited low-fat or nonfat yogurt, sherbet, sorbet or low-fat puddings.

Choose from:

- Fat-free, zero-fat, no-fat or nonfat milk
- ½–1% low-fat or light milk
- Nonfat or low-fat dry milk powder
- Evaporated fat-free milk
- Buttermilk made from fat-free or 1% fat milk
- Fat-free or low-fat yogurt
- Frozen fat-free or low-fat yogurt
- Drinks made with fat-free or 1% fat milk and cocoa (or other low-fat drink powders)
- Low-fat cheeses (dry-curd or low-fat, cottage cheese, low-fat natural cheeses or processed cheeses made with nonfat or low-fat milk with no more than 3 grams of fat per ounce and no more than 2 grams of saturated fat per ounce)
- Fat-free or low-fat ice cream - no more than 3 grams of fat per 1/2 cup

**Still Question
Use**



Other Interesting Trending Points on Fat

Interesting: Carbs versus Fat

Recent Study in Obese Subjects

"Calorie for calorie, reducing dietary fat results in more body fat loss than reducing dietary carbohydrate when men and women with obesity have their food intake strictly controlled.

Compared to the reduced carbohydrate diet, the reduced fat diet led to a roughly **67%** greater body fat loss.

Confusing

The A to Z Study found
that Pre-Diabetics did
better on Low Carb Diet at
controlling blood glucose
and losing weight.

**What works for one
group does not work**

Saturated Fat versus Unsaturated

When Swedish researchers gave one group of adults 750 extra daily calories, mainly from saturated fat, and another group the same amount of calories but mostly from polyunsaturated fatty acids (PUFAs) for seven weeks, **the saturated fat group accumulated 2X as much visceral fat.**



Unsaturated Fat (MUFA)

Study When researchers in one study asked women to switch to a 1,600-calorie, high-MUFA diet, they **lost a third of their belly fat in a month.** MUFA=monounsaturated



MUFAs are satiating, so they help you eat fewer poor-quality foods

Some nuts, a tablespoon of olive oil, or a quarter of an avocado—is a serving of MUFAs.

Unsaturated Oils are not that Healthy

what's
trending



Unsaturated Healthy Fats are Very Healthy

So much so the DGAC no longer suggest a limit on healthy, unsaturated fats, such as those found in vegetable oils and nuts. Use to be keep these fats below 30 % of calories.

These foods are though **HIGH** in calories. So if watching calories still limit/watch. Dietary Guidelines Advisory Committee (DGAC)

Studies have shown that monounsaturated oils, like canola and olive oil, are best at liberating fat-soluble nutrients in veggies. Salads with dressings that have **3 grams** of monounsaturated fats promoted as much carotenoid absorption as those with **20 grams** of other types of fat. These studies also raised concerns that if you use very low-fat salad dressings you may be losing out on nutrients.



30-50 calories worth per meal.

1/2 Ping Pong Ball.

Fat Soluble Vitamins A,D,E,K



Have with source of Dietary Fat
not alone.

100-120 Calories of Fat

Calories add up Fast with Fats

So if your trying to decrease weight make sure you still watch your calories.

