

# LIPID CLINIC NEWS

## Volume 20, Number 3

October 2005

The Lipid Clinic is located in Suite 330, 3rd floor of the Physicians' Pavilion at OHSU. To make Lipid Clinic appointments, call: (503) 494 - 3273.

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## Are All Fish Created Equal?

If you've been to our Lipid Clinic and talked with one of our dietitians, you've probably been advised to "eat fish" at least twice a week. We are firm believers in the benefits of fish consumption on a healthy heart. But are all fish created equal? Does ordering a McDonald's Filet o' Fish qualify as a fish meal? A new study conducted at the Harvard Medical School has shed some new light on this interesting topic.

### *Omega-3 Fatty Acids in Fish*

Fish contains a special type of fats called omega-3 fatty acids. These are useful in not only lowering triglyceride levels, but also in preventing blood clots from forming and making platelets less sticky. Simply put, eating fish can lower your risk of heart disease and strokes.

### *Frying vs. Broiling*

Does the way you cook seafood affect its healthful benefits? A new study done by Harvard Medical School looked at the heart ultrasounds of around 5,000 older men and women. Their findings? Those who regularly ate fried fish and fish sandwiches showed more arteriosclerosis (the forming of plaque on the artery walls). However, the men and women who frequently ate broiled or baked fish typically had lower blood pressure and less plaque build-up.

This study suggests that fried seafood doesn't do much to protect your heart, but may increase your risk of heart disease. Only fish that had been baked, broiled, poached, or grilled seemed to have the healthful benefits of omega-3 fatty acids. It makes sense that if fat or oil is added to seafood before or after it is cooked, the added fat (especially saturated or trans fats) may override the healthful benefits that protect your heart.

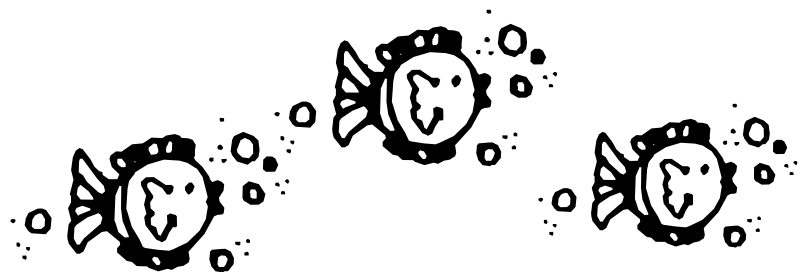
### *Salmon vs. Cod*

Are all types of seafood beneficial? The Connors asked the same question in the 1980s when they were doing research for the Cholesterol and Saturated Fat Index content of foods (the CSI). Their conclusion? All seafood contains the heart-protective omega-3 fatty acids, but different kinds of seafood contain more than others. For example, fatty fish like salmon and tuna are loaded with omega-3 fatty acids, while white fish and shellfish typically have less of this beneficial oil.

Should we only eat salmon and tuna and skip the white fish? Not at all! White fish still has less saturated fat and cholesterol than steak, so it's an excellent choice as a main course of a meal. As long as you eat a variety of seafood in your diet, you're making a big stride towards a healthier heart. You just have to be wary of how the seafood has been cooked, and what kinds of condiments are being used on your seafood.

### *What's For Dinner?*

We shouldn't have to say it, but we will ... crab legs dipped in melted butter or baked fish smothered in tartar sauce (Note: 2 tablespoons of tartar sauce has 150 calories and 16 grams of fat) are not heart-healthy dinner choices. Instead, try a lemon twist and a little cocktail sauce on your steamed shellfish, baked fish cooked with herbs and white wine, or grilled fish topped with a fresh mango salsa. If you must have some tartar sauce, try any of the low-fat varieties at your local grocery store – they really are good! Just remember: seafood doesn't have to be gourmet. Something as simple as a tuna sandwich with low-fat mayonnaise is a great way to increase your seafood intake without much hassle or added expense. Yummm, anyone else getting hungry?



