

Beyond Broccoli Nutrition News

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Inside...

- Q & A - Soymilk 2
- Upcoming & Ongoing 2
- Jackson Whole Grocer 3
- JH Llama Trip 3
- Nutrition Notes 3-4
- Services & Rates 4

- Recipes: Bean Guacamole 5
- Road Trip Ideas 5
- Best Oat Squares 6

Perhaps the most disturbing and disheartening aspect of the current food paranoia is that it seems driven far more by fear of death than by a love of life. It is possible to become so engaged in the business of fleeing illness and decay that one forget how to truly and fully live—or forgets that one point of living is to enjoy.

-- M. Stacey, *Consumed: Why Americans Love, Hate, and Fear Food*

Hello Friends,

It is a drippy, gray day and bright green blades of grass are struggling to appear above a dusting of new snow...in other words, it's springtime in the mountains! Though it's not quite time to plant my thoughts are straying towards what I will attempt to supplement my Cosmic Apple Gardens share with this year.

You may notice this month that there is no WorldWIT blog. Unfortunately the site is no longer and I am already planning the addition of a blog to my upcoming web site. Progress has been slower with the Beyond Broccoli site than I'd hoped but if all goes well we'll be up and running by the next newsletter. I am also going to convert to a service that provides a template and a better system for distribution of this letter once my web site design is complete so stay tuned!

I am heading down to the Utah Dietetic Association conference tomorrow to present the Beyond Broccoli Whole Foods Alternative to Detox Diets and will offer the class and program again this spring. I am still working out some details so if you are interested feel free to write or call. There will also be a unique opportunity to experience a combined whole foods detox retreat and llama trip into the Bechler region of Yellowstone this fall.

Later this month Slow Food in the Tetons and the Murie Center are teaming up with Bill Boney over at the Wildwood Room in Victor, Idaho to kick off the spring with a celebration of local food. See more about the Locavore's Night Out in the Upcoming & Ongoing section. Also look for Beyond Broccoli and Jackson Whole Grocer at both the Eco Fair on April 28th and the Health Fair on May 5th.

This month you will find an answer to your question about soy and other milk alternatives and nutrition notes related to caffeine and heart disease, McDonald's trying to earn nutrition bonus points, and a link between infertility and trans fats. You will find recipes for Bean Guacamole, The Best Fig Squares, and ideas for snacking on road trips.

As always, if you would like to be added to or removed from the Beyond Broccoli mailing list please contact me at mary@beyondbroccoli.com.

Cheers,
Mary

Your Question:

Hi Mary-

I recently went through food panel/allergy testing, as I was having a lot of intestinal stuff going on. My tests came back that I was off the charts intolerant of all dairy and eggs. As I'm kind of a coffee drinker and cereal eater, I was wondering if you had any thoughts about soy or another "milk" alternative. I feel like I've been hearing some bad things about soy and its safety, my sister has sworn off tofu. I was wondering if you had heard this as well? And what do think about rice and nut beverages? Whenever you get a chance, I'd love to hear your thoughts.

Thanks.

Soy seems to be quite a "politically-charged" food and I read scathing reviews of it periodically. I try to keep up with the research about soy since it has been recommended for everything from bone health and hot flashes to lowering cholesterol and staving off breast cancer. While many of these claims have not been born out by the research I think whole and some processed forms of soy can be part of a healthy diet.

The soybean is a plant food with a protein profile similar to animal foods - all of the necessary amino acids in the amounts needed to make proteins in the body (enzymes, hormones, antibodies, etc.). That's a good thing and many vegetarians, especially vegans benefit from this characteristic. Soy however, is also in the top 8 most allergenic foods (along with milk, eggs, wheat, shellfish, nuts, etc.) so it gets a bad rap for this as well.

Looking at soy purely from a health standpoint, many Asian countries eat soy foods regularly and don't appear to suffer the oft-quoted dire consequences. This is where demonizing soy goes beyond health. The soybean industry is big business and like many other industries, it has created enemies in the health food-eating subculture. I think it's important to keep the nutritional aspects clear. I do believe that if you can afford it, organic soy foods are best - including soymilk since soybeans are one of the major genetically modified crops.

Another concern some have about soy are compounds that prevent the absorption of some minerals...in fact all legumes and many other highly nutritious foods contain such compounds. This is part of the reason eating a mix of cooked and raw foods is healthy (cooking destroys these compounds). There is also some evidence that soy foods can lower thyroid hormone production. This effect isn't an issue in humans with normal thyroid function however, and those with abnormal thyroid function are probably fine consuming a serving or two a day of soy.

Soymilk does add sugar (let's face it - to make a bean taste like milk you need to add something!) and depending on the brand, it may contain several other additives. Luckily those additives now include calcium, vitamin D and vitamin A to make the milk more nutritionally comparable to dairy milk.

