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LIPID CLINIC NEWS

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The Lipid Clinic is located in Suite 330, 3rd floor of the Physicians' Pavilion at OHSU. To make Lipid Clinic appointments, call: (503) 494 - 1794 (new patient) or (503) 494 - 1775 (follow-up).

Lipid Clinic Staff: D. Roger Illingworth, MD; William Connor, MD; P. Barton Duell, MD; Sonja Connor, MS, RD; Lila Ojeda, MS, RD; Shannon Hughes, BS; Ligia Cazan, LPN

Lipid Clinic News Editor: Cindy Francois, MS, RD

Co-editors: Sonja Connor, MS, RD; Lila Ojeda, MS, RD; Shannon Hughes, BS

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Has Fat Intake in the U.S. Really Declined?

For years, Americans have been told to reduce their fat and increase carbohydrate intake. Ironically, overweight and obesity are at a record high. The question is: Are we really eating less fat? At first glance, you might think so. In a recent study published in the *Journal of the American Dietetic Association*, food consumption data from 1989-1991 were compared to data from 1994-1996. Sure enough, the percentage of fat decreased from about 35% to 33%; carbohydrate intake increased from 47% to 50%. But there is more to the story.

The total number of calories increased significantly, from 1878 kcals/day in '89-'91 to 2056 in '94-'96. Most of this increase came from carbohydrates (223 g/day vs. 256 g/day). Total fat intake increased significantly as well (from 73.4 g/day to 76.4 g/day). So, although the percentage of

fat decreased, the *total amount of fat actually increased* in the U.S. diet.

But consuming more carbohydrates is a good thing, right? Not necessarily! Health professionals recommend eating more *complex* carbohydrates, like whole grains and dried beans. This study showed that beverages (especially soft drinks) and "grain products" (e.g. pizza, pasta dishes, pastries, salty snacks) were the major sources of higher carbohydrate intake in '94-'96. Actually, 1/3 of the carbohydrate intake in US adults was from yeast breads, cakes, cookies, quick breads/doughnuts and soft drinks—not exactly the whole wheat bread and brown rice that Registered Dietitians are recommending.

The primary sources of higher fat intakes in '94-'96 were meat mixtures (e.g. hamburgers), vegetables (this *does* include French fries), and some categories of the grain group (pizza, pastries, etc). In addition to an increase in carbohydrate and fat intake, alcohol intake also increased, from 2.5% of kcals in '89-'91 to 3.3% in '94-'96; most of this was in the form of beer.

Summary:

- Although the percentage of fat has decreased in the U.S. diet, the total amount of fat actually increased.
- Americans have heard the message to eat more carbohydrates, but it seems they're eating too much of the wrong kinds of carbohydrates: processed foods rather than the whole grains from which they originate.
- Americans were eating almost 200 Calories more a day in '94-'96 than in the earlier time period. The primary source of higher calorie intake was soft drinks.

What We Think:

- Be aware of the calories in soda pop and alcoholic beverages. Remember that liquid calories don't register in our brains like food calories do. (Meaning: If you drink a regular soda with your lunch, you probably won't compensate by eating fewer calories later in the day; you might end up consuming more calories than you need, which leads to weight gain.)
- All carbohydrates are not equal. Focus on fiber and whole grains (For ideas, see article on next page, "Are Carbs the Bad Guys?").
- Keeping a food record might help you identify your own strengths and weaknesses.



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Are Carbs the Bad Guys?