● 1 tbs peanut butter



● 1 tbs butter



● 1 tbs oil



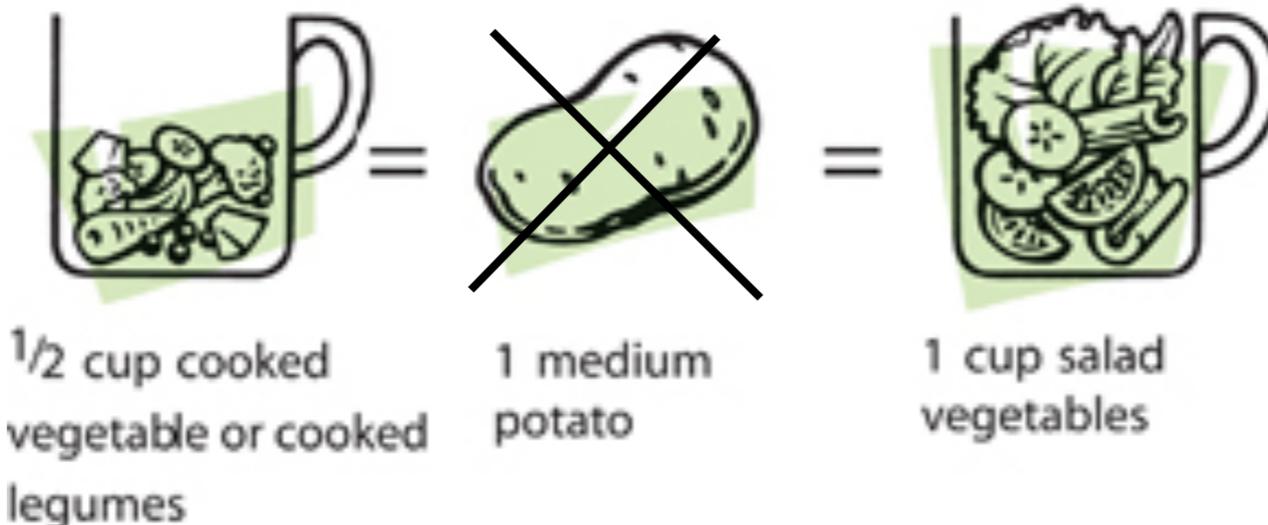


**How many vegetables
does the average
American eat?**

The average American

- **2 to 3 servings of fruits and vegetables a day. Only 12.2 percent of American adults meet that minimum fruit requirement and even fewer — 9.3 percent — meet the vegetable one**
- The latest dietary guidelines call for five to thirteen servings of fruits and vegetables a day (2½ to 6½ cups per day), depending on one's caloric intake.

Vegetable



Statistic

40 percent of the U.S. population doesn't get enough of vitamins A, D, E, and C, nor folate, calcium, magnesium, fiber, and potassium—not surprising, perhaps, given that Americans don't eat enough vegetables, fruits, whole grains, and dairy. Dietary Guidelines Advisory Committee (DGAC)

Vegetable Study: A recent study in *The Journal of Nutrition* showed that people who ate more of the nutrients in red, orange, and yellow produce had smaller waists as a result.



trending



Kale

Kale



At just 33 calories, one cup of raw kale has:

Nearly 3 grams of protein

2.5 grams of fiber (which helps manage blood sugar and makes you feel full)

Vitamins A, C, and K

Folate, a B vitamin that's key for brain development

Alpha-linolenic acid, an **omega-3 fatty acid**. (While kale has far less omega-3 than fish, it is another way to get some of this healthy fat into your diet.

Lutein and zeaxanthin, nutrients that give kale its deep, dark green coloring and protect against macular degeneration and cataracts Minerals including phosphorus, potassium, calcium, and zinc



Diet Soda Study



Diet Soda Study: A recent study in Obesity found that diet soda drinkers were more likely to have a high percentage of fat in their bellies. The researchers think that diet drinkers may overestimate the calories they're "saving," and then overeat.

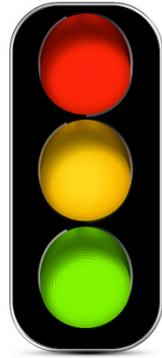


What is the relationship between the intake of low-calorie sweeteners (LCS) and measures of body weight/obesity?

Conclusion DGAC Statements: Moderate and generally consistent evidence from short-term studies (RCT) conducted in adults and children supports that replacing sugar-containing sweeteners with low-calorie sweeteners reduces calorie intake, body weight, and adiposity.

While

Long-term observational studies conducted in children and adults provide inconsistent evidence of an association between LCS and body weight as compared to sugar-containing sweeteners.



Artificial sweeteners are Tricky

Low-Moderate

Equal-Maybe, Very Low

Splenda-Maybe, Low

Stevia-the best, but moderate intake

Intake

Sugar substitutes aren't magic bullets for weight loss, but does not cause weight gain.

Possible health benefits of artificial sweeteners

Weight control- Some research has suggested that consuming artificial sweeteners may be associated with increased weight, but has not been proven.

Diabetes- Artificial sweeteners may be a good alternative to sugar if you have diabetes.

Dental cavities. Unlike sugar, artificial sweeteners don't contribute to tooth decay.

Possible health concerns with artificial sweeteners

Intense scrutiny for decades.

Critics of artificial sweeteners say that they cause a variety of health problems, including cancer.

But according to the National Cancer Institute and other health agencies, there's no sound scientific evidence that any of the artificial sweeteners cause cancer or other serious health problems.



Sugar

**What is Clear is to
Limit**

Sugar

DGAC recommends 10% of calories or less from sugar.

The American Heart Association recommended a stricter approach to sugar a few years ago, suggesting a maximum of nine teaspoons per day for men and 6 teaspoons per day for women.

150 calories for men

100 calories for women



Salt : *American Journal of Hypertension*, researchers analyzed 25 prior studies. They found that low levels of salt consumption may be linked with a greater risk of death.

The study actually shows that both too much salt and too little are harmful.

They say the safest range is between 2,645 and 4,945 mg of salt a day, the study authors said.

What does the DGAC say?

Sodium

The average American consumes more than 3,400 milligrams (mg) per day, while the **upper recommended limit is 2,400 mg**. The evidence that high sodium intake leads to high blood pressure is strong.

There is also moderate evidence of a link between sodium and cardiovascular disease. [Dietary Guidelines Advisory Committee](#) (DGAC)

Recent Report

Salts Effects Beyond Blood Pressure

- Reduced function of the endothelium
- Increased arterial stiffness.
- Left ventricular hypertrophy,
- Reduced renal function
- Affects the sympathetic nervous system, which activates what is often termed the fight-or-flight response.

