

Kristin Niessink MS, RD, LDN



"Eat Healthy, Live Happy"

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Would you like a little weed killer with your breakfast?

Oats are a healthy choice, right? This whole grain has been linked to weight control, digestive support, improved blood sugar regulation, decreased levels of total and LDL ("bad") cholesterol levels, and reduced risk of cardiovascular disease. With all of the obvious health benefits, how could you go wrong including oats in your diet? Roundup, the most heavily used pesticide in the United States, is weed killer made by Monsanto with the active ingredient glyphosate, which has been linked to cancer by California state and the World Health Organization (WHO). It is sprayed on non-genetically engineered crops, including oats, just before harvest to dry out the crop so that it can be harvested sooner than if the plant were allowed to dry naturally. The result is oat-based cereals and other breakfast products containing levels of glyphosate exceeding what the Environmental Working Group (EWG) scientists consider protective for children's health with an adequate margin of safety. According to a recent press release, an alliance of companies and public interest groups led by the EWG gathered over 100,000 signatures to petition the Environmental Protection Agency (EPA) to lower the legal limit for glyphosate in oats, which is currently 30 parts per million (ppm) to a more protective 0.1 ppm, and prohibit its pre-harvest use. In Independent laboratory tests commissioned by the EWG, glyphosate was found in 43 out of 45 products made with conventionally grown oats, almost ¾ of which were higher than the EWGs health standard. Although all organically grown oats were at levels well below EWGs standard, five out of 16 samples did contain glyphosate, which could be transported in the air or water or come from cross contamination. One thing is for sure, glyphosate definitely does not belong in our food. The best way to ensure this is to join the EWG in trying to restrict its pre-harvest use and push companies to seek out and use uncontaminated oats. Help restore oats to their rightful place as a health food.

Zoodles for Noodles

Only one in ten adults get enough fruits and vegetables so it is no secret that most people could eat more of them. The United States Department of Agriculture (USDA) currently recommends eating five to nine servings of fruits and vegetables daily. Recent research published in the International Journal of Epidemiology revealed that eating more than five servings per day of fruits and vegetables can reduce the risk of heart attack, stroke, cardiovascular disease, cancer, and premature death. Maximal benefit was achieved by eating 10 servings of fruits and vegetables per day, although researchers could not analyze intake above 10 servings since that was the high end of the range used. I know that this seems like a lot, but fruits and vegetables contain a network of beneficial compounds and nutrients, like antioxidants, fiber, and phytochemicals, that can-not be replicated in supplement form. Not only that but fruits and vegetables also have a positive impact on intestinal bacteria. Researchers found that certain fruit & vegetable categories were associated with reduced risk of specific diseases. Cruciferous vegetables, like broccoli, cauliflower, and cabbage, dark green leafy vegetables, like spinach, kale, and collard greens, berries, carrots, apples, garlic, and tomatoes offer protection against cancer. Try the following easy ways to incorporate vegetables into your diet.

Zoodles, or zucchini noodles, offer a flavorful pasta alternative and increase vegetable intake at the same time. They are sold fresh and frozen or you can make them yourself using a spiralizer. One of my favorite quick, easy recipes for busy days is adding halved grape tomatoes to zoodles drizzled with pesto and topped with shaved parmesan cheese, which can be eaten cold or warmed.

Riced cauliflower is a great base for meals or bowls. Cauliflower fried rice is a healthy alternative to traditional fried rice and a great way to add vegetables to your diet.

Grill or roast vegetables on the weekends to add to salads and other meals throughout the week. Some of my favorite grilled vegetables include eggplant, portobella mushrooms, bell peppers, and carrots. For roasting, try cauliflower and broccoli or tomatoes and onions.

Always have a bowl of fresh fruit on the table for quick, healthy snacking and try to include fruits and/or vegetables in every snack.

Vegetables are not just for dinner. They can fit into lunch and even breakfast in omelets, frittatas, and smoothies.

Fruits and/or vegetables should make up half of your plate at meals. They are a delicious gift that keeps on giving to your taste buds and your health.



