



NEWSLETTER



Share with Your Clients:

1. Holiday Beet Salad by Judy Doherty, BS, PC II
2. Ginger Mocktail by Judy Doherty, BS, PC II
3. Plant Protein Comparison by Judy Doherty, BS, PCII
4. Great Kitchen Resources by Judy Doherty, BS, PCII
5. Meet the Hot Air Fryer by Judy Doherty, BS, PCII
6. Using Taste to Make Healthier Food Choices by Lynn Grieger, RDN, CDE, CPT, CHWC
7. Struggling with Healthy Eating by Lisa Andrews, MEd, RD, LD

Professionals' Corner:

1. More Vitamin D Led to Thinner Bones by James J. Kenney, PhD, FACN.

Editor's Note

This edition features two great recipes to add a splash of bright red to your holiday and winter tables this year.

And if that has whetted your appetite for fun holiday cooking, don't miss our collection of over 100 holiday recipes! Simply go to foodandhealth.com and click clicking "holiday" on the recipe category page.

Remember, if you need any special topics or handouts that you don't see here or in our online database, let us know by clicking "Contact Us" at the top of foodandhealth.com and we'll help you!

HOLIDAY BEET SALAD

Make this veggie salad the star of your next meal!

Directions:

Roast the beets in a roasting pan for 1 hour at 350 degrees. Remove from oven, allow to cool, then slip the beets out of their skins. Slice into 1/4 inch thick pieces.

Meanwhile, peel and dice the shallot. Sauté in a little olive oil and then add the chopped, rinsed kale. Add a big dash of cider vinegar. Cover and cook for 3 minutes.

Assemble the salad close to serving time. Place the radicchio or red cabbage leaves in 6 little piles on a large platter. Fill each one with the cooked kale. Place the sliced beets in between each pile. Add the carrots and pistachios in the center.

Place the butternut squash or carrot puree in the center. Top with pistachios. Spray with olive oil spray and cider vinegar.



Ingredients:

- 2 red beets, rinsed to remove the dirt
- 2 golden beets, rinsed to remove dirt
- 2 bunches of kale, rinsed and chopped without the stems
- 1 shallot, peeled and diced
- Olive oil spray
- Cider vinegar
- 1 bunch rainbow carrots, peeled and sliced lengthwise (very thin)
- 1/4 cup roasted and shelled pistachios
- 1 cup carrot or butternut squash puree
- 1/4 cup tomato paste
- Garnish: radicchio leaves or red cabbage

Nutrition Information:

Serves 6. Per 2 cup serving: 109 calories, 3g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 139 mg sodium, 19g carbohydrate, 5g fiber, 8g sugars, 5g protein.

GINGER TEA-TAIL

Here is a delicious holiday beverage without alcohol

**Ingredients:**

- 4 cups of water
- 1 cup soda water (0 calories)
- 2 hibiscus tea bags
- 4 pieces plain or candied ginger for garnish
- Zest of 1 lemon

Directions:

Bring the water to a boil and pour over the tea bags. Allow to steep until room temperature. Discard the tea bags. Add the lemon zest. Chill until ready to serve.

To serve, place ice cubes in tall glasses. Divide the tea between the glasses. Add the soda water to fill up the glasses. Top with the candied ginger.

Serve chilled as a holiday beverage or mocktail.

Chef's Tips:

You can experiment with different flavors and colors for the tea. The hibiscus tea has a beautiful color and refreshing flavor and it is found in any tea aisle of a grocery store.

Nutrition Facts: Serves 4. Each 1 cup serving: 24 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 11mg sodium, 5g carbohydrate, 0g fiber, 4g sugars, 0g protein.

