



What's Inside:

1. Getting Enough Fiber?
2. What's in your Peanut Butter?
2. Ground Turkey Facts
3. Chocolate Banana Shake

EGGS ARE BACK ON THE BREAKFAST TABLE

The question, "How much cholesterol did you eat today?" is going the route of disco, flip phones and VCR's. The Dietary Guidelines Advisory Panel, the top nutritional research body in America, has concluded, "Cholesterol is not considered a nutrient of concern for overconsumption." Saturated and trans fats have much more to do with our blood cholesterol levels. In short, that whole 40-year period of driving into your conscious that dietary cholesterol is your mortal enemy is no longer true. Time to bring the eggs back to the breakfast table.

According to the USDA, American egg consumption is at its lowest levels since World War 2. That means all those orders for eggs over easy, eggs Benedict and

scrambled eggs have been dwindling ever since we took down the Germans. It seems that when we finished one war, we started another, and unfortunately it was with eggs.

The nutrition of our friend the egg is somewhat understated. Eggs are a good source of protein, anti-oxidants and Omega-3 Fatty Acids. Also, the micronutrient choline is most abundant in eggs. Choline is responsible for healthy neural tissue, transporting triglycerides throughout your body and aiding the liver's metabolic functions. In total, choline plays a crucial part in your metabolism and daily life. Put it this way, if the brain needs choline then its a pretty important micronutrient.

But what eggs do you buy? Back a couple of decades ago an egg was an egg. Now we have Organic Eggs, Cage-Free Eggs, Free-Range Eggs and other regular, store brand eggs that shoppers have become familiar with. Of course we are partial to local eggs, but what it mainly comes down to is what you are comfortable with buying. If you're concerned with the humane treatment of animals than a Cage Free or Free Range egg is your best. Furthermore, free-range chickens have a diversified diet than improves the nutrient composition of the eggs they lay. Like organic? Buy organic. If you just like a good ole' regular egg, that's fine too. Either way eggs are back and breakfast can be breakfast again.

SEEN FED UP YET?

SLOW FOOD EAST END - FILM SCREENING & DISCUSSION at Cutchogue New Suffolk Library

Wednesday, April 22, 6:00 p.m. Registration requested 734-6360

Please join us for a special screening of FED UP. "Everything we've been told about food and exercise for the past 30 years is dead wrong." This is the film the food industry doesn't want you to see.

Discussion following the film moderated by Lara McNeil, RDN, CDN

Check EastEndNutrition.com for other events coming up



ARE YOU GETTING ENOUGH FIBER?

Too many of us just aren't getting enough fiber in our diets and it can't be understated how important fiber is to our health. The benefits range from reducing heart disease, maintaining and improving digestive health, maintaining a healthy body weight, and reducing risk of diabetes and also some types of cancer.

HOW MUCH DO YOU NEED?

The daily recommendations for most healthy adults:

- * Men 50 years and younger: 38 g fiber per day
- * Men 51 years and older: 30 g fiber per day
- * Women 50 years and younger: 25 g fiber per day
- * Women 51 years and older: 21 g fiber per day

HOW TO INCREASE FIBER IN YOUR DIET:

- Eat at least 5 servings of fruits and vegetables each day.
- Switch to Whole Grain. Replace white bread with whole-grain breads. Eat brown rice instead of white rice. Eat more of the following foods:
- Eat cereals high in dietary fiber for breakfast, such as bran cereals. Check labels on the packages for the amounts of dietary fiber in each brand. Some cereals may have less fiber than you think.
- Eat cooked beans weekly.

Don't make too many changes at once. Bloating, cramping or gas are experienced by many people when they increase the amount of fiber in their diet. Making small changes in your diet over a period of time can help prevent this.

MAKE SURE TO DRINK ENOUGH WATER
You need to drink more fluids when you increase the amount of fiber you eat. You need to drink at least 8 glasses of liquid, preferably water, each day when you increase your fiber intake.



WHAT'S IN YOUR JAR? *STIR IT UP!*

Oh, the wonders of the food item I am about to talk about. Lets see if you can guess it. It tastes real good, its gooey, it goes with bread, crackers, jelly and bananas. It literally goes with everything. We even scoop it out and eat it by the spoonful. Ladies and gentlemen we are talking about peanut butter. Most importantly peanut butter is a healthy nutrient dense food. However, not all peanut butter is created equal.

There is a big difference between Natural Peanut Butter and some of the brands that do not label their peanut butter as natural. But peanut butter comes from peanuts, how can it not be natural you ask? Trust me, some of the peanut butter brands we have become familiar with are far from natural. Lets take a look at a common peanut butter label.