The Dirty Baker's Dozen

Don't think that just washing your fruits and vegetables is enough to remove the pesticide residue. The "Environmental Working Group's (EWG) analysis of tests by the U.S. Department of Agriculture found that nearly 70% of samples of conventionally grown produce were contaminated with pesticide residue." (ewg.org "EWG's 2018 Shopper's Guide to Pesticides in Produce") In recent research, exposure to pesticides has been associated with fertility and reproductive issues in both men and women. The Harvard EARTH study, published in the Journal of the American Medical Association Internal Medicine found a 26 percent less likelihood of a successful pregnancy in women who consumed two or more servings of high pesticide produce daily. There have also been studies linking pesticide exposure to brain and nervous system damage, cancers, behavior problems, and the diagnosis of ADHD in children. Since fruits and vegetables are part of a healthy diet, the EWG's Dirty Dozen, which is a list of the 12 produce items highest in pesticide residue, as well as the Clean Fifteen, which are the least likely to contain pesticide residue is a guide to help limit exposure to pesticides.



From "EWG's 2019 Shopper's Guide to Pesticides in Produce" at EWG.org:

The **Dirty Dozen** (now a baker's dozen with the addition of a thirteenth produce item) includes in descending order:

strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, and potatoes.

The list has been expanded to include hot peppers, which were found to be contaminated with insecticides toxic to the human nervous system. EWG recommends that people who frequently eat hot peppers (and this is me!) buy organic. If that is not possible, cook them, because pesticide levels typically diminish when food is cooked.

Key Findings:

More than 98 percent of samples of strawberries, spinach, peaches, nectarines, cherries, and apples tested positive for residue of at least one pesticide.

A single sample of strawberries showed 20 different pesticides.

Spinach samples had, on average, 1.8 times as much pesticide residue by weight than any other crop.

EWG's **Clean Fifteen** list of produce least likely to contain pesticide residues included avocados, sweet corn, pineapples, frozen sweet peas, onions, papayas, eggplants, asparagus, kiwis, cabbages, cauliflower, cantaloupes, broccoli and mushrooms.

Key Findings:

Avocados and sweet corn were the cleanest. Less than 1 percent of samples showed any detectable pesticides.

More than 80 percent of pineapples, papayas, asparagus, onions, and cabbages had no pesticide residues.

No single fruit sample from the Clean Fifteen tested positive for more than four pesticides.

Multiple pesticide residues are extremely rare on Clean Fifteen vegetables. Only 5 percent of Clean Fifteen vegetable samples had two or more pesticides.

Be Cautious of Papayas

Although papayas are part of the EWG's Clean Fifteen, health officials are urging residents of Massachusetts, Rhode Island, Connecticut, New York, New Jersey, and Pennsylvania not to consume fresh papayas imported from Mexico due to their link to a salmonella outbreak. Hawaiian papayas, on the other hand, are safe to eat. According to the Center for Disease Control, 62 people have become ill since January (no reported deaths) with the largest number of cases occurring in New York, then Connecticut. The symptoms of salmonella include nausea, vomiting, diarrhea, fever, chills, and stomach cramping. Check the news frequently for updates on this outbreak.

The Good For You Barbecue

Summer is here, and we can look forward to warm sunny days ahead. There's no better way to enjoy the outdoors than a barbecue. Barbecues offer fun in the sun mixed with many not so nutritious food and beverage options. Don't worry! You can still have a great time without compromising your health and fitness goals. Try the following tips for a fabulously healthy barbecue season.

BYO: When possible, bring your own. Try to bring a healthy dish, like raw vegetables with hummus for dipping, a fresh fruit platter with yogurt dip, low fat popcorn for snacking, or shrimp cocktail. That way, you have an option that you know is healthy. Traditional store bought pasta and potato salad are often loaded with fat and calories. If you know that you will be tempted by the pasta or potato salad, make your own healthy version for the party. You can reduce the calories by replacing some of the pasta or potatoes with chopped vegetables, like bell peppers, onions, cucumbers, celery, and carrots and using low fat mayonnaise and/or plain nonfat yogurt instead of sour cream.