Plant Protein Comparison

Protein Type	Serving Size	Protein (g)	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)	Iron (% DV)
Green Lentils	1/4 cup (uncooked)	13	180	0.5	0	0	15	25
Edamame	1/2 cup (shelled)	12	150	7	0	10	4	20
Tempeh	2 oz	11	115	4	0.75	5	6	10
Firm Tofu	3 oz	8	80	4	0.5	5	1	6
Black Beans	1/2 cup (canned)	8	120	0	0	390	6	10
Chickpeas	1/2 cup (canned)	7	110	1	0	350	7	10
Peanuts	3 TBSP (roasted, unsalted)	7	160	14	2	0	2	2
Quinoa	1/4 cup (uncooked)	6	160	2.5	0	0	3	10
Almonds	1 oz (raw, unsalted)	6	160	14	1	0	3	6
Brown Rice	1/4 cup (uncooked)	3	150	1	0	0	1	4

Lots of useful dietary advice focuses on consuming **more protein from plants** and less from animals. However, **not all protein sources are equally nutritious**. In the chart above, we've taken some of the top plant protein sources and compared nutrition information across the board, so that you can make an informed decision about **which proteins to incorporate into your eating pattern**.

Many of these protein foods can be combined with others (black beans and rice or chickpeas and quinoa, for example) in order to create a protein-rich meal. Serving size does vary, but only because the foods we're comparing are so different. Since most of these servings are "typical" for each food, they can still be compared to each other.

Great Kitchen Resources

I've been changing things up in my kitchen in the name of efficiency and delicious meals. Here are a few of my recent favorites. These would make fantastic holiday gifts or treats that you get for yourself to help make your New Year's resolutions even more fun. What's your favorite kitchen appliance?

Great Kitchen Gadgets

Small Toaster



Recently, I got rid of my toaster oven in favor of a small toaster. I found that I was not using the toaster oven all that much anymore and it was hard to keep it clean. Now I have a small toaster that is **very accurate** for toast and veggie burger buns. It's super **easy to clean** and it **takes up little room** on the counter... plus it can be easily stored away.

Small Rice Cooker



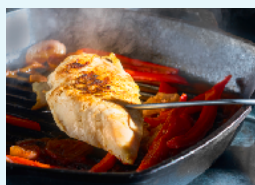
When it comes to making rice, I have run the gamut of pressure cooker to instant pot to big rice cooker and now I have happily settled down with a small rice cooker. It has so many advantages! First, it is much **more than a rice cooker**. It can cook oatmeal, quinoa, lentils, and just about anything you put in it as long as you get the ratio of water to grains correct. Second, it **cooks everything unattended** without boiling over or burning. Third, since my new rice cooker is small and has a nonstick pot, it is very **fast and easy to use**. And finally, it **takes up very little space** and I am using it so much that I am keeping it on the counter.

Temperature Probe



A temperature probe is very handy to have in order to **cook leaner proteins perfectly**. There is nothing worse than overcooked fish or chicken. By using this temperature probe, you can be alerted to when your item is cooked perfectly.

Cast Iron Skillet



I have made a lot of one-pan meals using my **skillet**. It's versatile in that it cooks lots of items perfectly and in various cooking settings (stove, oven, etc). This is my go-to for weeknight meals. It is important to season it. You can season it by brushing with oil and baking for an hour on top of a sheet tray. This helps prevent sticking and rusting.

By Judy Doherty, BS, PCII

Meet the Hot Air Fryer

I just got a hot air fryer, and wow, is it fantastic! Not only does it do what it promises, but it has a few pleasant surprises as well.

The first surprise was that you can make all kinds of entrees and side dishes in the hot air fryer, like kale chips, fries, crispy Brussels sprouts, fried fish, or chicken, and many other items. The fryer handles vegetables very well. And it can make a whole dinner if you are willing to add items and take them out while cooking. There was no issue with stopping and starting its process. My first whole dinner consisted of fried chicken and oven roasted potatoes. The potatoes were done before the chicken, so I just took them out a little sooner.

The next surprise was how quickly the air fryer cooked the sweet potato fries and how it did so much better than the oven! The

sweet potato fries were puffy, crispy, and nearly identical to their grease-fried counterparts, plus they contained zero grease. Cleanup was a breeze.

All I did was cut them up, throw them in the pot, and press the “chips” button. In 10 minutes, they were cooked perfectly and very crisp. This usually takes 45-60 minutes in a very hot oven.

The hot air fryer does a great job on many different kinds of vegetables. Small red potatoes

came out very crispy on the outside while being soft and steamy on the inside.