## “Natural” Peanut Butter Not Always a Healthier Choice

While one of our dietitians recently visited her parents, she made the routine “nutritional check-up” of their pantry. Upon her inspection, she discovered a new version of peanut butter labeled “Skippy’s Natural Peanut Butter”. The label caught her eye because it advertised “New! No Need to Stir!” and “No Oily Mess!” How can this be?! Most “natural” peanut butter products need to be stirred because the non-hydrogenated oils separate out. When she flipped the jar over to read the label, she was shocked to discover that Skippy’s “natural” peanut butter contained palm oil, which contains a large percentage of saturated fat, even more so than lard. You might be surprised that the typical peanut butter spreads (both creamy and crunchy) are actually fairly low in trans fatty acids. Our word of advice: Read the labels and stick with peanut butter that contains no palm oil. Natural peanut butter is a great choice, IF it contains no palm oil!

## Taco Bell “Fresco Style”

If you haven’t made a “Run for the Border” in awhile, you might be pleased with the latest healthy trend in fast food—called “Fresco Style”. Ordering any of your Taco Bell favorites Fresco Style means that they will substitute a special Fiesta Salsa (diced tomatoes, onions and cilantro) for cheese and sauce. By doing this, you can reduce fat by about 25% for most menu items compared to the original version. For example, a typical Chicken Soft Taco contains 6 grams of fat, 190 calories; ordering it Fresco Style reduces fat content to 4 grams of fat, 170 calories. A greater reduction is seen in the Grilled Steak Taco. The original version contains 17 grams of fat while the Fresco Style version contains just 5 grams of fat. For some items, Fresco Style increased fiber content slightly as well. However, in most cases the increase was minimal (at most, 1 gram fiber more). You might also expect a large reduction in sodium with the addition of chopped tomatoes, but disappointingly this was not the case. For most items, the sodium content was about the same.

We’re pleased to say that many fast-food restaurants are once again offering consumers healthier options. You can now find more menu items containing fresh fruits and vegetables, which for the fast-food industry is really saying something. We just hope consumers order these items enough to keep them on the menu. We’ve seen many healthy choices disappear off the menu faster than you can say “cheese”.



## Quick ‘n Healthy Breakfast Idea

One of our dietitian’s husbands had a hard time eating breakfast in the morning. The usual healthy options like high-fiber cereal, yogurt topped with granola, or fruit and cottage cheese weren’t as quick and satisfying as the nearby fast-food joint where he could swing through the drive through for a hand-held heart attack on an English muffin.

Her solution? Make a healthy version of the McMuffin that could be assembled ahead of time, frozen, and reheated in just minutes. By using a whole wheat English muffin, egg substitute, low-fat cheese, and a veggie sausage patty, she found a solution both she and her husband could live with (see recipe below). Now he can still enjoy a satisfying, hand-held breakfast minus the loads of fat, and without the heart attack on the side!

Try making an assembly line of the ingredients, and freezing several individually wrapped breakfast sandwiches at a time. To re-heat, wrap the breakfast sandwich in a paper towel and defrost in microwave on low for 2-3 minutes. Then heat on high for 1-3 minutes (varies with each microwave). Yes, you can freeze the egg!

\*To skip the defrost step try placing the breakfast sandwich in the fridge the night before, then just heat in the microwave on high for 2-3 minutes.

\*\*Try using Morningstar Farms meatless bacon in place of the sausage patty. It’s yummy!

### To make 1 breakfast sandwich you will need:

- 1 whole wheat English muffin, lightly toasted
- ¼ cup egg substitute, cooked using fat free cooking spray
- 1 oz slice of low-fat cheese (we like *Cabot Vermont Cheddar Cheese – 50% Lite*)
- 1 meatless sausage patty, browned using fat free cooking spray (we like *Morningstar Farms* or *Gardenburger* sausage patties)

Assemble ingredients between the English muffin and freeze.

