

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).

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Omega-3 Enriched Eggs – All They're Cracked-Up to Be?

We've been encouraging our patients to eat foods that are high in omega-3 fatty acids for years because they reduce the risk of heart disease (decrease triglycerides, make platelets less sticky and less likely to form a blood clot, and help keep the heart in rhythm). Many of you have done a great job increasing your intake of fish and some of you are taking fish oil pills. We're also hearing lots of questions about whether we recommend eating special eggs that contain omega-3 fatty acids.

How Do They Do It?

Eggland's Best® is one of a number of egg companies that is now offering eggs that have 3 to 4 times more omega-3 fatty acids than typical eggs. They are able to increase the omega-3 fatty acid content in the egg yolk by feeding chickens strictly vegetarian diets along with added linseed and Canola oils that are rich in omega-3 fatty acids.

A Closer Look . . .

Let's look a little more closely at the facts. A typical large egg contains 40 mg of omega-3 fatty acids, a large enriched egg contains 100 mg and a 6 oz salmon steak contains 3,430 mg. You'd have to eat 34 enriched egg yolks to get the same amount of omega-3 fatty acids that you would get by eating the salmon steak!

What About Cholesterol?

Another question is, *"Should our Lipid Clinic patients be eating egg yolks at all?"* A typical *large* egg yolk contains about 215 mg of cholesterol. The egg companies report their reduced-cholesterol eggs contain 180 mg of cholesterol per large egg, which is the normal amount of cholesterol for a typical *medium* egg. (This amount of cholesterol will elevate the blood cholesterol level and LDL). A healthy eating style ideally contains less than 100 mg of cholesterol a day, which we easily consume hidden in foods like cookies, muffins, cakes and pancakes each day. Most people would prefer to get their cholesterol from a little meat, cheese and ice cream instead of from eggs. Therefore, although these enriched eggs are higher in omega-3 fatty acids, the cholesterol in the egg yolk would negate the benefits of the omega-3 fatty acids. We suggest "no egg yolks" and the use of egg whites or egg substitute (Egg Beaters, etc.)

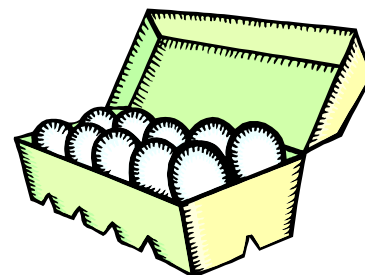
Bottom Line

Skip the egg yolks and enjoy a nice salmon steak for dinner!

Cholesterol and Omega-3 Content of Foods

Food	Amount	Cholesterol (mg)	Omega-3 Fats
(mg)			
Egg, regular	1 large	215	40
Egg, omega-3 enriched*	1 large	180	100
Salmon steak	6 ounce	112	3,430

* *Eggland's Best* brand



Note to Physicians: Information on Lipid Lab Services

The Lipid Atherosclerosis Laboratory has been at OHSU since 1975 and is CLIA and CAP accredited as well as certified by the National CDC Lipid Standardization Program in Atlanta, Georgia. The Lipid Atherosclerosis Lab is well known by northwest clinicians and research investigators as a reliable, high quality laboratory for the determination of blood lipids as well as many other lipid analyses that are not routinely performed by other laboratories. Our test menu includes Lipid Profiles, Beta-quantification, Chylol Beta-quantification, Homocysteine, hs-CRP (high sensitivity C-Reactive Protein), Lp(a), DNA Genotyping for Familial Defective apo B (FDB) and Apo E, Essential Fatty Acids; Sterols (including 7-dehydrocholesterol for SLOS diagnosis). Call 503-494-2005 for more information about sample requirements and prices.

New Product Review

You've probably figured out that WE LOVE Trader Joe's! We hope there is one in your area because the products we're recommending this issue are all from this store.

Trader Joe's Sliced Apples

It just doesn't get any easier than this. Trader Joe's now carries 20-ounce bags of ready-to-eat sliced apples. A mixture of Gala and Pink Lady apples, they are sweet, crispy and always fresh (they have been treated with calcium ascorbate to prevent browning). Perfect for brown bag lunches or a light snack. Entertaining this holiday season? Empty a bag of sliced apples onto your favorite platter, serve with a low-fat fruit dip, and you've got yourself a simple tasty and healthy treat.



Organic Brown Rice

Does "brown rice in 3 minutes" sound too good to be true? Well, it's not. With the introduction of frozen "Organic Brown Rice" at Trader Joe's, preparing high fiber rice just got easier. It is cooked and frozen within days of milling, so it tastes very fresh. In fact, you would never know it's been frozen. Great as a side dish with your favorite salmon recipe or topped with delicious stir-fry vegetables, it makes a nice accompaniment to any meal. Boxes come in three 10-ounce packets for \$2.99. Each bag might be a little small for a family of four, but they're great for a smaller meal.



