



Nutrition News You Can Use

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School's Back

School zones are flashing and parents everywhere are buying school supplies. But did you see healthy foods included on the list of back-to-school supplies for your children? A healthy, balanced diet enables neurotransmitters (chemical messengers in the brain) to function more efficiently, resulting in improved concentration and memory. Childhood is a crucial time when bodies are growing and brains are developing. It's so important to fuel the body with good nutrition, and teaching children smart eating habits at a young age is a great idea. This starts with parents serving as the role model. Try these suggestions:

Make sure children eat breakfast. Research has shown that children who skip breakfast don't do as well in school as students who eat breakfast. A healthy breakfast includes a whole grain cereal, oatmeal or bread with a protein such as peanut butter or a hard-boiled egg. Including whole fruit instead of fruit juice adds more vitamins, minerals and fiber into the diet. Dairy products are acceptable as long as they're in the form of fat-free or low-fat milk, yogurt or cheese.

If you're concerned about the cafeteria choices at school, give your child packed lunches that include a type of whole grain, such as bread or tortillas, with a lean protein, such as tuna, turkey or chicken. Include assortments of fruits and vegetables in various colors and sizes. Healthy beverage choices include water, fat-free or low-fat milk, or 100% fruit juice.

At dinner, half of your child's plate should include vegetables and fruit, one-quarter should consist of a lean protein, and one-quarter should contain whole grains, such as brown rice, corn tortilla, or whole wheat pasta.

Foods to Grab and Go

Are all the members of your family going in different direction? Keep these food items on hand for fast healthy snacks.

Popcorn – low in sodium and sugar, contains just a few calories and fat, and is high in fiber. Limit the amount of butter you use to pack in a healthy punch for your pop.

Granola – Look for choices where oats or other whole grains (not sugar) are the first ingredient, as some granola bars are simply glorified candy bars. A Whole Grains Council stamp of approval ensures that a product meets certain dietary requirements.

Fruits and Veggies – Stock up on a variety of fruits and vegetables – fresh, frozen, canned or dried – and cut them up for easy snacking.

Peanut butter – this spread does more than stick to the roof of your mouth. Spread

it on apples, fill a celery boat, or take a spoonful right out of the jar.

Yogurt – *Lactobacillus bulgaricus* is a bacteria used to make yogurt. It is also what makes yogurt easier to digest for those who are lactose intolerant. It is packed with calcium and nutrients and may help you feel fuller for a longer period of time.

Nuts – Get a quick protein pick-me-up by keeping some lightly salted nuts handy. They also have more polyunsaturated and monounsaturated fatty acids which may help lower your blood cholesterol.

Cheese – String cheese is convenience wrapped in a neat little package. Another advantage is that it is portion controlled. String Cheese is a good source of calcium and is typically made with low-fat mozzarella.

Did You Know: Nutrition Myths



Myth: Eating sugar causes diabetes.

Fact: Diabetes is the result of the body either not making enough insulin or the body's cells not responding to insulin. Since foods high in sugar are often high in calories, overeating these foods can lead to weight gain, which can increase the risk for developing Type 2 diabetes.

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Myth: Eating carbohydrates causes weight gain.

Fact: A diet too high in calories - whether from protein, carbohydrates or fat - causes weight gain.

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Myth: Eating after 8 p.m. causes weight gain.

Fact: It's not when you eat, but how much you eat that causes weight gain.

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Myth: Fresh fruits and vegetables are healthier than frozen or canned.

Fact: Canned or frozen fruits and vegetables are often flash frozen or quickly canned after harvest, so they retain most of their nutrients. Fresh fruits and vegetables often will lose some of their nutrients while sitting in grocery stores or in your refrigerator.

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Myth: Most sodium in people's diets is from salt added while cooking or at the table.

Fact: About 77 percent of the sodium in Americans' diets is from processed foods.

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Myth: Brown eggs are more nutritious than white eggs.

Fact: Egg shell color has nothing to do with nutrient value of an egg.

Myth: A label that says 95 percent fat-free means only 5 percent of the calories come from fat.

Fact: A product advertised as 95 percent fat-free means that 5 percent of the total weight is fat. The calories from fat could still be high. For example, 95 percent fat-free ground turkey might have 8 grams of fat per 170 calorie serving which translates to 42 percent of the calories from fat.



Myth: Honey is better than white sugar because it is natural.

Fact: Honey does contain antioxidants and some nutrients that white sugar does not, but in very small amounts. In addition, honey has 60 calories per tablespoon compared to 46 calories for sugar.



Myth: Diet sodas cause weight gain.

Fact: People who drink diet sodas might be compensating for other unhealthy lifestyle habits that cause weight gain. For example, they might choose a diet soda thinking they are saving calories and then choose fries to go with their giant cheeseburger. People who drink diet sodas for weight control should drink them in moderation, keep track of total calories and stay tuned for more research.

What is Mona Vie?



In the August 11th issue of *Newsweek*, "A Drink's Purple Reign," the uncertainty about the health benefit claims of drinking Mona Vie as well as the marketing structure is explained. This product has also been publicized on the Oprah show Rachael Ray, and the pitcher of the Red Sox baseball team claims that it helps his game.

Mona Vie is a fruit-based drink that is being sold through personal distributors at a hefty price and with calories that can expand the waistline. It's loaded with antioxidants and some doctors say it can increase your energy and strengthen your immune system. Mona Vie is a mixture of 19 different fruits, including the exotic acai berry, which is a good source of antioxidants.

Antioxidants can be found in many fresh fruits including blueberries and strawberries. Eating the whole fruit rather than the juice has the added benefit of fiber. Some Mona Vie users claim miraculous cures. But, what many see as a miraculous cure comes with a price. Mona Vie's cost? About 45 dollars a bottle. That's nearly 2 dollars an ounce. With a recommended dosage of 4 ounces a day, one bottle will last about a week. Do the math...that's more than \$2,000 a year.

The price of the product will not only hit your pocket, but could stick to your waist. There are about 20 calories in the recommended one ounce serving. Keep in mind an ounce equals two tablespoons, so if someone sits down and drinks half that bottle, they have consumed more calories than they may have bargained for.

Although there are claims that Mona Vie offers health benefits, the fact remains...the science is incomplete and results vary from client to client. You can find the same benefits, for a lot less, in your local grocery store.