WHAT'S **HOT**

Coffee!



**IS THE PLANET SHAKING
OR IS IT JUST ME?**

Coffee (caffeine)

Report found strong evidence that moderate coffee consumption (three to five cups a day) does not lead to increased long-term health risks in healthy individuals. In fact coffee drinkers less type 2 diabetes and cardiovascular disease. The effects of caffeine itself are less well documented, up to 400 mg a day is safe and may protect against Parkinson's disease. Dietary Guidelines Advisory Committee (DGAC)

Coffee Benefits-not cause and effect

Heavily Studied Food

- less likely to have type 2 diabetes, Parkinson's disease, and dementia
- fewer cases of certain cancers, heart rhythm problems, and strokes in women
- decreased risk of liver cirrhosis and liver cancer
- possible probiotic.



May control feelings of hunger.

What is the Number One source of Antioxidants in Americans Diets? COFFEE

Coffee has a very strong antioxidant capacity.

2005 study found that Americans get more antioxidants from coffee than anywhere else.

Red Meat



what's  trending

Premature Death - Red Meat

From Harvard Health

One daily serving increased the chances of dying during a study period by **13%**. (A serving is three ounces, about the size of a deck of cards). Red meat meant **beef, pork, lamb, and hamburger**.

For every extra serving of **processed meat** (foods like hot dogs, bacon, and cold cuts), the increase was **20%**.

“This study provides clear evidence that regular consumption of red meat, **especially processed meat**, contributes substantially to premature death,” said Dr. Frank Hu,.



Stop PROCESSED MEATS

Proceed with caution UNPROCESSED MEATS (once in awhile) beef, lamb, pork CHOOSE THE LEANEST TYPES AND HAVE LESS FREQUENTLY.

**EAT CHICKEN, POULTRY, FISH, LOWFAT DAIRY
EAT MORE LEGUMES, AND BEANS INSTEAD.**





Recent Report on Protein and Cancer

Cancer and Animal Protein

Protein Study: Middle age protein-lovers were **74** percent more likely to die of any cause within the study period than their more low-protein counterparts. They were also several times more likely to die of diabetes.

Plant-based proteins, such as those from beans, did not seem to have the same mortality effects as animal proteins.

"high-protein" diet as deriving at least 20 percent of calories from protein, "moderate" protein diet includes 10-19 percent of calories from protein, "low-protein" diet includes less than 10 percent protein.

Older people may require more protein.

Ages 50-65

Low Protein

↓ IGF-1? ↓ ↓
↓ Overall mortality
↓ Cancer mortality
↓ Diabetes mortality



Ages 66+

Low Protein

↓
↑ Overall mortality
↑ Cancer mortality
↓ Diabetes mortality

Adult (12 wk)



Old (24 mo)



GHRD



↓ IGF-1
↑ IGFBP-1



Decreased tumor progression



Low Protein



High Protein



↑ IGF-1
↓ IGFBP-1



Increased tumor progression



Low Protein



Weight loss

High Protein



No weight loss

What to do with Protein

Eat the recommended amount

.8 grams/kg-get some from plant sources

120 lbs=44 grams

**Average Size Person 150 lbs. Needs 54 grams
Protein a day.**

180 lbs= 66 grams

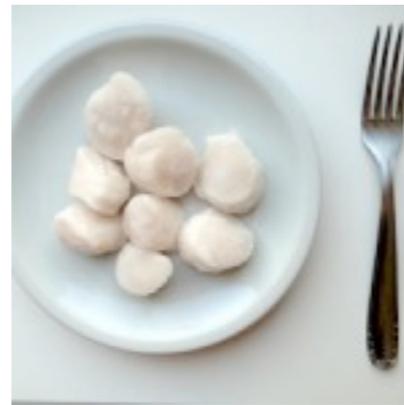
**Average Size Person 150 lbs. Needs 54
grams Protein a day.**

My Favorites

- Low fat Yogurt, 1 cup – usually 8-12 grams
 - Low fat Milk, 1 cup - 8 grams
 - Chicken breast, 3.5 oz - 30 grams protein
 - Tuna, 3 oz can - 20 grams of protein
 - Peanut butter, 2 Tablespoons - 8 grams
- protein = **78 grams**



182 grams egg whites (5 egg whites)



118 grams scallops

What does 20 grams of protein look like?



80 grams turkey



143 grams codfish



87 grams chicken breast



179 grams cottage cheese



313 grams chick peas



80 grams canned tuna (packed in water)



194 grams fat-free Greek yogurt

Isolated -Fibers Fiber Added



Inulin or Chickory, **Yes** and **No**

- Found in many high-fiber added food products
- They contains carbs that we can not digest, but the bacteria in our guts produce gas when the sugars are fermented.
- We can tolerate about **15 grams a day.**
- One serving of Fiber One Products have 5 grams, so a few servings can give flatulence and bloating.
- These types of fibers are pre-biotic which is good for your gut health, but may create more gas.
- Having gas is not considered bad for you.....