Since the fryer cooks protein items very quickly (like oven fried chicken fingers) it is a good idea to allow your items to sit for a few minutes so that the protein will relax and not be tough. There is almost no steam left in cooked items so there was not anything wrong with allowing things to sit after it shut itself off.



Is an Air Fryer Right for You?

I shopped on Amazon to find an air fryer that had good reviews yet was small and reasonably priced. I always enjoy oven fried potatoes and think they are a nice accompaniment to many dishes. Usually you have to bake oven fries at a high temperature for 40 or more minutes. This makes the kitchen excessively hot and ties up the oven for a long time.

This specialized appliance can perform a specific cooking function without an abundance of attention. The fact that my fryer has a small countertop footprint and a timed system for cooking items is great. The non-stick pan that comes with it is also very easy to clean. I give it a thumbs up for healthy cooking.



Using Taste to Make Healthier Food Choices



Reduce the Salt You Use

Gradually reduce the amount of salt added to foods, and over time your taste buds will adjust and you'll enjoy foods with less salt.



Substitute Healthful Fats

If you enjoy the flavor of fat, choose healthier types of fats such as olive oil and canola oil, or spread mashed avocado or hummus on sandwiches instead of butter or mayonnaise.



Think Beyond Typical Flavorings

Use a variety of herbs and spices instead of salt, sugar, or fat to flavor foods.



Rely on Fruit

Replace cookies, cakes and sweets high in added sugars with fruit. Fresh fruit in season is at its sweetest flavor and dried fruit tastes sweeter because it contains less water. Dates are fresh fruit with the lowest water content which makes them taste sweeter.



Try Cinnamon and Vanilla

Cinnamon and vanilla increase the sweet flavor of foods without sugar: stir cinnamon into coffee, sprinkle sliced apples or bananas with cinnamon, or add vanilla to your morning oatmeal.

Struggling with Healthy Eating

Obesity and other consequences of a poor diet are not just affecting Americans. According to a recent study published in the Lancet, researchers from the Global Burden of Disease study have discovered 15 factors in 195 countries that could be improved through better diet. The study, which tracks trends in consumption, estimates that internationally, one in five deaths (11 million) is linked with poor diet. A range of chronic illnesses around the world could be prevented with better eating patterns. According to the study, in 2017, diets with limited amounts of whole grains, fruit, nuts, and seeds and high intakes of trans fat, sugar, red, and processed meats were key causes of many deaths.

This research focuses on an urgent need for global collaboration on improving diets, including policies that enforce and encourage healthier diets. It highlights this need based on its investigation of the impact of poor diets on death and disease from cancers, cardiovascular diseases, and diabetes. Trends were tracked from 1990 to 2017.

In the past, population assessments of the health impact of poor diets has been difficult due to variations in dietary intake across nations. This study includes and evaluates data from epidemiological studies without the use of long-term randomized control trials, which are not always able to be completed in nutrition. Research was done to find associations between dietary factors and non-communicable diseases.

The research identified 15 dietary factors to evaluate -- diets low in fruits, vegetables, legumes, whole grains, nuts and seeds, milk, fiber, calcium, seafood omega-3-fatty acids polyunsaturated fats and diets containing high amounts of red meat, processed meat, sugar-sweetened beverages, trans fatty acids and

sodium. Varying levels of data were available for each dietary element, which affects the statistical uncertainty of estimates. As an example, data on the number of people eating most of the dietary elements was available for most countries (95%), information for sodium estimates was available for only four countries.

Diets low in whole grains and fruit and diets high in sodium were responsible for over half of all diet-related deaths. Causes of these deaths were attributed to cardiovascular disease (10 million), 913,000 deaths from cancer, and nearly 339,000 deaths from type 2 diabetes. Deaths due to poor diet increased from 8 million in 1990, primarily due to the increase in population and the aging population.

For nearly every region of the world, the study authors discovered that consumption of 15 dietary elements were less than optimal. No region ate the desirable amount of all 15 dietary factors and not one dietary compound was consumed in the right amount by all 21 regions of the world.