As for rice and almond milks, they are often high in added sugars without the protein, calcium or vitamins A & D found in soymilk. These milks are fine for a change of pace but as a staple food for breakfast I think the soy is a better nutritional choice when tolerated.

Whole food forms of soy include whole soybeans, edamame and soy nuts. Other healthy options include organic soymilk, tofu, miso, and tempeh. There are lots of processed soy foods that replace meat products and they aren't bad once in a while for a quick meal but I don't recommend them as daily foods since they are highly processed foods and tend to be high in sodium and other additives.

Upcoming/Ongoing

★ **Slow Food & the Murie Center** team up for an event to celebrate local food – **Locavore's Night Out**. This is part of the Murie Center's Spring Earth Festival and will be held at the Wildwood Room in Victor, Idaho on **Tuesday, April 24, 2007**. Call the Murie Center 739-2246 or email Sue Muncaster of Slow Food in the Tetons at sue@ecogastronomy.org for more information.

(Also look for Beyond Broccoli & Jackson Whole Grocer at the **Eco Fair Sat, April 28th!**)

★ **Beyond Broccoli's Whole Foods Detox Class & Program** – early May – exact dates to be determined. If you are interested call 690.5785 or email mary@beyondbroccoli.com

★ **Emotional Eating Classes** – next 6-week session will be offered early May also. Please contact Mary if you are interested. If there is not enough interest this spring the series will be offered in the fall.

★ **Anorexics and Bulimics Anonymous** in Jackson open meetings are held on Mondays at **6:00 p.m.** in the Eagle classroom at St. John's. For more information contact Carrie at 732-6678 or carrie_aba@yahoo.com

★ **Overeaters Anonymous:** meets Thursday 5:30 p.m. at the First Baptist Church 90 W. Kelly.

Fall 2007 - Yellowstone Backcountry Retreat & Whole Foods Detox

Jackson Hole Llamas and Beyond Broccoli team up to offer a unique backcountry experience. Enjoy 5 days of hiking in the beautiful Bechler region of Yellowstone Park while nurturing your body with a whole foods detox menu. Meal times will also provide an educational experience that will help you jumpstart healthier dietary habits in the "front country" following the retreat.

Let Jill, Dave and the llamas guide you through this spectacular area of Yellowstone with large open meadows, wildlife, geothermal features and cascading waterfalls. Mother Nature will nurture your spirit and soul. You will hike with just a light daypack while the llamas carry all the necessary gear and amenities to provide you a pleasant backcountry experience. Optional day hikes will take you to some of the park's beautiful waterfalls and you won't want to miss a soak in the hot pool below Dunanda Falls.

Mary Ryan of Beyond Broccoli will provide an alternative to popular detoxification diets using whole foods to assist the body with elimination of toxins, while providing support for the immune and digestive systems. There is no fasting or supplements – just a variety of simple yet delicious foods to enhance your backcountry experience now and your long-term health going forward.

To learn more about Jackson Hole Llamas visit <http://www.jhllamas.com/index.htm> and for more information about the Bechler trip see Trip #8 Bechler River. Cost of the special Detox Retreat (still a 5-day trip) is \$1125 per person. For more information about the Whole Foods Detox part of the trip contact mary@beyondbroccoli.com Space will be limited so if you are interested please contact us soon!

Jackson Whole Grocer

In addition to the newly painted floors and improved salad bar location, the juice, smoothie and espresso bar is now open at the Grocer! Enjoy fresh-squeezed vegetable and fruit juices, delicious smoothies or your favorite hot drinks back by the deli.

We are still researching ways to increase the local/regional foods as well as some personal care products and we've had enthusiastic responses from farmers and ranchers in Wyoming, Idaho, Utah and Montana. We'll keep you posted about our progress on this one.

One of the main goals of the Beyond Broccoli-Jackson Whole Grocer alliance is to offer nutrition education to the community. As part of this mission we will team up for an educational booth related to sustainable food choices at the Murie Center's **Eco Fair Saturday, April 28th** at the Teton Science Schools Jackson campus. We will also co-host a food booth at the **Health Fair** sponsored by St. John's Medical Center Health Institute **Saturday, May 5th**.