Metamucil and Weight Loss

Psyllium is a form of soluble fiber, the type that forms a gel when it comes into contact with liquids in your stomach and digestive tract. This helps to add bulk to stool and promotes regular bowel movements. In addition, the gel formed by psyllium in your digestive tract helps you feel fuller and reduces hunger pangs. Taking psyllium can also help control blood sugar levels. This function is important for your weight-loss efforts, as fluctuating blood sugar levels can boost your appetite and cause you to overeat.

what's 
trending



Gluten-free Diets

Gluten-free diet - Not really healthy unless you have celiac disease. It does not promote weight loss.

Gluten free products may have more fat and calories.

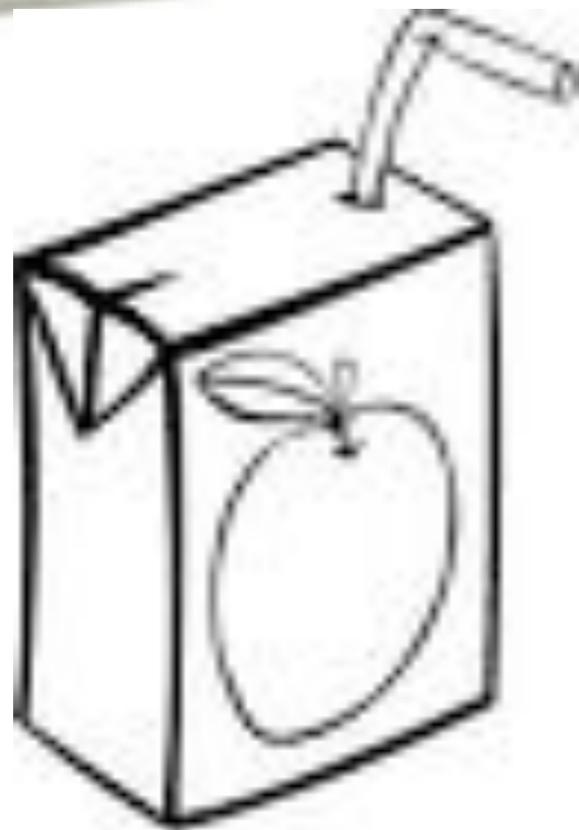
Not getting enough vitamins

People who follow a gluten-free diet may have low levels of certain vitamins and nutrients in their diets. Many grains are enriched with vitamins.

1. Calcium
2. Fiber
3. Thiamin
4. Riboflavin
5. Niacin
6. Folate



what's trending



Juices and Juicing

Juices -NO and Juicing-Maybe if you drink all that had been put into the blender.

If you're a big juice drinker, cut it out!

Juice essentially is water and sugar.

12-ounce bottle of grape soda has 159 calories, while grape juice packs 228 calories.

CSPI-Drinking juice will not release signals that make you feel full.

JUICE DOES NOT SATISFY.

6-8 ounces of juice a day is the limit, make sure you choose a 100% juice without too many outlandish claims or additives.

Solution: Eat the whole fruit



what's 
trending

Vitamin D



Vitamin D

Nutrients, calcium, vitamin D, fiber, and potassium are classified as nutrients of public health concern because their underconsumption has been linked in the scientific literature to adverse health outcomes.

**Dietary Guidelines Advisory
Committee (DGAC)**

Vitamin D Studies Just this Past Week

Low vitamin D levels, depression linked in young women, new study shows

Vitamin D prevents diabetes and clogged arteries in mice

Vitamin D may help prevent, treat diseases associated with aging

Recommendation for vitamin D intake was miscalculated, is far too low, experts say

Vitamin D Hard to get through Diet unless eat fortified foods for most 600 IU as day over 70 years 800 IU

IUs per serving*

Cod liver oil, 1 tablespoon 1,360

Swordfish, cooked, 3 ounces 566

Salmon (sockeye), cooked, 3 ounces 447

Tuna fish, canned in water, drained, 3 ounces 154

Fortified

Orange juice fortified with vitamin D, 1 cup (check product labels, as amount of added vitamin D varies) 137

Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup **115-124**

Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces (more heavily fortified yogurts provide more of the DV) **80**

Calcium

For most of you the recommended amounts would be 1000 mg of calcium.