Trader Joe's Pizza Dough

Want to please the whole family at dinnertime? Nobody will complain about a homemade pizza! We buy 5 or 6 bags of pizza dough at a time and freeze some for later. To defrost, just put in the fridge the night before. Both the regular and whole-wheat varieties are popular in this office. Top with your favorite pizza sauce, light part-skim mozzarella, lean meat and don't forget the veggies!

Research Highlights



Can Internet Counseling Help With Weight Loss?

Times have sure changed—when many of us started in this field, we didn't even have computers at our desk. (We won't mention those of us who started working before computers were even invented!) Now the internet has found its way into the multi-billion dollar industry of weight loss as well. But is the computer an effective tool for losing weight, or just another gimmick?

According to the latest research, behavioral e-counseling (counseling via e-mail) does help with weight loss in individuals at risk for type 2 diabetes. In one study, subjects were divided into 2 groups, and all were enrolled in an internet weight loss program. However, one group also received behavioral e-counseling (they communicated via e-mail with weight loss counselors up to 5 times/week.) The results? Both groups lost weight and reduced their waist circumference. However, behavioral e-counseling produced significantly *more* weight loss and greater reductions in waist circumference after one year than the group that received no e-counseling. Internet counseling looks promising!

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Vegetable Beef Soup

An old standby that is regaining popularity in our office. Dr. Connor replaces one potato with chopped rutabaga and/or turnip.

- 1 teaspoon oil
- 1/2 pound beef stew meat, well trimmed
- 1 clove garlic, minced
- 1 large onion, chopped
- 2 carrots, sliced
- 3 medium potatoes, peeled and chopped
- 2 cans (16 ounces each) unsalted tomatoes, undrained
- 5 cups water
- 1-1/2 teaspoons Lite Salt or less
- 1/8 teaspoon pepper
- 1/2 teaspoon basil leaves

Heat oil in nonstick pan. Add meat, garlic, and onions. Stir rapidly until brown. Add carrots, potatoes, tomatoes, water, Lite Salt, pepper, and basil. Bring to boil. Reduce heat. Cover and simmer at least 2 hours.

Makes 12 cups.

Per cup:

Calories 80 /CSI 1 /Fat 2 gm /Fiber 2 gm /Sodium 130 mg

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Top 10 Ways to Eat More Fiber

Whether for, um, “regularity”, lipid control or weight management, we all know we should be eating more fiber (25 to 35 grams of fiber per day is recommended). However, like many things, this is often easier said than done. Here is a list of our top 10 ways to get more fiber in your diet.

1. Select cereals with at least 3 grams of fiber per serving. Better yet, aim for 5-6 grams of fiber per serving. A favorite in our office is Kashi GoLean Crunch at a whopping 10 grams of fiber per $\frac{3}{4}$ cup. (Dr. Connor loves Wheatina—5 grams of fiber per serving).
2. Select whole grain breads with at least 3 grams of fiber per serving.
3. Add berries or sliced bananas to your hot or cold breakfast cereal. One staff member buys bags of frozen mixed berries at Costco and adds $\frac{1}{2}$ cup to her oatmeal in the morning, which contributes about 2 additional grams of fiber.
4. Make *at least half* of your grain choices whole grains. This includes breads, cereals, rice, pasta, etc. Don't try to make everything whole grain! For example, if you don't like whole-wheat pasta, then use regular pasta but choose whole grain breads and cereals.
5. Include beans in your menu as often as possible. In our office, we like bean soups, bean dips (hummous is always popular), and beans in salads. We've even been known to add refried beans to a cake recipe (Pinto Fiesta Cake)!
6. Eat fruit, fresh or dried, with meals or as a snack.
7. Making muffins or quick breads? Try the ever-popular bran muffins, always high in fiber. If you're not a bran muffin fan, make another low-fat muffin recipe and substitute half whole-wheat flour for the white flour.
8. Be creative with veggies to make them tasty. Just a sprinkle of low-fat cheese on steamed broccoli can add a lot of flavor and may mean the difference between getting your kids to eat their veggies or not!
9. Always add a mixture of vegetables to your salad. The salad bags are convenient, but you can always add chopped tomatoes, carrots, bell peppers, etc. Keep prepared salad mix (along with chopped veggies) in a covered plastic container in your refrigerator.
10. Sneak vegetables into your meals any way you can. For example, add some grated carrots and finely chopped bell pepper to your spaghetti sauce. Rather than making pepperoni and olive pizza, make a vegetarian pizza with mushrooms, onions, and bell peppers.



