

Food for Thought

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From Shannon, your Grand Island Hy-Vee dietitian

Dietitian Versus Nutritionist?

There is a lot of conflicting nutrition and health information available on the web and in the media. It is hard to know what to listen to! That is where I often get the question – “What’s the difference between a dietitian and nutritionist?”. The difference lies in the depth, scope, length and type of formal education and training.

The **registered dietitian** (RD) credential can only be used by dietetics practitioners authorized to do so by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). This is a legally protected title. The RD title requires 1) a minimum of a four year college degree from an accredited university’s program that includes specific course work in human physiology, nutrition science and other sciences, 2) a 900 hour supervised hands-on internship, 3) passing a comprehensive examination and 4) completing ongoing continuing education. RD’s are also held to a professional code of ethics. In Nebraska, registered dietitians working directly with persons to manage a disease state (diabetes, heart-disease, food allergies and intolerances, etc.) must have additional licensing (License of Medical Nutrition Therapy, LMNT) that requires continuing education and learning above and beyond what is required for the RD.

In contrast, the term nutritionist isn’t regulated. That means anyone may call themselves a nutritionist and give nutrition advice. A registered dietitian is a nutritionist, but so, too is a medical doctor with nutrition education, or even a nurse with nutrition training. But, most RN’s and MD’s would agree that they are not the nutrition expert. Nutritionists are common place in wellness centers, health departments and gyms. Some are very committed to staying current and learning as much as they can about nutrition. Some may have a 4 year degree in nutrition, but just chose not to become an RD. But, some may have only taken a non-accredited online class. Which do you feel comfortable with your health and well-being?

If you’re considering information or advice from a RD, be sure that he or she specializes in your needs. If you’re considering information or advice from a nutritionist who is not an RD, ask specifics about his or her training. If she has a degree, what is it in, where is it from, what classes did it include and how long did it take to complete? How in depth and specialized is his training? If she is certified, find out about the certifying agency – exactly what do they require to grant and maintain certification? There are vast differences among the various non-RD certifications.

There are more nutrition enthusiasts than ever before and lots of nutrition information and advice to choose from. What works for one person may be totally inappropriate, not effective or even dangerous for another person. That’s why formal training and credentials are so important. It alarms me to see customers following diets, sometimes excessively restricting and nutritionally inadequate, on the advice of their personal trainer or friend or even sometimes their Medical Doctor, all of whom can call themselves a nutritionist.

Bottom line: nutrition isn’t common sense – it’s a specialized science. Before you put your trust in any health professional’s hands, be sure you feel confident in his or her qualifications.

Weigh-in with Breakfast

Resolving to lose weight is among the most common New Year's resolutions. Your Hy-Vee dietitian recommends a balanced breakfast as an important ingredient in successful weight loss. Greek yogurt can be a useful tool in achieving and maintaining a healthy weight and it's a delicious way to start your day.

Delightfully Different

"Greek" refers to a style of yogurt production, not necessarily a place. Simply made from milk and active yogurt cultures, authentic Greek-style yogurt is strained, an added step in production that removes some of the water and whey. This results in a thicker, creamier yogurt – even the fat-free varieties – with a protein concentration that is double that of traditional yogurt.

The Power of Protein

Enjoying a protein-rich breakfast promotes success with weight loss. Protein takes longer to digest than carbohydrate and it boosts satiety throughout the morning. People who eat a protein-rich breakfast tend to consume fewer calories than non-breakfast eaters throughout the day, as well. Greek yogurt makes an ideal breakfast protein source because it requires no cooking.

Plan to Succeed

Quick and easy is an integral part in a successful morning routine. Save time in the morning by assembling breakfast the night before with the following recipe. Breakfast-in-a-Jar combines the weight-loss power of protein and fiber into a satisfying grab & go morning meal.

The information is not intended as medical advice. Please consult a medical professional for individual advice.

Breakfast-In-A-Jar

Packed with satisfying protein and fill-you-up fiber, this make-ahead breakfast is a smart way to begin the day with a balanced breakfast.