To make sure you are getting the recommended amounts see list of foods rich with calcium. If you think that you are not getting the recommended amount of calcium and/or vitamin D you should think about talking to health care provider about a supplement. If you take a supplement don't go over recommended amount through both food and supplement. Most of us in the Northeast should take vitamin D during the fall and winter months.

what's 
trending

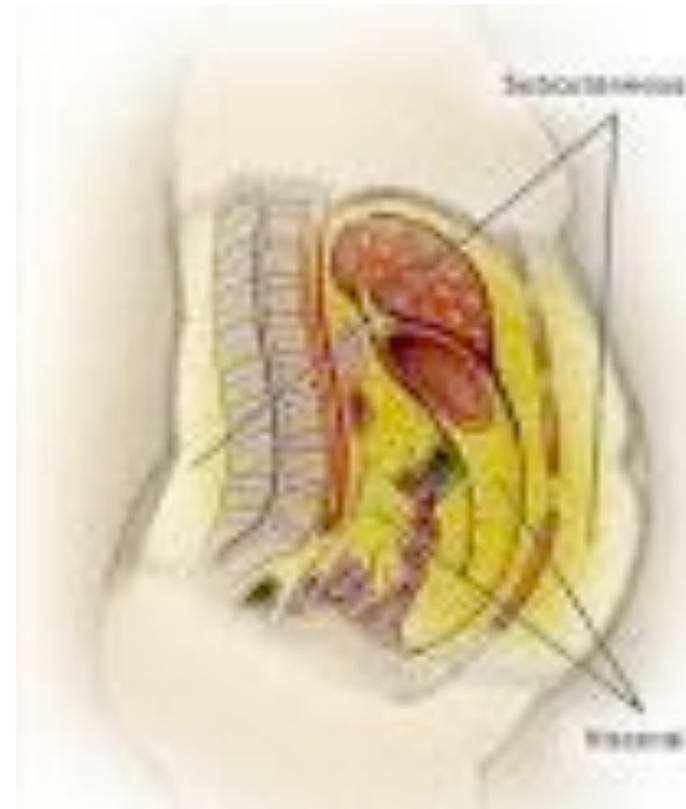
DGAC Alcohol Statement

Moderate alcohol intake can be a component of a healthy dietary pattern, and that if alcohol is consumed, it should be consumed in **moderation and only by adults**.

However, it is not recommended that anyone begin drinking or drink more frequently on the basis of potential health benefits, because moderate alcohol intake also is associated with increased risk of violence, drowning, and injuries from falls and motor vehicle crashes. Women should be aware of a moderately increased risk of breast cancer even with moderate alcohol intake. In addition there are many circumstances in which people should not drink alcohol, including during pregnancy. Women who are breastfeeding should be very cautious about drinking alcohol, if they choose to drink at all.

Alcohol Women Study:

According to a 2013 Danish study alcohol may be linked with abdominal obesity. One study found that the amount of alcohol of any type that women drank contributed to weight gain.



Moderate Alcohol Study : Stick with seven or fewer alcoholic beverages a week. Light to moderate drinkers are the least likely to carry excess weight anywhere, shows a recent Archives of Internal Medicine study.



A "drink" is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor.

These all contain the same amount of alcohol-- your brain can't tell the difference between a beer and a shot.

Calories

- Beer, 12 fl. oz. 145**
- Beer, light, 12 fl. oz. 100**
- Liquor, 100 proof, 1 fl. oz. 83**
- Liquor, 80 proof, 1 fl. oz. 65**
- Liquor, 86 proof, 1 fl. oz. 70**
- Liquor, 90 proof, 1 fl. oz. 74**
- Wine, 4 fl. oz. 100**

Amount

Keep it moderate—no more than two drinks a day for men or one drink a day for women.

Alcohol use is a slippery slope. Moderate drinking can offer some health benefits. But it's easy to drink too heavily, leading to serious health consequences.

Health benefits of moderate alcohol use

- Reduce your risk of developing heart disease
- Reduce your risk of dying of a heart attack
- Possibly reduce your risk of strokes, particularly ischemic strokes
- Lower your risk of gallstones
- Possibly reduce your risk of diabetes



trending

Ancient Grains



Grains like wheat, corn, oats, and rice are the most popular on the market, but ancient grains are making a comeback. Available in many specialty health food stores like Whole Foods, these delicious grains offer more of a variety of tastes, textures, and nutrients. Some of them are even gluten-free, making them a great alternative for grain-lovers suffering from gluten intolerances.

Quinoa was of great nutritional importance in pre-Columbian Andean civilizations, secondary only to the potato, and was followed in importance by maize.

high nutritional value

protein content is very high (12%–18%).

Unlike wheat or rice (which are low in lysine), and like oats, quinoa contains a balanced set of essential amino acids for humans, making it an unusually **complete protein source** among plant foods.

It is a good source of dietary fiber and phosphorus and is high in magnesium and iron.

Quinoa is gluten-free and considered easy to digest.

Being considered a possible crop in **NASA's** Controlled Ecological Life Support System for long-duration manned spaceflights



trending

**Organic versus
Conventional
Foods**

Of course organic is better than conventional but here is somethings to think about.

40-67% more expensive.

A recent study examining the past 50 years' worth of scientific organic articles concluded that organically and conventionally produced foodstuffs are **not significantly different in their nutrient content.**

Thiabendazole is a pesticide used on apples. Americans typically consume a dose of Thiabendazole found on apples that is **787 times less than the EPA's** recommended exposure limit. Put another way, you'd have to eat as many apples and apple products as 787 Americans eat in a single day combined in order to be exposed to a level of this pesticide that approaches the EPA's exposure limit.