Nutrition Notes:

Heart Protection from Caffeine – There is no shortage of information claiming caffeine is one of the most popular dietary evils in the U.S. Yet the research has shown lower risk of Parkinson's and diabetes among coffee drinkers and now, heart disease may be added to the list. The April 2007 *Nutrition Action Healthletter* reported that of the 6,600 men and women participating in the National Health and Nutrition Examination Survey Follow-up Study, those aged 65 or older that drank between ½ cup and 3 ½ cups of regular coffee a day had a 30 percent lower risk of developing heart disease than those who drank less. The caveat is that coffee drinkers with high blood pressure (160 over 100 or higher) and those younger than 65 did not appear to have a lower risk. This doesn't mean if you are sensitive to caffeine's negative effects you need to start drinking coffee to protect your heart. It does suggest, however, that if you enjoy the beverage you don't need to feel badly about it and it may even help your heart!

Colorado McDonald's Restaurants to Promote Better Nutrition...Sort Of – The Colorado Department of Public Health and Environment has teamed up with over 100 McDonald's restaurants in that state to offer a selection of meals that meet the requirements for a "Smart Meal" seal. The seal is awarded to menu pairings that contain no more than 700 calories, 1,500 mg of sodium and less than 15% of calories from saturated fat. Unfortunately, it does not look at trans fat from partially hydrogenated oils, high fructose corn syrup, dietary fiber or other constituents of foods that help determine its nutritional value.

For the record, the American Heart Association recommends no more than 2,300 mg of sodium per day and less than 7% of total calories from saturated fat – for most people this means less than 16 grams for the whole day. As for calories, the average American adult needs somewhere between 1,500 and 2,000 per day. So the Colorado program has decided that it is "smart" to consume more than half a day's worth of sodium, nearly half to a third of the day's calories and potentially several of the day's allotted grams of saturated fat at one restaurant meal. I'm not sure I agree. And, they don't even account for trans fat that abounds in McDonald's fare in everything from the deep-fried items to the burger buns and liquid margarine on some of the salads.

This appears to be an example of nutrition standards being compromised to accommodate corporate sponsorship. It is great that the McDonald's corporation wants to offer customers something more nutritious than it has in the past. Hopefully they are giving the Colorado Health Dept. some funding for other good work they do to assure the health and wellbeing of those who live in or visit Colorado. However, I think it is important for people to understand that a 700 calorie meal that includes refined white flour, high fructose corn syrup, trans fat and potentially A LOT of sodium isn't the healthiest choice. Healthier maybe, but still not smart on a regular basis. If a 150-pound person walked upstairs for an hour he or she would burn just under 600 calories. That's a lot to balance a "smart meal." A more accurate seal would say "an okay splurge."

Infertility May Be Linked to Trans Fats – According to a study published in the *Journal of Clinical Nursing* in January 2007, eating trans fats was associated with an increased risk of ovulatory infertility. For every two percent of calories consumed from trans fats instead of monounsaturated fats like olive oil, the risk of this type of infertility doubled. Trans fats interfere with a key component of inflammatory pathways and glucose metabolism. Drugs that activate this component are used to improve fertility in women.

This is just one more reason to avoid trans fat from partially hydrogenated oils. The dangerous effects these fats have on heart disease risk are well established: they increase "bad" LDL cholesterol, decrease "good" HDL cholesterol, increase another blood fat called triglycerides as well as inflammation. The impact on the inflammatory process means these fats may also affect any condition with an inflammatory component (ex. allergies, irritable bowel syndrome, arthritis, etc.). There are no known safe levels of trans fats and the main reason they are so abundant in the food supply is that they extend shelf life.

Unfortunately due to a loophole in the trans fat labeling law you still need to read the ingredient list and look for partially hydrogenated oil. Products with less than ½ gram per serving can claim "0 grams" trans.

2007 Beyond Broccoli Nutrition Services & Rates

Individual Nutrition Counseling

- ✧ **Individual Consult** – Individuals, couples, families, friends - \$120/hour
- ✧ **Online Nutrition Coaching** – Typically follows either an individual office or phone consult. Rates vary.
- ✧ **Phone Consultation** - \$125/hour
- ✧ **Kitchen Consult (or "pantry makeover")** - \$150+ (depends upon location and amount of time required)
- ✧ **Private Cooking/Food Demonstration Class** - \$250+ (depends upon location, amount of time required and food used)

Beyond Broccoli Classes

Small Group Classes – your choice of 20 different nutrition topics. Prices start at \$250 for 1½ hours, up to 6 people (rates vary with food demonstration or meal). Beyond Broccoli classes are a fun way to celebrate a birthday or to get friends who enjoy learning and eating together for a nutritious meal. Topics range from clinical information such as improving cholesterol, blood pressure, or blood sugar with nutrition to classes that teach you what to do with soy foods, how to eat healthful foods in a hurry and the links between food and mood. Feel free to contact me for a list of topics or suggest your own topic.

Beyond Broccoli Recipe Selection:

Bean Guacamole Dip

Recipe adapted from the *Moosewood Restaurant Low-Fat Favorites* (Clarkson Potter/Publishers, NY, 1996).