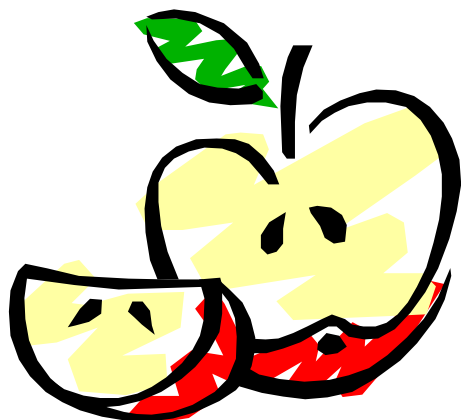
When it comes to weight loss, “a calorie is a calorie is a calorie.” Although the carbohydrates themselves aren’t the sole culprits to extra, unwanted pounds, the huge portions and the wrong *kinds* of carbohydrates are definitely contributing factors. Simple carbohydrates (sugars) and low-fiber complex carbohydrates are the “bad” ones—if we’re naming names! These include: cookies, pastries, sugar cereals, pop, and most (non-whole wheat) bagels and bread—to name a few! We generally eat too large of portions of these. For example, a whole bagel is 4 servings of bread, and a ½ cup of cooked pasta (not 3 cups) is one serving of pasta! How much do you eat?

So, how do you eat the good carbohydrates?

Focus on fiber! Fiber is listed under the carbohydrates on food labels. The more fiber and less sugar, the better. Most Americans eat 12-15 grams of fiber per day, and we should be eating 30-50 grams per day. *Start slowly* and work up to this goal, or else your stomach won’t be very happy with you.

How to increase the fiber in your diet:

- ✓ Buy whole grain bread: look for 2-3 grams fiber per slice, or else you might just be buying white bread colored with molasses.
- ✓ Whole grain cereal: look for 4-5 grams/serving (*Kashi* is a great tasting, high fiber cereal).
- ✓ Eat legumes: for a great source of fiber and protein. Try pinto, black, fat-free refried, lentils, soy/tofu, etc: Start slowly (e.g., 2-3 tablespoons of garbanzos and kidney beans on salads), and work up to having beans as a weekly, meat-free dinner. Try Beano® to decrease discomfort.
- ✓ Eat a salad (with low-fat dressing) *and* a vegetable at dinner. You’ll double, maybe even triple, your vegetable and fiber intake, plus keep your plate and stomach full on fewer calories.
- ✓ Eat 2-3 whole, medium-sized fruits/day. Try a sliced banana and/or blueberries on your cereal or yogurt, or an apple, pear or orange with your lunch or for dessert. Contact your local dietitian or visit www.eatright.org for more ideas.



Give Your Sandwich Some Zest!

Tired of the same old plain turkey sandwich? So are we! A sandwich doesn’t have to be B-O-R-I-N-G! Here are some ways to liven up your sandwich. (See this month’s recipe for a delicious late-summer vegetable sandwich).

- Try a new flavored light mayonnaise: *French’s GourMayo (Chipotle Chili, Sun Dried Tomato, & Wasabi Horseradish); Miracle Whip Hot ‘N Spicy; Best Foods Herb Sensation and Garlic Paradise* to name a few. Each contains only 1 gram of saturated fat per tablespoon.
- Try flavored mustards: honey, Dijon, raspberry, etc.
- Top your sandwich with fire-roasted red peppers for extra fiber and vitamin C. You can purchase them at your local grocery store in the condiment section.
- Add a little pesto to fat-free mayonnaise. It tastes great with turkey and Jarlsberg Lite Swiss cheese on toasted sourdough bread.
- Add grilled vegetables to your sandwich. Try grilled eggplant, zucchini and hummous, or grilled Portobello mushrooms and fresh herbs.
- Use tortillas to make wraps filled with anything you want! How about turkey, fat-free cream cheese, cranberry sauce, lettuce and tomatoes?
- Add lots of fresh veggies: cucumbers, avocado, spinach, red peppers, and tomatoes.
- Try meatless fillings: baked marinated tofu, Toby’s Tofu Paté or Yves vegetarian sandwich slices.
- Fill pita bread with hummous, cucumbers, lettuce & tomato.



Krispy Kreme Kraze!

So, have you lined up for your Krispy Kreme doughnuts yet? If not, you may want to think twice before camping out for these heart-stopping treats. Once in a great while (meaning a couple of times/year), these doughnuts won’t hurt a healthy eating style. However, frequent trips to this place could leave your blood overloaded with fat and cholesterol. And who can stop at just one?