Plants and fruits contain natural toxins—considering this we could become less worried about the minuscule differences in pesticide levels between organic and conventional foods.

Organics are not pesticide free - pesticides from rain and winds.

The Environmental Working Group in their 2013 Shoppers Guide to Produce suggests that the **health benefits of a diet rich in fruits and vegetables outweigh the risks** of pesticide exposure.

Is organic foods better than inorganic.

Organic foods are foods that are grown without synthetic chemical pesticides or fertilizers.

Consumer Reports magazine showed that customers who buy organic are exposed to about a **third** as many residues as those who buy conventionally grown foods.

They seem to have no difference though in nutrient content.

US grown typically safer

Organics typically are more expensive though.

Some foods are more important to buy organic than others.

Most Important Foods To Buy Organically

- Baby Food
- Strawberries
- Rice
- Oats
- Milk
- Bell Peppers
- Bananas
- Green Beans
- Peaches
- Apples

(Source: E: The Environmental Magazine, www.emagazine.com)

trending



Bone Broth

Bone Broth



According to a study in the medical journal *Chest*, "chicken soup may contain a number of substances with **beneficial medicinal activity**." The researchers observed that people eating chicken soup seemed to experience a mild **reduction in inflammation** that helped reduce symptoms of an upper respiratory tract infection.

Many unsubstantiated claims - most agree it is not a cure all but it can be part of a healthy diet.

trending



Avocados

Avocados



Nutritional value per 100 g (3.5 oz)

Energy

(160 kcal)

Carbohydrates

8.53 g

Dietary fiber

6.7 g

Fat

14.66 g

Saturated

2.13 g

Monounsaturated

9.80 g

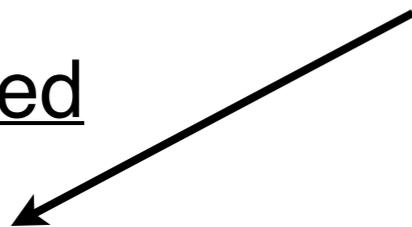
Polyunsaturated

1.82 g

Protein

2 g

Healthy Fats



- A typical serving of avocado (100 g) is moderate to rich in several B vitamins and vitamin K, with good content of vitamin C, vitamin E and potassium (right table, USDA nutrient data). Avocados also contain phytosterols and carotenoids, such as lutein and zeaxanthin.
- Showed to help improve blood cholesterol

trending



Greek Yogurt

Greek yogurt sales nationwide have skyrocketed

Greek Yogurt



All yogurts are excellent sources of calcium, potassium, protein, zinc, and vitamins B6 and B12.

What distinguishes Greek yogurt is its thicker, has half the sugar, it contains probiotic cultures, and is lower in lactose and has twice the protein content of regular yogurts. It does have a little less calcium compared to regular yogurts.

A typical 6-ounce serving contains 15 to 20 grams

Since it is twice as much protein it is great for **weight control** because it keeps you feeling full longer.

Mediterranean diet



what's trending

About 30 percent of heart attacks, strokes and deaths from heart disease can be prevented in people at high risk if they switch to a Mediterranean diet rich in olive oil, nuts, beans, fish, fruits and vegetables, and even drink wine with meals, a large and rigorous new CLINICAL study has found.

What is a Mediterranean diet?

1. **Eat your veggies and fruits — and switch to whole grains.** They should be minimally processed, and try to purchase them when they're in season. Strive for **seven to 10 servings a day of veggies** and fruits. Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.
2. **Go nuts.** Keep almonds, cashews, pistachios and walnuts on hand for a quick snack (**100 calories worth**). Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try tahini (blended sesame seeds) as a dip or spread for bread.
3. **Pass on the butter.** Try Replacing butter with healthy fats such as **olive oil and canola oil** as a healthy replacement for butter or margarine. Use it in cooking (**200-300 calories worth**).
4. **Go fish. Eat fish once or twice a week.** Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices.
5. **Rein in the red meat.** Substitute fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat meats.
6. **Choose low-fat dairy.** Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.
7. **Raise a glass to healthy eating.** If it's OK with your doctor, have a glass of **wine** at dinner. If you don't drink alcohol, you don't need to start.

Most Important Point

Healthy Dietary Patterns

Emphasis on *foods* rather than *nutrients*

The committee emphasized a variety of different dietary patterns ranging from a “healthy U.S. style,” to vegan and Mediterranean style lead to healthy outcomes.

Dietary Guidelines Advisory Committee (DGAC)

Some of the best Diets

DASH Diet

The panelists applauded the Dietary Approaches to Stop Hypertension (DASH) plan for its nutritional soundness and safety—it racked up near-perfect scores in both categories. Endorsed by the federal government’s Department of Health and Human Services, the diet is packed with produce and light on saturated fat and salt.

