



nutrition nuggets

DIETITIAN'S E-NEWSLETTER



Goshen Health

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Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Understand the New Food Label

In May 2016 the Food and Drug Administration (FDA) announced the new Nutrition Facts label for packaged foods. The look of the label remains the same, with some important changes. The new Food Label will be required to be used by most food manufactures by July 26, 2018. These changes include:

1. Increased the font type sizes for: “Calories,” “Servings per container,” and “Serving size.”
2. Serving size must be based on the amounts of what average person is eating, not what they should be eating according to recommendations.
3. Actual amount rather than percentage of Daily Value of vitamin D, calcium, iron, and potassium.
4. Important information is now required such as “Added Sugars,” Vitamin D, and Potassium.
5. “Calories from Fat” was removed as types of fat are more important versus the amount.
6. Daily Values for sodium, dietary fiber, and vitamin D are being updated based on recent research.

Source: FDA.gov

Nutrition Therapy

Do you need help with a recipe or snack idea? Want to see something on the next E-Newsletter? Please write to us with any questions or concerns that you may have.



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Lactose Intolerant?

Try Daiya Deliciously Dairy-Free Greek Yogurt

Ideal for those who are lactose intolerant or/and allergic to soy. This alternative Greek Yogurt provides 150 calories, 4 gm of saturated fat, 3 gm of fiber, 20 gm of total carbohydrate and 8 gm of protein per 1 cup (150 gm).

What makes this product different from others?

Made of a blend of coconut and pea protein, these ingredients make this dairy free yogurt higher in protein compared to other alternative yogurts, which normally contain only 4-6 grams of protein. Despite the high content of saturated fat, Daiya is made with coconut products, which should be taken in moderation.



Source: www.daiyafoods.com

Research Corner

Weight Gain and Smoking Cessation

Cigarette smoking is the leading cause of preventable death in the United States, responsible for more than 480,000 deaths every year. Statistics show that about 15% of adults over 18 years old smoked cigarettes from 2005 to 2015.

Nicotine use is related to chronic health problems including different types of cancer, pulmonary diseases, and heart disease. Even though smokers are aware of the consequences, a major barrier to cessation is the highly addictive nature of nicotine.

Weight gain after smoking cessation is another barrier that tends to discourage both men and women. A meta-analysis showed participants who had succeeded in smoking cessation for at least 12 months and did not use drugs or nicotine replacements gained 2.5 pounds 1 month after quitting, 5 pounds at 2 months, and continued to gain weight to 10.3 lb at 1 year. There is no support to confirm that the use of pharmacotherapy such as nicotine patches could prevent weight gain. As a conclusion researchers discovered that weight gain after smoking cessation led people to resume smoking again after a successful attempt. It is recommended to utilize personalized weight management programs and stay physically active, under the supervision of a doctor or healthcare professional.

References

Cunningham E. Is Weight Gain Inevitable after Smoking Cessation?. *J Am Diet Assoc.* 2013;180
Centers of Disease Control and Prevention. *Current Cigarette Smoking Among Adults — United States, 2005–2015.* MMWR Morbidity Mortality Weekly Report; 2016.

Be SMART about Weight Loss Goals in 2018

Think SMART; while creating goals makes them easy to achieve. Creating SMART goals will map out what exactly needs to be done to succeed.

How to Create a SMART Goal

Goal:				
Specific	Measurable	Achievable	Relevant	Timed
What exactly do you want to achieve?	How will you know when it is accomplished?	HOW can the goal be accomplished?	Can you realistically achieve it?	When exactly you want to achieve it?
				

Example:

By June 2018, I will lose a total of 15 lbs (1 lb per week), from fat by going to the gym 4 times per week for 40 minutes.

Source: Andrews University

Purple Power Smoothie Bowl

2 servings Time Preparation: 15 minutes

INGREDIENTS

- 2 Daiya plain Greek yogurt or regular Greek yogurt
- 2 Bananas
- 2 Acai frozen smoothie packs or ¼ cup frozen blueberries
- 1 Cup Frozen Mixed Berries
- 1/2 Cup Sunflower Butter (or Peanut Butter)

For Topping

- 1/4 Cup Coconut Flakes
- 1/4 Cup Cacao Nibs (or 2 Tbsp. of Dark chocolate chips)
- 1/4 Cup Sliced Strawberries



INSTRUCTIONS

1. Combine Daiya Plain Greek Yogurt Alternative, fruit and sunflower butter in a blender.
2. Blend until smooth and desired consistency is achieved. If the smoothie bowl is too thick, add water or milk or milk substitute, and if it's too thin, add ice.
3. Pour the smoothie into bowls and top with remaining sliced strawberries, cacao nibs, and shredded coconut.

NUTRITION FACTS:

Per serving provides 440 calories, 53 gm of Carbohydrates, 9 gm of protein, 16 gm of Total Fat, 10 gm of Fiber.

Source: www.daiyafoods.com