Here’s an example of how quickly these doughnuts add up: While waiting in line, they hand you a free, fresh-out-of-the-oven Original Glazed doughnut which starts you at 200 Calories, 12 g fat and 3 g saturated fat (the bad fat). Then you order a Chocolate Malted Kreme (390 Calories, 21 g fat, 5 g saturated fat). In a couple of hours, you split a Chocolate Iced Glazed doughnut with a friend for a mid-morning snack, giving you another 125 Calories, 6 g fat and 1.5 g saturated fat. Grand Total: 715 Calories, 39 g fat, 9.5 g saturated fat. (Almost your fat and saturated fat limit for the entire day!)

Krispy Kreme doughnuts are probably no worse for you than any other doughnut. However, beware of how quickly the calories add up, considering the “free” doughnut you receive in line and the temptation to buy dozens to share with your friends. If you can’t resist and you have to “just see for yourself what all the hype is about”, *do* make it a special treat, and just order one doughnut. (For a healthier breakfast recipe, try “Baked Doughnut Holes” or “Sunday Morning Sticky Buns.” Both are found in the *New American Diet System* by William and Sonja Connor.)

Teaching Kids to Eat Healthy

by Cindy Francois

As a busy mother of two young boys, I know all too well the challenges parents face when it comes to teaching kids to eat healthy. Kids discover junk food at a very early age, whether it's the "cool new toy" that the neighbor boy received in his Happy Meal or the Monsters, Inc.® logo plastered on the box of cookies (that is conveniently placed at the eye level of a 4-year-old). Marketers are quite adept at luring little ones into the Land of Junk Food!

Whether you're feeding small children, teenagers or grandchildren, you may have faced these challenges yourself. Here are some time-tested (and research-proven) suggestions for teaching the kids in your life to eat healthy!

- **Clean Up the Pantry.** Kids can't eat what they don't have. I love this story: A young father complained to a dietitian that "Our 7-year old son will only eat junk food—chips, cookies, sugary cereals and processed foods" to which she replied, "So, how long has your son been able to drive himself to the store and purchase these foods?"
- **Set A Good Example.** Kids learn most by example. Finicky parents tend to have picky children. Try experimenting with foods that you wouldn't normally buy—you may surprise yourself and find that you like them, too.
- **Don't Assume They Won't Eat It.** My 3- and 5-year old kids eat Thai, Indian, even Ethiopian food. We have exposed them to a variety of foods from an early age so they don't know any different.
- **Have the Kids Eat What You Eat.** So many parents prepare separate meals for their kids (and in some cases, separate meals for each kid!) Remember: You are not a short-order cook. If the kids know that you'll prepare them something different, they will jump at the chance.
- **Cook With Your Kids.** If children are allowed to help with meal preparation, they will take ownership in the meal. Depending on their age, children may be able to add blueberries to the pancake batter, slice bananas for the fruit salad, and pour the flour and spices into the banana bread batter.
- **Plant A Garden.** Research has shown that children who are involved in planting a vegetable garden are more likely to eat those vegetables.
- **Don't Forget the Family Meal.** For many busy families, eating together is the first thing to go. However, it's an ideal opportunity to model healthy eating habits and to connect as a family.
- **Let Your Child Decide How Much to Eat.** This is so hard to do, but trying to control exactly how many bites of peas your child eats may actually be counterproductive. Children are born with an amazing ability to match food intake to their growing needs. Studies have shown that children with the most restrictive and controlling parents are the least able to internally regulate their eating and may be more likely to develop weight problems.

Pedometer Family Challenge By Lila Ojeda

Pedometers are the talk of our office lately. You may remember that we challenged our office to a "walk-off" sometime last year. The dietitians reported how wearing the pedometer changed their daily activity, and how many steps they accumulated. Then, I recently completed my thesis on pedometers and nurses, and reported that the normal weight nurses walked more than the overweight ones and had healthier eating and behavioral habits as well. Now, my family is all the walking rage! I recently bought my mom a pedometer, and we both admit we're slightly obsessed with wearing it most days of the week and reaching that 10,000 step goal no matter what! It makes me go for a walk on the weekends and/or intentionally run more errands by foot if I'm not quite there, and it makes my mom hop on the treadmill before bed if she's "only" at 7,000 steps.