### **Our Sandwich:**

Calories: 285  
Fat: 7 g  
Sat. Fat: 2 g  
Cholesterol: 6 mg  
Fiber: 5 g  
Sodium: 554 mg  
CSI: 2.3

### **McDonald’s Sausage Egg McMuffin:**

Calories: 440  
Fat: 27 g  
Sat. Fat: 11 g  
Cholesterol: 266 mg  
Fiber: 1.5 g  
Sodium: 928 mg  
CSI: 24



## Research Highlights

### *Soda and Sweetened Beverages: Main Source of Calories in American Diet*

Traditionally, the primary source of calories in the American diet was from white bread. In other words, the single food that contributed the greatest percentage of calories was white bread. Now, according to new research conducted at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, Americans are drinking these calories instead. By analyzing sweetened beverage consumption and its contribution to total caloric intake, investigators discovered that American adults now consume higher proportions of calories from soda or sweetened drinks than from *any other food*. In fact, more than 2/3 of American adults drank regular soda pop equivalent to 2.6 cups/day, or 14% of total energy intake. Among people who consumed sweetened beverages, 11% of total energy intake came from sweet drinks.

Not surprisingly, obesity rates were higher among sweetened beverage consumers. In contrast, consumers who drank 100% orange juice and low-fat milk tended to be less overweight.

**Bottom Line:** Don't forget that water is a great beverage! If you like soda and other sweetened drinks, try diet versions instead. And speaking of sweetened drinks . . .

## New Product Review

### *Oregon Chai Sugar-Free Original*

With cooler weather upon us, a warm drink can be just what you need to take the chill out of your bones. We've found a great new product that's full of flavor without all the sugar and calories of typical sweetened beverages. *Oregon Chai Sugar-Free Chai Tea Latte* concentrate is sweetened with Splenda, so it contains 0 Calories (concentrate alone before adding milk). Just mix equal parts tea concentrate with fat-free milk for a low-calorie hot beverage. If you mix ½ cup tea concentrate with ½ cup fat-free milk, you'll have a satisfying beverage for only about 40 Calories. Best of all, it tastes great!

If you prefer to avoid artificial sweeteners, Oregon Chai also has a version called "Slightly Sweet Original" that is sweetened with honey. ½ cup of the concentrate has 21 calories; if you add ½ cup fat-free milk you'll have another tasty beverage for only about 60 calories. For more information, visit [www.oregonchai.com](http://www.oregonchai.com).



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Publication of this newsletter is supported by OHSU Department of Medicine and by educational grants from: Pfizer, AstraZeneca Pharmaceuticals, Schering Plough, Kaneka An equal opportunity affirmative institution. 1105

## Grilled Asian-Marinated Pork Tenderloin & Fresh Herb Salad

*We are so excited about this new recipe that we had to share it with you! We just love the Asian flavors. Serve with rice or crusty bread.*

1 ½ pounds pork tenderloin, trimmed of all visible fat

### *Asian Marinade*

¼ cup low-sodium soy sauce

¼ cup brown sugar

2 tablespoons sherry

2 tablespoons freshly squeezed orange juice  
zest of 1 orange

2 tablespoons hoisin sauce

2 tablespoons minced ginger

2 cloves garlic, minced

2 green onions, sliced

1 tablespoon mustard powder

1 teaspoon crushed red pepper flakes



### *Fresh Herb Salad*

6 cups mixed baby greens (5 ounce bag)

½ to 1 cup chopped fresh cilantro (*adjust amount to your liking*)

½ to 1 cup chopped fresh mint

8 medium green onions, chopped

1 cup bean sprouts

1 cup carrots, sliced into matchstick sized pieces

2 medium red bell peppers, thinly sliced

### *Ginger Lime Dressing*

3 tablespoons freshly squeezed lime juice

3 tablespoons seasoned rice vinegar

1 ½ tablespoons toasted sesame oil

1 tablespoon soy sauce

2 teaspoons freshly grated ginger

½ teaspoon sugar

¼ teaspoon red pepper flakes

2 teaspoons chopped unsalted peanuts

### **To Prepare Marinade:**

Combine all marinade ingredients in small bowl. Pour into large Ziplock baggie and add pork tenderloin. Marinate overnight, or at least 4 hours, turning bag at least once.

