



Nutrition Nibbles

Lighten Up Your Favorite Bites

If you are searching for ways to improve the health factor of your favorite recipes, just remember the acronym ROSEY.

R - Reduce - Check your recipe to see if you can reduce calorie-rich ingredients like oil, butter, or shortening. Try using unsweetened applesauce for 1/2 the fat in baked goods. Too much sugar in your recipe? Slash it by 1/3 to 1/2 (unless yeast is present) and add extra vanilla or cinnamon to enhance the sweetness of the food without extra calories. Lower the sodium content of your dish by choosing lower sodium ingredients, adding extra spices and herbs, and cutting out half the salt.

O - Omit - Look for ingredients to leave out completely. Do you really need that coconut sprinkling on top of your muffin? Is frosting necessary or can you use a dusting of powdered sugar instead? Check your recipe for any high sodium, high sugar, high fat condiments that can be left out like pickles, soy sauce, mayo, jams, and syrups.

S - Substitute - Substitute reduced-fat dairy foods for the whole milk versions to save some calories and saturated

(unhealthy) fat. Try baking with a mix of 1/2 whole wheat flour and 1/2 regular white flour for additional whole grain fiber and nutrition. Use extra vegetables in place of some of the meat in your favorite dishes to boost your fiber intake and save some calories.

E - Equip - You can easily modify your recipes and your health if your kitchen is well-equipped. Nonstick pans, Pam oil spray, muffin liners, parchment paper, and gravy separators allow you to enjoy your favorites with less added fat.

Y - Yield - Often it isn't what we eat that is the big problem, it is how much we consume that impacts the bottom line. Check your recipe to see how many servings it is supposed to yield. Do you need to shrink your portion in order to get the same yield? Also be on the lookout for specific serving directions. When making cookies, following phrases like "drop by rounded teaspoon" instead of plopping down some dough on a cookie sheet will ensure you cook up what you're supposed to.

Continued on Page 2...

College Corner:

Drink This, Not That!

As the weather warms up, you're probably looking for tasty ways to quench your thirst. Beverages aren't always as benign as they appear. Read on for the low-down on some of the most popular drinks:

Typical Choice: Original Strawberry Surf Rider Jamba Juice (480 calories, 105 g sugar)

Better Choice: Original Strawberry Nirvana Jamba Juice (290 calories, 54 g sugar)

Better Yet: 16 oz Strawberry Nirvana (170 calories, 30 g sugar)

Make the switch to Strawberry Nirvana twice each week for a year and save over 19,700 calories, more than 1326 teaspoons sugar, and 6 pounds of weight! Make the switch and choose the smaller size and you keep off 9 pounds of weight, more than 32,000 calories, and 1950 teaspoons sugar!

Typical Choice: Starbucks Venti White Mocha with Whipped Cream, made with 2% milk (580 calories, 22 g fat, 75 g sugar)

Better Choice: Starbucks Venti Latte, made with nonfat milk (170 calories, 0 g fat, 23 g sugar)

Questions or Comments? Email me at marymahoneyrd@comcast.net

Lighten Up Your Favorites continued...

ROSEY allows you to enjoy your favorites without the guilt and without sacrificing flavor so you can stay your healthiest!

Research Briefs

This just in: The Centers for Disease Control (CDC) report that 7 out of 10 Americans would significantly improve their heart health if they kept their daily sodium intake to 1500 milligrams. This is the equivalent of 2/3 of a teaspoon of table salt. By reducing your sodium intake, you decrease your risk for hypertension or high blood pressure. Rather than relying on the salt shaker, flavor your foods with herbs (thyme, rosemary, oregano, cilantro, mint), spices (pepper, cumin, curry, paprika), citrus (lemon, lime, orange), vinegar, garlic, or onions.

“Application of Lower Sodium Intake Recommendations to Adults --- United States, 1999--2006.”

MMWR, March 27, 2009 / 58 (11);281-283.

How sweet it isn't: A recent study published in the American Journal of Clinical Nutrition revealed that women who drink

2 or more sweetened beverages daily have a 35% increased risk for heart disease. Researchers followed women's dietary habits over a 22 year period (from 1980-2002) and were able to make the connection. Regular carbonated sodas and sweetened non-carbonated drinks (juices, vitamin waters, etc) were considered to be the main culprits. Diet sodas and low calorie artificially sweetened beverages were not implicated. The bottom line: hydrate with water and keep your sweetened beverages to a minimum.

Source: “Sweetened beverage consumption and risk of coronary heart disease in women”

American Journal of Clinical Nutrition April 2009, Volume 89, Pages 1037-1042, doi:10.3945/ajcn.2008.27140

Eating Right Monthly Tip

Try incorporating more cucumbers into your diet. This water-packed, mildly flavored vegetable adds something special to salsas, salads, and even your water pitcher. Quench your thirst and satisfy your palate with tasty vitamin C filled cucumbers, naturally in season now.

College Corner continued...

Make this substitution twice a week over the course of a year and save more than 42,500 calories, 2288 g fat, 1350 teaspoons sugar, and 12 pounds of body fat!

Typical Choice: 7-Eleven Double Gulp, Regular Soda with 1/3 ice (624 calories, 163 g sugar)

Better Choice: 7-Eleven 12.5 oz Slurpee (105 calories, 27 g sugar)

Rather than guzzle down 8 cups, aka a Double Gulp, of regular soda from 7-Eleven, switch to small Slurpee twice each week and save 54,000 calories over the course of a year, 3536 teaspoons of sugar, and 15 pounds of excess body weight!

Typical Choice: Wendy's M&M Twisted Frosty: (560 calories, 19 g fat, 72 g sugar)

Better Choice: Wendy's Junior Original Chocolate Frosty (160 calories, 4 g fat, 21 g sugar)

Choose a junior original frosty twice each week over a year instead of your usual and save more than 41,500 calories, 1560 grams of fat, and 1325 teaspoons of sugar!

Drinking Out--Done Right: When it comes to beverages, water or low-fat milk (1%) will always be your best bet.

Favorite Food

Lots of people are curious about what dietitians eat when they are “off-duty.” Strawberries have hit supermarket shelves and my shopping cart. Nothing beats fresh, sliced strawberries for a snack or naturally sweet dessert. These tasty little berries

pack more vitamin C per serving than an orange, plus fiber, potassium, folate, and antioxidants. To try a new strawberry recipe, check out the California Strawberry Commission at: www.calstrawberry.com/recipes/