Recently, one of my little sisters, Kayci (age 7) wore the pedometer while she was playing outside and came in with over 16,000 steps. She reported her steps throughout the day, and was actually getting quite good at reading those big numbers out loud (an added benefit for young children!) Needless to say, she was checking it often, *and* bouncing around to get more steps -- but she got there nonetheless. It made her get up and down and jump from the couch, and shake her legs while sitting and standing to see if she could get more steps. So, the 16,000 steps might not all have been "steps" but she was definitely more active and fidgety because of the pedometer. (Research has shown that fidgeters are actually leaner because this keeps their metabolism up and counts as a form of activity!) This ever-growing overweight society could stand to learn a little from Kayci and the rest of my family.

I also gave another sister a pedometer for her college graduation this year. She, too, is hooked on reaching 10,000 steps per day. She was recently heard saying (in a slightly frustrated voice), "Mom, I went to the gym and ran and walked on the treadmill and did some weights and I only have 6,000 steps. I *guess* I have to go for a walk or something later!?"

Most recently, my older sister and step-mom are also hooked on wearing their new pedometers and going on walks to reach that 10,000 step/day* goal. How can *your* family have fun with a pedometer?

*10,000 steps/day is just a guideline. Ranges might be more appropriate (lower end of the range is for females; high end of the range is for males):

Healthy younger adults: 7,000 to 13,000 steps/day

8-10 year old children: 12,000-16,000 steps/day

Healthy older adults: 6,000 to 8,500 steps/day

People w/disabilities or chronic disease: 3,500 to 5,500 steps/day

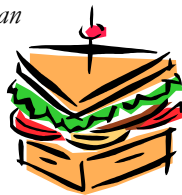
Cooking Tip of the Month

For a quick, light salad dressing—put your salad in a large Tupperware container, add 4-8 shakes of seasoned rice vinegar (depending on taste and the size of your salad), use a *little* (~1 Tbs.) of your favorite dressing (I like Trader Joe's low-fat blue cheese with real chunks of blue cheese), and shake vigorously.

This will leave your salad full of flavor, without coating your arteries full of fat.

Grilled Pepper, Eggplant and Zucchini Sandwiches

We first tasted these sandwiches at the Hilton Hotel in San Francisco. They were served with a high-fat roasted red pepper Aioli that contained a lot of oil, red pepper, and garlic. We chose to just use the roasted red pepper in the sandwich.



- 1 sweet onion, cut into 8 slices
- 2 red bell peppers, each cut into 4 pieces
- 1 small zucchini, cut into 8 pieces (cut in half crosswise; then cut in half lengthwise)
- 2 Japanese eggplants, each cut into 4 pieces
- 4 sourdough rolls, each 3 by 7 inches (cut each roll in half crosswise; then cut in half lengthwise)
- 4 teaspoons margarine
- 1 clove garlic, minced

Cut and slice vegetables and rolls as described above. Combine margarine and garlic and spread on cut side of rolls. Spray grill with nonstick spray and heat. Brush vegetables with balsamic vinegar and place on grill. Sprinkle with seasoned pepper. Grill vegetables 3 to 5 minutes. Brush with vinegar and turn. Grill second side of vegetables for another 3 to 5 minutes. Brush with remaining vinegar and sprinkle with seasoned pepper.

Place vegetables to one side of grill or remove to a warm serving platter. Place rolls cut-side-down on grill and cook 1 to 2 minutes or until golden brown. Fill toasted rolls with vegetables and serve.

Makes 4 servings.

Per Serving:
Calories 365
Sodium 685 mg
Fiber 6 gm
Cholesterol-Saturated Fat Index 2
Total Fat 8 gm
Saturated Fat 2 gm
Cholesterol 0 mg

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