Stay Fresh: We all know that fruits and vegetables are healthy. The more that is added to fresh foods, the less we know about them. For example, plain grilled chicken is healthy, but grilled chicken smothered in barbecue sauce can be a nutritional nightmare. Most store bought barbecue sauces are high in sugar and calories. Scan the barbecue for the freshest options and load your plate with those.

Marinate: Using herbs, spices, sauces and marinades add flavor without adding significant calories. Fruit juice, Worcestershire sauce, low sodium soy sauce, grain mustard, garlic, ginger, vinegars (balsamic, red wine, cider) or lemon juice can be used to create dressings or marinades. Adding fresh herbs, like basil, parsley, rosemary, thyme, and more will intensify flavors. Homemade spice rubs offer another delicious grilling option with no added calories. If you are looking for prepared rubs or spice mixes at the grocery store, watch out for added salt.

Portion Distortion: Have a small salad or piece of fruit before leaving for the party. Skipping meals can have you arriving to the party as a hungry guest prone to overeating. Eating a little something beforehand can help prevent overeating the party goodies. Barbecues are often served buffet style, which can make portion control challenging. Scan the buffet, and choose what you really want before you start down the line. Choosing beforehand will prevent you from taking a lot of everything and ending up with a mountain of food on your plate. Stick to one serving spoonful per dish, and don't linger near the food table. When standing next to food, it is very easy to reach down for another handful or second helping and mindlessly munch while you're talking. Take a small plateful and then move away. Try to make half of your plate fruit and vegetables, ¼ protein, and ¼ starch.

Beverage Smarts: Skip the soda and juice, which are loaded with sugar and opt for sparkling water or water with lemon slices instead. They are both refreshing and calories free. As for alcoholic beverages, be careful of fruity cocktails, which are full of sugar, and frozen creamy concoctions, which pack on the fat and calories. These drinks can contain as much as 500 calories. For many people, that should be the total calories per meal. If you do choose to drink alcohol, choose your mixer wisely. Calorie free options include club soda with lime/lemon and diet soda. Light beer ranges from 60 – 110 calories per 12 ounce portion and wine has approximately 100 calories per 5 ounce glass. Whichever you prefer, pay attention to how many you drink. Try starting with a calorie free non-alcoholic beverage and alternate between alcoholic and water or seltzer.

Get A Move On: In anticipation of eating a large meal, spend a few extra minutes during the day burning some calories. Walk around the neighborhood, put a little more oomph into cleaning the house, get off the bus a few stops early and walk the remainder, or engage in some active play with your children. Since the barbecue festivities take place outdoors, there are usually some outdoor activities, like volleyball, softball, touch football, Frisbee, horseshoes, croquet, badminton, bocce, and many more. Join in the fun, and burn calories at the same time.

The articles in this newsletter are provided by Kristin Niessink MS, RD, LDN
Contact Our "Fresh Facts Nutritionist" for a Free Initial Consultation
Phone 401.368.7614 or Email Niessink6@aol.com
Visit her website @ www.eathealthylivehappy.com

Visit Kristin's Sample Table Each Month at Clements' Marketplace for Healthy Tips, Ideas & More!

Cilantro Corn Salad



Ingredients

- 2 Ears raw corn kernels (yes, just sliced in strips right off the corn, no cooking necessary)
- 1/4 Medium red onion, chopped (optional)
- 1/4 Cup finely chopped fresh cilantro
- Juice of one lime, more or less to taste
- Drizzle of extra virgin olive oil
- Salt and Pepper to taste
- 2 Tomatoes, chopped or
- 1 Pint of Grape Tomatoes, quartered

Optional additions:

- 1 Ripe avocado,
- Ground cumin
- Finely chopped jalapeño pepper
- Feta cheese

Directions

Mix all ingredients in a medium bowl.

Allow the salad to marinate at least 20 minutes for even better flavor.

Note

It is a refreshing dish for a hot summer day and can be served as is or used like a salsa.