### **To Grill Pork:**

Spray grill with nonstick cooking spray prior to turning it on. Preheat grill to medium heat. Add tenderloin; set aside marinade. Grill 10-15 minutes, basting with marinade and turning frequently, until internal temperature reaches 160 degrees. Remove from heat and allow to cool slightly (10 minutes) before slicing. Discard remaining marinade.

### **To Prepare Salad:**

In large bowl (or salad spinner) toss all *Fresh Herb Salad* ingredients. In small bowl, whisk all *Ginger Lime Dressing* ingredients. Drizzle over salad, tossing well to coat.

### **To Slice Pork:**

Slice tenderloin diagonally into 12 thin pieces. Arrange salad onto 4 large plates, and top each with 3 slices of pork tenderloin. Sprinkle ½ teaspoon chopped peanuts over each serving.  
Makes 4 generous servings.

Calories 325      Sat. Fat 3 g      Cholesterol 90 mg      CSI 7  
Total Fat 12 g      Sodium 377 mg      Fiber 6 g

# Roasted Eggplant Sandwich

*We think you can't go wrong with roasted eggplant! If it's barbecue season, you could also grill the eggplant.*

## *Roasted Eggplant*

2 teaspoons garlic olive oil\*  
1 large eggplant, sliced in 1/2 inch pieces  
1/4 teaspoon (or less) Lite Salt  
1/4 teaspoon black pepper

## *Tomato Mixture*

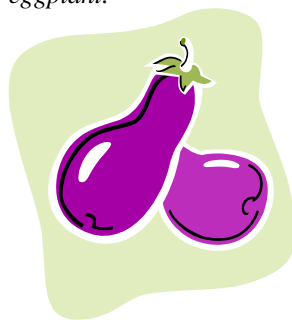
1 teaspoon garlic olive oil\*  
2 cloves garlic, minced  
1/2 medium red onion, thinly sliced  
1 can (14.5 ounces) unsalted diced tomatoes, undrained  
1/2 teaspoon Lite Salt

4 4-inch soft sandwich rolls, split in half  
1/2 cup thinly sliced fresh basil leaves  
4 teaspoons freshly grated Parmesan cheese  
1/2 cup grated part-skim-mozzarella cheese

*\* Garlic olive oil can be found in many specialty grocery stores. You can also make your own by sautéing minced garlic in the olive oil.*

## *To Prepare Roasted Eggplant:*

Preheat oven to 450°. Trim ends of eggplant and cut into 1/2-inch thick slices. Arrange sliced eggplant on cookie sheets.



Using a pastry brush, brush both sides of eggplant with 2 teaspoons garlic olive oil. Sprinkle with Lite Salt and pepper and roast in hot oven for 15 minutes or until tender. Flip once. (If eggplant looks dry, you can spray with a little nonstick cooking spray.) Remove from oven.

## *To Prepare Tomato Mixture:*

Meanwhile, in medium skillet, heat another 1 teaspoon garlic olive oil and add garlic and red onion. Sauté 3 to 4 minutes, then add diced tomatoes and 1/2 teaspoon Lite Salt. Reduce heat to low and simmer 5 to 10 minutes (until slightly thickened).

Preheat broiler. Arrange split rolls on a broiler pan. Put layers of roasted eggplant, tomato mixture and basil into sandwich rolls, dividing ingredients evenly. Top 4 halves with 1 teaspoon Parmesan cheese and 2 tablespoons mozzarella cheese. Melt cheese under broiler. Watch closely so it doesn't burn. Fold 2 halves together and serve warm, with plenty of napkins on hand!

Makes 4 sandwiches.

~ Per Sandwich ~

Calories 326  
Sodium 575 mg  
Fiber 7 gm  
Total Fat 10 g

Saturated Fat 3 gm  
Cholesterol 9 mg  
Cholesterol-Saturated Fat Index 4