More Vitamin D Led to Thinner Bones

Vitamin D has long been known as essential for healthy bone formation. However, vitamin D became the superstar of vitamins thanks in large part to its #1 promoter, Dr. Michael Holick. Now there is growing reason to believe Dr. Holick's enthusiasm for promoting vitamin D as a super vitamin is not warranted. Dr. Holick's claim that many people are deficient in vitamin D and need to take a supplement may not be entirely objective (1). Dr. Holick maintained that the RDA levels for vitamin D were inadequate. He also claimed that most people should be taking vitamin D supplements well in excess of the RDA level, as this would help reduce the risk of numerous ills. However, as with prior nutrients that reached what in hindsight appears to be fad status, there is now growing evidence that a lot of Dr. Holick's enthusiasm for the many possible health benefits from taking more than the RDA for vitamin D have long been questioned. Indeed, many of the supposed benefits remain unverified and there is growing evidence that supplements well in excess of the RDA of vitamin D may be harmful.

To determine if more than the RDA of vitamin D would impact the risk of cancer or cardiovascular disease, Dr. JoAnn Manson at Harvard and colleagues conducted a large randomized, placebo-controlled clinical trial called VITAL. This large VITAL study randomly assigned over 25,000 subjects to supplements of vitamin D or omega-3s. They examined the impact of taking several times the RDA (2000 IUs) of vitamin D for several years. Unfortunately, this large clinical trial found that supplementation with vitamin D did not result in a significantly lower incidence of invasive cancer or of cardiovascular events compared to a placebo (3).

Is More Vitamin D Better for Bone Health?

Vitamin D is best established as necessary for optimal bone health. People with low vitamin D levels in their tissues (<12ng/dl of 25-OH-D) are more prone to rickets as children and weakening bones as adults (osteomalacia). But would extra vitamin D above the RDA level in people who were not initially deficient help slow the decline in bone mineral density (BMD) seen as part of the aging process? To find out, researchers gave 311 healthy adults (mean age 62) supplements of either 400 IU (RDA), 4,000 IU or 10,000 IU vitamin D per day. This was a three year double-blind controlled clinical assessment of the effects of these 3 different doses of vitamin D supplementation on volumetric bone mineral density (BMD) and bone strength. The subjects taking the two higher doses of vitamin D experienced more episodes of hypercalciuria and hypercalcemia -- a serum calcium level more than 10.22 mg/dL (2.55 mmol/L). Other adverse events, such as renal or hepatic dysfunction, falls, low-trauma fractures, and cancer, did not differ among the dosage groups. Dr. Boyd and colleagues concluded: "There is growing evidence that for bone, the benefit of vitamin D supplementation is only seen in the treatment of vitamin D deficiency." There is also evidence that very high intermittent (monthly or annual) doses of vitamin D may be harmful, with increased risk of falls or fracture" (4).

One possible explanation for these findings may be an increased plasma marker of bone resorption (CTx) paired with suppression of parathyroid hormone. This was particularly true among the highest 10,000 IU/day group who saw sharp decline in parathyroid hormone levels, as well as a sharp increase in plasma CTx levels during the first 18 months of being on high-dose vitamin D, according to the authors. The negative dose-response relationship between volumetric BMD and increased vitamin

D supplementation suggests this may be part of the way too much vitamin D may weaken bones over the long term.

Dr. Steven Boyd stated that these findings were unexpected, and that the outcomes were in fact the opposite of what they expected to find. But he cautioned that "this evidence of high-dose vitamin D having a negative effect on bone should be regarded as hypothesis generating, requiring confirmation with further research." Therefore, the appropriate interpretation of this study is that for maintenance of bone quality in healthy, vitamin D-sufficient adults, these results do not support a skeletal benefit of vitamin D doses well above the RDA.

Bottom Line: Many Americans have been led to believe that the RDA for vitamin D is too low. This has led some doctors and many people on their own to take well in excess of the current RDA of vitamin D. These results indicate claims that the current RDA for vitamin D are likely inadequate appear to be incorrect. People taking vitamin D supplements in excess of the RDA in hopes of strengthening their bones are more likely to end up with weaker bones and likely a greater risk of osteoporotic fracture. These recent findings do not support a benefit of high-dose vitamin D supplementation for bone health. Further research would be needed to determine the most likely toxic effects of taking vitamin D supplements well in excess of the current RDA levels of 400-600IU for adults.

By James J. Kenney PhD, FACN

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