Popular Cereals Go Whole Grain

While we're on the topic of fiber, here is an important fiber update. General Mills, one of our nation's leading cereal makers, recently announced its plans to convert all of its cereals (including kid favorites Trix, Cocoa Puffs and Lucky Charms) into whole grain products. The company plans to switch about 40% of its cereals to whole grain. The other 60% (including Cheerios, Wheaties and Total) are already whole grain.

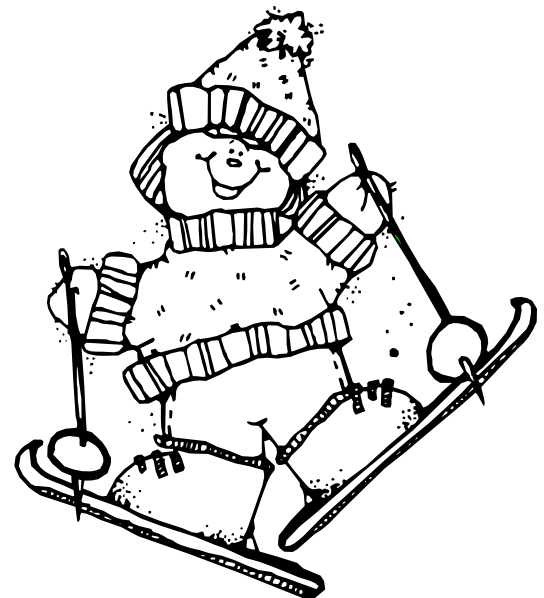
You may be wondering how this will affect the flavor of the cereal. While General Mills is not revealing its secret, industry experts believe that a special milling process will pulverize the whole grains into a tiny, uniform size, making them more palatable.

Does this mean that you can toss out your bran flakes and start eating Lucky Charms for breakfast? Not so fast! While these cereals will be a huge improvement from their original counterparts, they still contain plenty of sugar. Think of them as a healthier alternative for individuals who eat sugary breakfast cereals. But if you're already eating sugar-free whole grain cereals, don't stop!

How to Cook a Veggie Burger

A Lipid Clinic patient recently asked “What's the best way to cook a veggie burger?” Good question! Here are some ways our staff members prepare their veggie burgers.

- Two or three times down in the toaster will make it nice and crispy.
- Brown in a nonstick pan.
- Barbecue on the outdoor grill—yes, we've done this and it works!
- Bake in the oven or toaster oven according to package instructions.
- If you're in a real time crunch you can always use the microwave, but the texture won't be firm.



Asian Lettuce Wraps

This gourmet appetizer is all the rage in our office right now. For a special treat, you can serve with a low-fat peanut sauce (see "New American Diet Cookbook" page 49). If you have any leftover meat, serve over mixed greens with a little peanut sauce for a delicious salad.

1 pound ground turkey or chicken breast (*be sure the label specifies "breast"*)

2 teaspoons olive oil

1 ½ cups finely chopped onion

2-4 cloves garlic, minced

2 tablespoons lower-sodium soy sauce

2 tablespoons hoisin sauce*

1 tablespoon pickled ginger, minced*

1 tablespoon black bean garlic sauce*

2 tablespoons rice wine vinegar

¼ to ½ teaspoon Tabasco sauce

1 can (8 ounce) water chestnuts, drained and chopped

5 to 6 green onions, chopped

2 teaspoons sesame oil

2 large heads butter lettuce (or 4 small heads), cleaned and leaves separated

** These ingredients can be readily found in the Asian-food section of most grocery stores. We like Sun Luck brand.*

In large nonstick pan coated with nonstick cooking spray, brown turkey breast. Transfer to separate bowl and set aside.

Add olive oil to heated pan and sauté onion for 2 minutes. Add garlic, soy sauce, hoisin sauce, pickled ginger and black bean garlic sauce; cook additional 2 minutes.

Add rice wine vinegar, Tabasco sauce, water chestnuts, green onions and sesame oil. Return turkey to pan and heat through.

To assemble: Place 2 tablespoons meat mixture in center of lettuce leaf. (If using peanut sauce, add a teaspoon on top of meat mixture, or serve on the side as a dipping sauce). Wrap up like a mini burrito and enjoy! Makes 32 wraps (16 servings).

~ Per Serving (2 wraps) ~
(without peanut sauce)

Calories 63
Sodium 126 mg
Fiber 1 gm
Total Fat 2 gm

Saturated Fat trace gm
Cholesterol 19 mg
Cholesterol-Saturated Fat Index 1