Ingredients: Roasted Peanuts, Hydrogenated Vegetable Oil (Cottonseed, Soybean and Rapeseed Oil) To Prevent Separation, Salt.

All right, peanuts are the first of the ingredients listed. Not terrible. Actually, quite comforting to know there are actual peanuts in my peanut butter. Unfortunately, the peanuts are mixed with Hydrogenated Vegetable Oil (HVO), which in essence is a trans-fat. Hydrogenated Vegetable Oil is the basis for shortening. In a sense, the peanut butter products that include HVO are just peanut butter flavored "Crisco." Yummmmm.

HVO is most definitely a hidden source of trans fat. According to the Mayo Clinic, trans fat can raise your bad cholesterol, which are LDLs, and lower your good HDL cholesterol. HVO is included in some of these peanut butter

products because they extend the shelf life of the item. There are no health benefits or nutritious content to HVO. Trans fats are not a naturally occurring source of dietary cholesterol. Simply put, HVO saves the brand money and clogs your arteries. Who is benefiting? Fortunately for consumers, there is such thing as Natural Peanut Butter. Lets take a look what is in a natural peanut butter product without any added salt:

Ingredients: Dry Roasted Peanuts

Well this is interesting. No HVO in my natural peanut butter? I wonder why. Maybe its because HVO is not natural. It's important to not sell yourself short. If you like peanut butter than you should only buy a product that has real peanuts and nothing else in it, like natural peanut butter. The next time you go to the store to buy peanut butter, make sure you look for natural peanut butter. Most importantly, read the ingredient label, and put any product with HVO right back on the shelf.



NOT ALL GROUND TURKEY IS CREATED EQUAL

More and more people are choosing ground turkey over ground beef when they hit the meat aisle. This means the most enticing turkey burger, turkey bolognaise, turkey tacos, or even a turkey sloppy joe will soon be created. Most folks believe ground turkey to be the healthier choice, and some are going all day, everyday with the ground turkey. But wait, before you go buy another package of ground turkey please pump the brakes and so we can discuss it a bit.

There is a difference between ground turkey breast and ground turkey. Two very similar packages, two distinct nutrient profiles. Ground turkey includes dark meat and skin that can range from 85% lean (similar to ground beef) to approximately 95% lean fat. Still, the far more common variety is 85% lean. Ground turkey breast is only white meat, which will still give you the protein benefits of ground turkey while staying low in fat. Ground turkey breast products range from 93%-99% lean.

Before you put the package in your cart next time make sure you reading the label and are picking the leanest version of this protein source or you are simply negating your efforts.



GOT A SWEET TOOTH?

A HEALTHIER ALTERNATIVE TO ICE CREAM

This is a much better option for an after-dinner dessert craving if you are watching your calories and fat intake. Naturally sweetened with fruit, it's frosty and chocolaty without unhealthy fats or added sugar. Try it next time you are looking for something sweet.

Chocolate Banana Shake

½ Banana, Sliced

2 Tablespoons Unsweetened Coco Powder

1 cup Unsweetened Almond Milk (or Skim Milk)

½ cup Ice cubes

Combine all in blender and serve immediately. Only about 120 calories!

ABOUT EAST END NUTRITION

At East End Nutrition we believe in a whole food approach: Good nutrition does not come in a box or a bag. Nutrition has monumental effects on our bodies and has an ability to prevent, alleviate and even heal many health conditions. We view diets in a very personal context; change must be made slowly and long term, because there are no quick fixes. Nutrition advice is based on scientific evidence and plans are personalized to each patient's specific health goals and preferences.

Lara McNeil, RDN, CDN is a nutrition and dietetics professional with a Bachelor of Science degree in Dietetics from Kansas State University. She completed her Dietetic Internship with a Clinical Nutrition emphasis through Stony Brook University's School of Medicine. As a member of the Academy of Nutrition and Dietetics, she keeps up to date with the latest nutrition research and continuing education to enhance her knowledge and skills. Lara is also certified by the State of New York as a Dietitian-Nutritionist, holds a certificate of training in Adult Weight Management, and is a member of the American Association of Diabetes Educators.

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Contact us at Info@EastEndNutrition.com for a schedule of upcoming classes



MEDICAL NUTRITION THERAPY improves health outcomes, quality of life and lowers health-care costs. Medicare covers outpatient MNT provided by registered dietitians for beneficiaries with diabetes, chronic renal insufficiency/end-stage renal disease (non-dialysis renal disease) or post kidney transplant. Many other private insurance companies also cover MNT services for a variety of conditions and diseases.

This issue was prepared with the assistance of Thomas Franzone, Dietetic Intern from Stony Brook University's School of Medicine
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