



nutrition nuggets

DIETITIAN'S E-NEWSLETTER



Goshen Health

RESEARCH CORNER

Can sleep habits contribute to obesity and diabetes?

Introduction:

Researchers in the UK collected 4 years of data from 1,692 adults 19+ years old using the National Diet and Nutrition Survey Rolling Programme (NDNS-RP) to determine if sleep duration is associated with diet, weight gain, or several other common chronic health conditions.

Participants took part in an interview, provided blood samples and height and weight measurements. They were asked questions about their sleep habits, and medical history and kept food diaries for 3-4 consecutive days.

Continued on the back

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TIPS FOR STAYING HYDRATED THIS SUMMER

It's important to drink plenty of water for good health, and you need even more fluid in the summer months when the hot temperatures cause you to sweat.

Here are some of our favorite tips for staying well hydrated

- ❖ **Start your day with a glass of water** - Keep water by your bed and try to drink at least 8 oz before you begin the day
- ❖ **Get a reusable water bottle** - Find a bottle that you like and take it with you everywhere, sipping water throughout the day
- ❖ **Stick to the 3 times full rule** - if you have a 16oz or 20oz bottle refill it at least 3 times each day
- ❖ **Eat foods with high water content** - Add fruits and vegetables that are high in water like citrus fruits, watermelon, strawberries, spinach, cabbage or cucumber to your diet to increase your daily fluid intake
- ❖ **Flavor your water** - If you're tired of plain water add lemon, strawberry, mint, basil or cucumber for some added flavor without any added sugar or artificial ingredients
- ❖ **Limits foods and beverages that may lead to dehydration** - Salty foods, alcohol, or excessive caffeine intake might make it harder to stay well hydrated, so be sure to enjoy them in moderation

Source: foodandnutrition.org

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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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What's NEW to Drink?

Ripple™ Nutritious Pea Milk



Data:

Made with pea protein, Ripple products are vegan, high in protein and omega-3 fatty acids, and low in sugar. Boasting a rich, creamy texture, Ripple also makes a Greek yogurt alternative and a dairy free Half & Half.

Nutrition Information: (1 cup Ripple Original Pea Milk):

100 calories, 4.5 g total fat, 0.5 g saturated fat, 3 g monounsaturated fat, 130 mg sodium, 6 g carbohydrate, 0 g fiber, 8 g protein, and 450 mg calcium

Main Ingredients:

Water, pea protein, organic cane sugar, organic sunflower oil

Conclusion:

Great solution for those who are vegan, lactose intolerant or have soy or nut allergies. Ripple has as much protein as soy or dairy milk, but doesn't contain many of the most common allergens

Resource: ripplefoods.com



Research Corner *continued*

The collected information was analyzed to determine the association between sleep duration and 1.) Calorie intake and intake of fats, carbs and protein, 2.) Diet quality; assessing intake of fiber, saturated fat, trans fat, and total fruit and vegetable intake, 3.) BMI, 4.) Waist circumference, 5.) Blood values-fasting glucose, HbA1c, HDL cholesterol, LDL cholesterol, triglycerides, free T3, free T4, TSH, and CRP, 6.) Metabolic syndrome score.

Results:

After adjustment for age, sex and race, HDL cholesterol was found to be higher with each additional hour of sleep participants reported.

BMI and waist circumference were found to be lower in individuals getting more than 7 hours of sleep on average. Obesity was found to be more common among short sleepers, or those getting less than 7 hours of sleep on average.

Researchers found that as sleep duration decreases, HbA1c, which indicates how well diabetes is being controlled, increases.

No significant relationship was found between sleep duration and dietary choices.

Conclusion:

Sleep plays an important role in weight management and overall health. Getting less than 7 hours of sleep per night may lead to poor diabetes management, lower HDL cholesterol levels, higher BMI and a greater risk of obesity.

Reference:

Potter, D.G., Cade, J.E.& Hardie L.J., (2017). Longer sleep is associated with lower BMI and favorable metabolic profiles in UK adults: Findings from the National Diet and Nutrition Survey. *PLOS One*. <https://doi.org/10.1371/journal.pone.0182195>

How to make your Summer Celebrations Healthy and Active



- ❖ **Focus on activities, not food** - Though food is a part of all our favorite festivities, it shouldn't be the focus. Plan activities that get people moving and spending time together
- ❖ **Make food look festive** - Use fruits and vegetables to decorate foods like desserts or dips to add color and fiber to those typically less nutritious foods
- ❖ **Offer healthy beverages** - Instead of serving soda or lemonade, add fruit to a pitcher of water for added flavor or pour seltzer over ice cubes made with 100% fruit juice
- ❖ **Tweak your favorite recipes** - Experiment with your favorite holiday recipes to reduce the amount of sugar, fat and salt they contain while adding more fruits and vegetables
- ❖ **Shop smart to eat smart** - Visit your local farmers market to find the freshest, most affordable, local produce. Plan and buy foods on sale

Source: choosemyplate.gov

Grilled Garlic-Parmesan Hasselback Zucchini

Ingredients:

- 1 tablespoon Canola oil
- 1 teaspoon finely chopped fresh oregano or ½ teaspoon dried
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 small zucchini (about 1-pound total)
- ½ cup shaved Parmesan cheese, large pieces broken in half



Instructions:

1. Preheat grill to medium-high.
2. Combine oil, oregano, garlic powder, salt and pepper in a small bowl.
3. Make crosswise cuts every ½ inch along each zucchini, slicing almost to the bottom but not all the way through. Gently fan the zucchini to open the cuts wider and place a small piece of Parmesan into each cut. Brush the oil mixture over the top.
4. Place the zucchini on a double layer of foil and grill, without turning, until browned and tender, 16 to 18 minutes.

Serving size: 1 zucchini

Per serving: 75 calories; 5 g fat (2 g saturated fat); 1 g fiber; 4 g carbohydrates; 4 g protein; 29 mcg folate; 4 mg cholesterol; 3 g sugars; 0 g added sugars; 285 IU vitamin A; 21 mg vitamin C; 88 mg calcium; 1 mg iron; 245 mg sodium; 319 mg potassium

Source: eatingwell.com