Serves: 1

All you need:

- 1 (5.3 oz) container Dannon Oikos Greek non-fat vanilla yogurt
- 1/3 cup Hy-Vee steel-cut oats
- 1/2 cup Hy-Vee skim milk
- 1-2 tsp Dole milled chia seed
- 1/3 cup frozen Hy-Vee Cherry Berry Blend fruit
- Hy-Vee cinnamon, as desired

All you do:

1. Combine yogurt, oats, milk and chia in a small bowl.
2. Alternately layer yogurt/oatmeal mixture with frozen fruit in a pint canning jar. Sprinkle cinnamon on top as desired. Cover with lid.
3. Refrigerate overnight or up to 2 days. Enjoy chilled.

Nutrition per serving: 380 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 90 mg sodium, 57 g carbohydrates, 9 g fiber, 16 g sugar, 24 g protein.

Daily values: Vitamin A 6%, Vitamin C 15%, Calcium 25%, Iron 15%

Source: Hy-Vee Dietitians

Milled Chia Seed

- Allows the body to absorb Omega-3 ALA.
- Provides 21% more fiber in each serving than flax.
- Provides essential nutrients including Omega-3 ALA, protein, calcium, folate, iron, manganese and phosphorus.
- Is cold milled for maximum nutrition.

Easy to use:

- Blend into smoothies.
- Toss with salads.
- Sprinkle into a stir-fry or entrée.
- Stir into Greek yogurt, layer with fruit and cereal.





Citrus-ize Your Home



'Tis the season – not that season - but the cold and flu season. And nature gives us just the right foods to help cope with this season – citrus fruits. Citrus provides a zest of good health by being an excellent source of vitamin C, and a source of folate, fiber and potassium, all nutrients we tend not to get enough of. Any way you slice it, citrus can be served in a number of ways:

- The Wedge: Cut the citrus fruit in half lengthwise; place cut-side-up and cut three to four wedges from each half.
- Cartwheels: Cut a thin slice from both ends of an unpeeled citrus fruit; then slice the fruit crosswise into desired thickness.
- Zest It: Grate peel using a microplane or zester over waxed paper before cutting and squeezing for juice. Grated peel is measured by lightly placing the peel into a measuring spoon. (You can also freeze this for a later use)

Citrus fruits are at their peak, and it is the perfect time to delve into their versatility in the home. Not just for eating, citrus can help you entertain, rejuvenate your mind and body, and act as a cleaning agent. Here are some ways to citrus-ize your home:

Entertain:

- Create a lemony arrangement by starting with a clear glass container and then putting another slightly smaller container of the same shape inside it. Slice lemons and slide them between two containers. Fill the smaller container with water and your favorite yellow and white flowers.
- Slice citrus into a clear glass pitcher of ice water, fruit punch, lemonade, sparkling water or wine spritzers to add flavor and sophistication to any beverage.

Rejuvenate:

- Create lemony clean skin by combining 1 teaspoon each of powdered milk, water and freshly squeezed lemon juice. Apply the mixture to your face and massage for a few minutes to help nourish the skin without drying it out. To remove, use freshly squeezed lemon juice and apply to skin with cotton ball to act as a toner. Lastly apply a moisturizer.
- Relax your senses and steam away your troubles with a facial steam. Place a large bowl on a table and add 4 cups boiling water, 1 sliced lemon and handful of mint leaves. Place a bath towel over your head and lower your face over the bowl. Breathe deeply for seven to 10 minutes. This is a great home remedy to open breathing passages during cold and flu season.

Clean:

- Household odors can be removed from hands or cutting boards by rubbing with a wedge of lemon.
- Use fresh lemon juice to clean copper by creating a paste of lemon juice and salt and rubbing the item to remove oxidation. Rinse very well.
- To make your glass coffeepot sparkle, rub glass with cut lemon or soak in lemon juice and water. Rinse well and dry with lint-free cloth.



Source: Sunkist Lemon-Aids – The Versatile Lemon, accessed 2012.

Grilled Lemon Oregano Chicken

All you need:

- 1/3 cup freshly squeezed lemon juice (from 2 lemons)
- 1 tablespoon dried oregano (or 2 tablespoons fresh)
- 2 tablespoons Grand Selections olive oil
- 2 tablespoons Hy-Vee honey
- 1 tablespoon grated lemon zest
- 1 pound boneless, skinless chicken breasts

All you do:

1. Combine lemon juice, oregano, olive oil, honey and lemon zest in a large re-sealable bag. Add chicken and marinate for 20-30 minutes, turning bag occasionally.
2. Remove chicken from marinade; discard marinade.
3. Grill over medium heat about 12-14 minutes, turning once, or until temperature reaches 165 degrees.

