

Nutrition Newsletter

Rady Children's Clinical Nutrition Department



It is that time of year again to celebrate National Nutrition Month! “Celebrate a World of Flavors” is the Academy of Nutrition and Dietetics theme for National Nutrition Month this year. This is a great reminder that nutritious plates can include foods from cultures around the globe. Check out this edition of the Nutrition Newsletter for a couple great recipes plus answers to questions asked by our colleagues at RCHSD.

Q and A

Are those zero calorie Gatorade drinks good for you?

Emily Bhattacharjee, MS, RD, CLEC

Gatorade Zero is a zero calorie electrolyte containing beverage. It contains water, sodium, and potassium which are the primary nutrients lost in sweat. Rather than having sugar, Gatorade Zero contains sucralose, which is a non-nutritive sweetener derived from sugar through a process that substitutes hydroxyl groups with chlorine on the sugar molecule. Sucralose is mainly excreted in feces and less than 40% is absorbed from the intestine. Sucralose has been found in breast milk and intensifies the perception of sweetness of the breast milk. The safety of sucralose has been expansively studied globally and it is approved for use worldwide in foods and beverages. However, studies in rodents have suggested that it may impact body weight regulation, intestinal glucose transport, insulin secretion, sweet taste receptor expression, and gastrointestinal flora in the GI tract for rodents.



A sports drink may be beneficial to assist with replenishing lost electrolytes from sweat for adolescents and older individuals. It can also provide quick energy to sustain performance if the activity lasts longer than 60 to 75 minutes. Given the potential impact that artificial sweeteners contained in sugar free sports drinks may have on metabolism, a regular sugar-containing sports drink may be a healthier option and will also provide the benefit of quick energy for sports performance. However, if the activity ends after 60 to 75 minutes, consuming water plus a snack containing carbohydrates and proteins within 30 minutes of the activity may be adequate and a sports drink would not be necessary.

Which foods make you feel satisfied for a longer period of time?

By Kelsey Theisen, RD, CLEC

Trying to plan overall balanced meals and snacks can help with satiety. When choosing your meal, try to include fruits and/or vegetables, a starch or grain, a protein, and a healthy fat source. High fiber foods can also help with satiety such as whole grains, beans/legumes, fruits, vegetables, and nuts/seeds. Try switching white rice or pasta for brown rice or whole grain pasta. For snacks, it helps to pair carbohydrate rich foods (such as crackers, granola bars, fruits, etc.) with a protein and/or fat. For example, you could pair crackers with cheese, an apple with peanut butter, or carrots with hummus.



What should I eat to help with cholesterol reduction?

Lisa Ameer, MSNH, RD, CDE

- Compare labels of your favorites foods and focus on choices that are lowest in saturated and trans fats.
- Consume a variety of fruits and vegetables. Pair a fruit or vegetables with each meal or snack. Example snack: palm of cucumbers + palm of pretzels/popcorn or baked chips.
- Choose whole grain foods such as bread, cereal, pasta, and brown rice with more than 3 grams of fiber per serving.
- Include plant-based proteins like beans without lard, unsalted nuts, seeds, and legumes (dried beans or peas), tofu, or quinoa. These choices are lower in fat and contain fiber which helps bind and excrete cholesterol.
- When consuming meat aim for skinless poultry and lean meats. Look for options labeled “loin” and “round.” These cuts usually have the least amount of fat.



- Choose omega -3 rich options such as: flax seeds, chia seeds, hemp hearts, and fatty fish (salmon, trout, albacore tuna and sardines). Enjoy at least 8 ounces of non-fried fish each week.
- Increase consumption of unsaturated fats over saturated fats. Non-tropical vegetable oils like canola, corn, olive, avocado, or safflower oils are great unsaturated fats
- Use the website: EatingBirdFood.com for ideas on chia pudding jars, family meal planning and more.
- Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more
- For people who need to lower their cholesterol, the American Heart Association recommends reducing saturated fat to less than 6% of total daily calories. For someone eating 2,000 calories a day, that's about 11 to 13 grams of saturated fat/day.

Springtime Cereal

This delicious cereal combines sunflower seeds, almonds, fruits, and yogurt for a hearty breakfast. Try with fresh strawberries from your garden or the market



Ingredients (Makes 2 servings)

- 3/4 cup wheat and barley nugget cereal
- 1/4 cup bran cereal (100%)
- 2 tablespoons sunflower seeds (2 teaspoons, toasted)
- 2/3 tablespoon almonds (2 teaspoons, toasted, sliced)
- 1 tablespoon raisins
- 1/2 cup banana (sliced)
- 1 cup strawberries (sliced)
- 1 cup yogurt (raspberry or strawberry, low-fat)

Directions

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl.
2. Add the raisins, the bananas, and half of the strawberries.
3. Gently stir in the yogurt and divide between two bowls.
4. Scatter the remaining strawberries over the top and enjoy!