TLC Diet

Developed by the National Institutes of Health, the Therapeutic Lifestyle Changes (TLC) diet is a healthy choice, panelists agreed. Doling out all 5s and 4s, experts approved of the fiber and calcium it generously provides as well as the saturated fat it doesn’t.

Mediterranean Diet

A Mediterranean diet-style buffet will showcase healthy foods like whole-grain pita and hummus, salads, fresh fruits and veggies, salmon, and beneficial fats like olive oil. The panelists concluded that diet meets the government’s nutrition recommendations and does not compromise compromising safety. True to its Mediterranean roots, a daily glass or two of red wine is encouraged. *À votre santé!*



DGAC

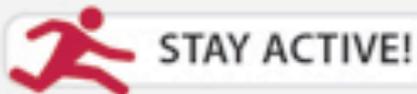
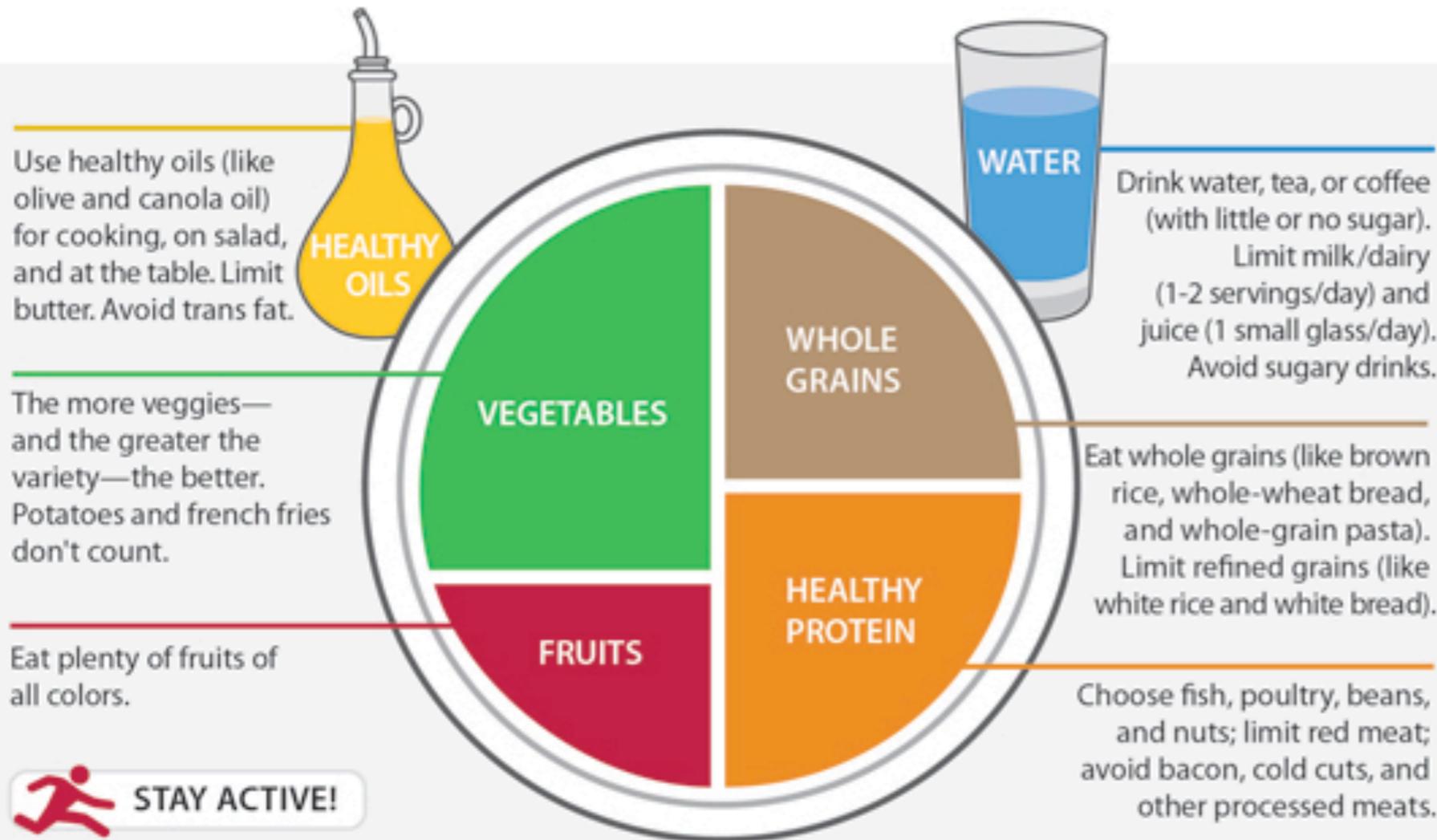
Combinations and quantities in which foods and nutrients are consumed—may have synergistic and cumulative effects on health and disease.