Nutrition info per serving: 230 calories, 8 g fat, 0 g trans fat, 1.5 g saturated fat, 11 g carbohydrate, 0 g fiber, 65 mg cholesterol, 75 mg sodium. Serves 4.

Cut Calories with Cauliflower

If your resolution involves enjoying a happier, healthier new year, consider the benefits of adding fiber-filled fruits and vegetables, like cauliflower, to your meals and snacks. Cauliflower is a nutritional powerhouse that contains 8 grams of fiber in every 100 calories. Getting creative with cauliflower is easy with the variety of colors and serving suggestions for this versatile vegetable.

Including fiber-rich foods is important for healthy weight maintenance. Fiber helps keep us feeling full and satisfied longer, curbing our appetite and preventing mindless munching. The Academy of Nutrition and Dietetics recommends that Americans consume 25-35 grams of fiber daily as part of a healthy diet. Fresh fruits and vegetables are low-calorie sources of dietary fiber. To promote healthy weight, follow the healthy plate method and fill half your plate with non-starchy vegetables, like cauliflower.

Low in calories, but rich in nutrients, cauliflower is an excellent source of vitamin C, vitamin K, and folate, and is a good source of potassium, B vitamins, magnesium and fiber. This winter vegetable comes in a variety of colors, making it easy to create colorful and healthful meals and snacks.

Explore the power of cauliflower with these easy serving suggestions:

- Raw florets with non-fat Greek yogurt dip for a healthful snack
- Puree cooked cauliflower, add your favorite herbs and spices and serve as soup
- Sauté in a low-sodium broth
- Steam and mash as an alternative to mashed potatoes
- Include in side dishes, salads, stews and main dishes



Cauliflower and Couscous Pilaf

Serves: 6 (about 3/4 cup each)
Source: www.eatingwell.com

All you need:

- 1 Tbsp. extra-virgin olive oil
- 4 cups finely chopped cauliflower florets (about 1 medium head)
- ½ teaspoon salt
- ¾ cup reduced-sodium chicken broth
- 1 teaspoon freshly grated orange zest
- ¼ cup orange juice
- ¼ cup currants
- 2/3 cup whole-wheat couscous
- ½ cup sliced scallion greens

All you do:

1. Heat oil in a large saucepan over medium heat. Add cauliflower and salt; cook, stirring, until softened, about 3 minutes.
2. Add broth, orange zest, juice and currants; bring to a boil over high heat.
3. Stir in couscous and scallions. Remove from heat and let stand, covered, until the liquid is absorbed, about 5 minutes. Fluff with a fork.

Nutrition per serving: 163 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 1 mg cholesterol, 239 mg sodium, 31 g carbohydrate, 6 g fiber, 6 g protein.

Step Up Your Game with Super Edible Bowls



There are over 260 games played in any NFL season and one could argue that the Super Bowl is, indeed, yet just another game. However, with all the extras - the glitz, the glamour, the weeks of anticipation, the Super Bowl parties with friends decked out in fan gear, the drinks and the food and let's not forget the commercials - the Super Bowl *really* is something else entirely!

Among all the hurrah there is, indeed, a game, but what makes the Super Bowl spectacular is all the details. As such, as a hostess, consider making your Super Bowl party something special; no, nothing "fancy schmancy," but something more, something fun, because that is what the Super Bowl is all about! Step up your game with a few "super bowls." Put a simple twist on the usual party fare by serving it in an edible serving bowl. On Monday morning at the office, they won't be talking about that halftime mishap or that new Ford commercial but the office will be abuzz with chatter of your delicious *Cheeseburger Chowder* that you served in a kaiser roll or the *Baked Stuffed Lemons with Zesty Crab* dip and of course, the *Baked Avocado Cups with Pineapple-Cranberry Chicken Salad*. Check out Hy-Vee.com for complete recipes and instructions to make these super bowls. Game on!

Produce in season in January:

Avocados
Beets
Blood Oranges
Broccoli
Cabbage
Cauliflower
Dates
Grapefruit
Kale
Kohlrabi
Kumquats
Lemons
Navel Oranges
Passion Fruit
Peas
Tangelos
Tangerines