Nutrition Information: ½ of recipe

Total: 426 calories, 6 g fat, 1 g sat fat, 5 mg cholesterol, 86 g carbohydrate, 10 g Fiber

Source:

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/springtime-cereal>

What is mindful eating? By Julia Chandler, RD

Mindful eating, defined as “paying attention to our food, on purpose, moment by moment, without judgment”⁴ is a way to find that satisfaction in eating. In fact, practicing mindful eating alone may help moderate frequency and portion size of sweets consumed.

If you'd like more information on mindful eating, check out:

<https://www.thecenterformindfuleating.org/>

<https://www.health.harvard.edu/staying-healthy/8-steps-to-mindful-eating>

<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>



Any tips on how to reduce sugar intake from a self-proclaimed sugar addict? By Julia Chandler, RD

If you consistently have strong cravings for carbs/sweets, it is important to evaluate your whole day of eating. Intense carbohydrate cravings can result from a lack of adequate carbohydrates overall, so avoid restricting or eliminating carbohydrates from meals. Intense cravings can also result from relying heavily on simple carbohydrates (refined grains and sugar) that don't provide the same sustaining energy as complex carbohydrates (foods such as whole grain breads and cereals, rice, legumes, potatoes). As a part of a balanced meal or snack, these complex carbohydrates can help promote sustained energy and satisfaction.

Below are some nutritious swaps/adjustments for those common higher-sugar foods and beverages:

Where you normally have...	Instead try...
Soda	Sparkling or fruit-infused water.
Sugary cereal	Mix in half with a high fiber, unsweetened cereal such as Heritage Flakes, Fiber One, Grape Nuts.
Sugar-sweetened yogurts	Mix in half with unsweetened yogurt or choose unsweetened yogurt and add your own sweet toppings such as fruit and a drizzle of sweetener.
Sweetened Oatmeal	Plain oatmeal sweetened with mashed overripe banana or berries. Microwave frozen berries with a splash of water until they soften into a jam-like texture. Stir in chia seeds for an extra fiber and Omega-3 boost!
Sugar-sweetened coffee or tea	Ask the barista how many pumps of sweetener they usually put in the drink. Ask to reduce by 25-50%.
Candies, chocolate, desserts, etc.	Enjoy the "real thing" mindfully, without distraction, while paying attention to and savoring your experience! Zero calorie sweeteners don't provide the same physiologic reward and you may find yourself eating more later to satisfy the craving.

Pistachio Salmon Salad with Harissa Dressing

Servings: 2

Recipe Author: Brittany Mullins

Source: <https://www.eatingbirdfood.com/pistachio-salmon-salad/>

Ingredients

Pistachio Salmon

- 2 4-6 ounce salmon filets
- 2 Tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1 clove garlic minced
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground pepper
- 2 Tablespoons finely chopped salted pistachios

Salad

- 1 (5 ounce) container Spinach Salad Mix
- 1 cup cooked and cooled quinoa*
- 1/2 cup cooked chickpeas
- 1/2 cup shredded carrots
- 1/4 cup chopped dates
- fresh chopped parsley for serving

Spicy Harissa Dressing

- 1-2 Tablespoons harissa paste (can be store bought)
- 1 Tablespoon vinegar (ex: apple cider)
- 1 Tablespoons water
- 1/2 Tablespoons maple syrup
- 1 teaspoon Dijon



Instructions

1. Preheat oven to 375° F. Place salmon skin side down on baking sheet lined with foil. Mix lemon juice, mustard, garlic, salt and pepper together in small bowl. Spread mixture over both pieces of salmon and top each with 1 Tablespoon chopped pistachios. Bake salmon in until the salmon is cooked through, about 15-20 minutes.
2. While salmon is cooking, make dressing by whisking together all ingredients in a small bowl. Also, prep two salads. Start with a base of spinach and add half of the quinoa, chickpeas, shredded carrots and dates to each salad bowl or plate.
3. Once cooked, remove salmon from oven and place one filet on each salad. Top each salad with fresh parsley and serve with spicy harissa dressing on the side.

Notes

*Be sure to cook quinoa (according to package instructions) ahead of time. You'll want it to be cool or at room temp for the salad. **Adjust harissa dressing to your preferred level of "spicy." If you don't like spicy foods, can make the dressing with just olive oil, vinegar, lemon juice, salt and pepper.