Synergy will be an important point of emphasis in Nutrition

Remember: Diet isn't the only reason people get or don't get diseases.

Your genes and lifestyle habits (like smoking, exercise, and stress) also play a part.

HEALTHY EATING PLATE



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 Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu 

How your Plate should Look.

1/4 Protein

1/4 Complex Carbs

1/2 Veggies or Fruit

and a little Healthy Fat.

Chris' Plate

1/4 Protein

Chicken breast, lean ground turkey, tuna, fish, yogurt,
1% low fat milk, nuts, and natural peanut butter

1/4 Complex

Carbs-whole grain pasta and bread, sweet potato,
brown rice, oats, and quinoa

1/2 Veggies or Fruit

Romaine lettuce, spinach, squash, broccoli, peppers,
onions, tomatoes, apples, bananas, berries, and
strawberries

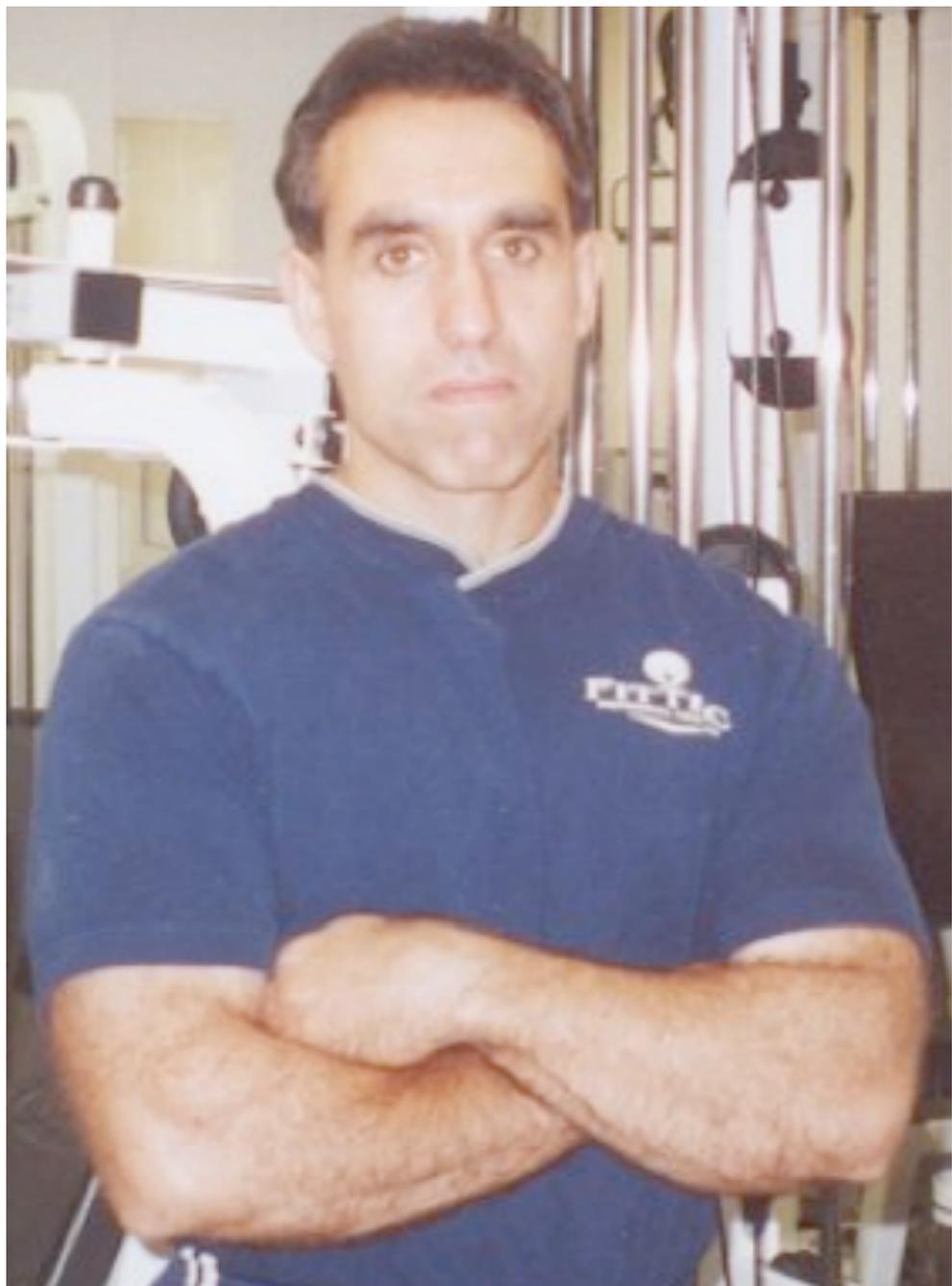
and a little Fat.

Olive and Canola Oil, Light Olivio

Eat to Live.

Don't Live to

Eat.



**Eat with
a
Purpose**