

March 2013

## March: Nutrition Awareness

### Dining out: Food can be fast and healthy

Busy families rely on fast food, take-out and local restaurants to supplement home-cooked meals. Today, average Americans eat one-third of their calories away from home — almost twice the amount in the 1970s.

According to the U.S. Department of Agriculture, families also spend almost half of their food dollars on away-from-home food.

Advertising also affects our food choices. In 2007, the Kaiser Family Foundation determined that 8- to 12-year-old children watch more than 20 food advertisements daily.

Food advertising targeted to youth places parents in an uphill battle to encourage their children to select non-advertised healthy options. Here are a few tips for parents when eating out with your children.

- **Plan ahead.** Select a restaurant that includes fruits and vegetables on the menu. Set guidelines for food item selection beforehand with your children. Use the Web sites of national chain restaurants to review the nutritional quality of entrees. Look for entrees that are lower in calories and saturated fat.
- **Select the vegetable entrée first** and build the meal around that. Vegetables available at some fast food restaurants include salads, carrots and celery sticks, corn, green beans, greens, potatoes and other items.
- **Avoid “supersized” portions.** Child-sized meals may be sufficient for older children and adults as well.
- **Select baked, broiled or grilled entrees and avoid fried foods.** Having the grilled chicken breast instead of the breaded and fried breast.
- **Go easy on the cheese on pizzas** and select the thin crust rather than the thick crust. Add lots of vegetables as toppings — peppers, onions, spinach, etc.
- **If soup is available, start the meal with a soup.** Soups often contain vegetables and the liquid will give a sense of fullness to prevent overeating.
- **When you can, select a full service restaurant rather than a fast food restaurant.** There will be a greater variety of selections and more vegetable options.

**Source:** Author: Vivien Morris, M.S., R.D., M.P.H., L.D.N.  
Copyright © 2009 BeHealthy. A Banner Publication  
March 5, 2009 – Vol. 3 No. 7

### Tips to Get More Fiber in Your Diet

Fiber—you know it's good for you. But if you're like many Americans, you don't get enough. In fact, most of us get less than half the recommended amount of fiber each day. The recommended daily amount of fiber you should consume is between 20-30 grams; the values vary based on your age and gender. Here are some ways to get more fiber in your diet:

- Bulk up your breakfast. Choose a high-fiber cereal (5 or more grams per serving) or make a bowl of oatmeal and top it with nuts and fruit.
- Switch to whole grains. Look for bread that lists whole-grain flour as the first ingredient. Experiment with barley, wild or brown rice, quinoa, whole wheat pasta and bulgur.
- Don't forget legumes. Try peas, different kinds of beans (pinto, kidney, lima, navy and garbanzo) and lentils.
- Snack on fruit, nuts and seeds.
- Add a vegetable. Keep a bag of frozen mixed vegetables, spinach or broccoli florets for a quick addition.

**Source:** *NIH News in Health*  
Copyright © August 2010 National Institutes of Health  
<http://newsinhealth.nih.gov/issue/aug2010/feature1>

### Tasty, Healthy Family Meals

Nutritious and tasty meals can be easy to prepare for your family. Get some ideas and inspiration from a new NIH cookbook. Keep the Beat Recipes: Deliciously Healthy Family Meals has more than 40 kid-tested recipes featuring a variety of healthy entrees, side dishes and snacks that parents and children can enjoy together. The free cookbook also offers time-saving tips and helpful resources for busy families.

The recipes were developed by David Kamen, a Culinary Institute of America-trained chef/instructor and father of 2. The dishes are based on heart-healthy principles from the NIH's National Heart, Lung and Blood Institute (NHLBI). Recipes include nutrition analysis and provide guidance for preparing meals that are low in saturated fat, trans fat, cholesterol, sodium and added sugars.

“With a healthy approach to cooking, families learn to enjoy the taste of heart-healthy meals that can help lower their risk of heart disease and other conditions,” says NHLBI Acting Director Dr. Susan B. Shurin.

The cookbook and individual recipes are available on the Keep the Beat: Deliciously Healthy Eating website at <http://hin.nhlbi.nih.gov/healthyeating>. Or call the NHLBI Health Information Center at 301-592-8573.