I am always looking for ways to help clients eat more vegetables and beans in ways that taste great and are super easy. This recipe has it all – simple, delicious and nutritious! See the serving suggestions below the recipe to use this as a healthy snack or appetizer or a quick meal. A variety of salsas mean this can be different each time – smoky chipolte, green chiles, roasted garlic, the possibilities are endless!

Makes 2 cups

Total time: 10 minutes (if salsa is already made)

1 avocado, preferably Hass

1 cup cooked kidney or black beans (15-ounce can, drained)

1 / 2 cup prepared Mexican-style red salsa

1 to 2 tablespoons chopped fresh cilantro

Salt & ground black pepper to taste (optional)

Option a couple of wedges of fresh lime – squeeze and mix

Halve avocado and remove pit; cut strips across and lengthwise and place chunks in bowl. Add salsa, beans, cilantro, salt & pepper (if needed) and fresh lime if using. Mix well and serve.

Serving suggestions:

- As a dip with tortilla chips or toasted corn tortillas (varieties made with no trans fats or partially hydrogenated oils)
- As a dip with sliced jicama or an assortment of cut up vegetables
- As a burrito filling with a whole wheat flour or other whole grain tortilla
- Make a Mexican pizza for lunch – toast a corn tortilla, top with bean guacamole dip and a tablespoon of finely shredded cheese then toast until cheese is melted
- As a taco filling with warm corn tortillas, chopped dark green leafy lettuce, and a small amount of finely shredded cheese

Road Trip Food Ideas

I am asked often about ideas for healthy options while travelling – especially road trips. While I think things are much better than they were 15-20 years ago when I would routinely drive across the country once or twice a year and be forced to endure whatever I could find at truck stops along the way, it still isn't easy. Now I try to pack a cooler and canvas bag with good snacks from home or I try to find a grocery store along the way that is easy to get to from an exit ramp. Sometimes this adds another 10-15 minutes to the stop but it's almost always worth it to find decent food choices. If a grocery store isn't an option these are some choices at gas station-type convenience stores (but be on the lookout for trans fat in the ingredient list):

- Dried fruit
- Nuts/seeds (raw or roasted w/little or no salt)
- Apples, bananas, grapes
- Low fat yogurt
- Luna bars, Clif Bars, or other "energy bars" without trans fat
- Natural beef/buffalo/turkey jerky
- Trail mix
- String cheese
- Granola bars
- Fruit leathers
- Cereal – high fiber (minimum 3 grams per serving – 5 g is better)
- Water - sometimes it's just nice to get out of the car and you really don't want (or need) food!

The Best Fig Squares

Figs were a favorite in ancient Roman and Greek cultures, touted not only for their wonderful flavor but their health benefits. We now know that figs are full of powerful antioxidant compounds called polyphenols – even more than red wine, tea and most vegetables. They are also a source of dietary fiber, potassium, calcium, iron, small amounts of omega-3 fats, the carotenoids lutein and zeaxanthin, as well as phytosterols that can block cholesterol absorption. No wonder one of the Ancient Grecian kings ordered his citizens to eat figs daily!

Unfortunately, in our modern culture figs are commonly consumed smothered in refined flour and sugar. This recipe incorporates figs, oats, whole-wheat pastry flour and a small amount of honey to make a delicious, nutritious treat. The serving size is a small 2x2 square due to the high fiber content.

Oven 350°

Yield: 16 squares (8x8 pan)

1 1 / 2 cups whole-wheat pastry flour
1 / 2 cup rolled oats
1 / 2 teaspoon baking soda
1 / 4 teaspoon salt
1 / 4 cup melted butter
1 / 4 cup milk (low fat cow, soy or rice)
1 / 4 cup honey, liquid form
24 Mission dried figs + water to re-hydrate

1. Place dried figs in a small saucepan, cover with water and bring to a boil. After water has boiled turn off heat and allow figs to soften.
2. In a small bowl mix melted butter, honey, and milk. Set aside.
3. In a medium size bowl combine whole-wheat pastry flour, rolled oats, baking soda, and salt.
4. Add wet ingredients to dry ingredients and mix well.
5. Lightly grease an 8" x8" baking pan.
6. Place figs in a food processor or blender and add 3 tablespoons of the water used to re-hydrate the figs. Puree until smooth.
7. Place slightly more than half of the dough in the pan and spread evenly across bottom of pan.
8. Spread the fig mixture evenly on top of the dough. Add remaining pieces of dough on top of the fig layer allowing some of the fig layer to show through. Pat the dough lightly so it lays flat.
9. Bake for 20 minutes. Remove from oven and allow to completely cool in pan on a wire rack. When cool cut into 16 squares.