**Sources:** *NIH News in Health*  
Copyright © February 2011 National Institutes of Health  
<http://newsinhealth.nih.gov/issue/feb2011/capsule2>

March 2013

## March: Nutrition Awareness

### How Much Protein Do You Need?

The idea of eating more protein has gained popularity in the past few years. Some people may think the way to build body muscle is to eat high-protein diets and use protein powders, supplements and shakes. But there's no solid scientific evidence that most Americans need more protein. Most of us already get all we need. Some of us may even be eating much more than we need. Proteins play a key role in our bodies. They make up about 15% of the average person's body weight. You probably know proteins as the major component of muscle. Muscles flex arms and legs, contract our hearts and create waves in the walls of our intestines to move food along. All this muscle activity accounts for most of the energy our bodies burn. The more muscle you have, the more calories you burn and the more food you need to maintain your weight.

Meat in general is a good source of protein, with a full mixture of all the essential amino acids. However, it can be high in fat. Try to select lean cuts such as top round and sirloin. Poultry, fish, eggs, nuts, seeds and legumes (dry beans or peas such as lentils, chickpeas and kidney beans) are also good sources of protein. Most Americans already eat about 12-18% of their calories as protein. Dr. Van S. Hubbard, director of the NIH Division of Nutrition Research Coordination, says that most Americans don't need to worry about getting enough protein. "Unless they have some other medical problem, most people are meeting or exceeding their protein requirements," he says. "Since protein is such a common component of most foods that you eat, if you're eating a relatively varied diet, you're getting enough protein." Some people, such as vegetarians, do have to pay attention to the protein in their diets. While animal proteins have all the essential amino acids, plant-based proteins can have low amounts of some. That's why vegetarians have to eat protein from several different sources to get all the different amino acids they need. The recommended daily amount of protein you need is between 13-56 grams, depending on your age and gender.<sup>1</sup>

For most Americans, however, there's little benefit to eating more protein than they already do. In long-term studies of high-protein diets, researchers have found that most differences in weight loss can be explained by the amount of calories people eat rather than their protein intake. If you're like most Americans, though, you don't need to worry about eating enough protein.

1-Source for Acceptable Macronutrient Distribution Range (AMDR) reference and RDAs: Institute of Medicine (IOM) Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. This report may be accessed via [www.nap.edu](http://www.nap.edu)\*

Source: *NIH News in Health*  
Copyright © 2006

[http://newsinhealth.nih.gov/2008/March/docs/01features\\_01.htm](http://newsinhealth.nih.gov/2008/March/docs/01features_01.htm)

### Weight-Loss and Nutrition Myths: Test Your Knowledge!

Read about 15 myths associated with weight loss, nutrition, physical activity, and learn the facts! Broken out into Diet Myths, Meal Myths, Physical Activity Myths, and Food Myths.

For example did you know that a weight-loss product that claims to be "natural" or "herbal" is not necessarily safe.

The information is provided by the Weight-control Information Network (WIN), a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health. The 6 page document can also be downloaded for free!

Source: Weight-Control Information Network  
Copyright © 2012 National Institute of Health  
<http://win.niddk.nih.gov/publications/myths.htm>

### Healthy Recipe: Oatmeal Pecan Waffles

#### Ingredients:

1 C whole-wheat flour  
½ C quick-cooking oats  
2 tsp baking powder  
1 tsp sugar  
¼ C unsalted pecans, chopped  
2 large eggs, separated  
1½ C fat-free (skim) milk  
1 Tbsp vegetable oil

#### For fruit topping:

2 C fresh strawberries, rinsed, stems removed, and cut in half  
1 C fresh blackberries, rinsed  
1 C fresh blueberries, rinsed  
1 tsp powdered sugar

#### Instructions:

Preheat waffle iron. Combine flour, oats, baking powder, sugar, and pecans in a large bowl. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy. Whip egg whites to medium peaks. Gently fold egg whites into batter. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside). Add fresh fruit and a light dusting of powdered sugar. The Prep time is 10 minutes with the cooking time 30 minutes. The recipe yields 4 servings.

#### Nutrition Facts:

Calories 340	Saturated Fat 2 g	Total Fat 11 g
Total Carbohydrate 50 g	Dietary Fiber 9 g	Protein 14 g

Source: National Heart, Lung, and Blood Institute  
<http://hp2010.nhlbi.nih.net/healthyeating/recipe/detail.aspx?cId=9&rId=152#>