

Kitchen Creations Faculty Newsletter #15
June 2006

We hold these truths to be self-evident...the growing evidence to support whole grains, fruits and vegetables in the American diet.

There are certain truths that we, as home economists, nutritionists, dietitians know in our hearts and minds are essentials in good nutrition. An example is: “moderation and variety are essential elements of a good diet”.

A study done at the University of Texas, Austin, and published in the latest **Journal of the American Dietetic Association**, bears witness to just another of these truths. 52 overweight/obese and 52 normal weight adults were matched for sex, age and height. They were assessed for food frequency, physical activity and body fat.

Davis JN, Hodges VA, Gillham MB. Normal-Weight Adults Consume More Fiber and Fruit than Their Age- and Height-Matched Overweight/Obese Counterparts. *J Am Diet Assoc.* 2006;106:833-840

The findings were that the overweight/obese individuals ate more total fat, saturated fat and cholesterol and less carbohydrate, complex carbohydrate and dietary fiber than the normal weight individuals. Reported intake of dietary fiber was inversely related to percent body fat. Servings of fruit per day were negatively related to percent body fat.

It is notable that this study measured body fat, not just BMI and, using multiple regression techniques, the researchers controlled for confounding variables, taking the study up a notch from usual epidemiological studies.

Bottom line: “These findings suggest that the composition of a diet, especially low dietary fiber and fruit intake, plays a role in the etiology of obesity.”

Comment of an old 5 A Day Coordinator: The **5 A Day for Better Health** program has affirmed for years that including more fruits and vegetables in your diet pushes out some of the high calorie, high fat foods that might be eaten.

The **American Diabetes Association’s Clinical Practice Recommendations** for diabetes care indicate that it would take substantially more fiber in the diet than is typical of the American diet to reduce blood glucose. However, research continues to affirm the role of fiber in normalizing glucose as well as lowering cardiovascular disease risk.

The **Food and Drug Administration** allows a ‘health claim’ status to certain fibers because of the strong scientific evidence showing they can reduce the risk of coronary heart disease. The fibers allowed such a claim include oat bran, oat flour, rolled oats, psyllium, whole grains such as barley and barley-containing products.

The recommendation of the **American Dietetic Association** is 20 – 35 grams (g) of dietary fiber each day. The **Institute of Medicine’s Dietary Reference Intakes**

indicates 38 g per day for young men and 25 g per day for young women. Americans usually consume only about ½ of these recommendations.

The following day's intake was recently given in **DOC News, March 2006**, as an example of how easily one could reach the 35 g recommendation.

Breakfast of 100% bran cereal and a banana – 12 g.

Lunch including a cup of chili with beans and a corn muffin – 10 g.

Two snacks of an apple or a handful of almonds or pistachios add 3 g each.

Dinner including a sweet or regular potato, or a serving of green peas, couscous, or whole wheat bread and a salad – 7 g.

Remember early research, beginning in the 1960's, touting oatmeal as the solution to our cardio health. Recent research shows the soluble component, beta glucan, is present in several whole grains including whole wheat, brown rice and barley. Barley has been found to contain a level of beta glucan similar to oats.

In work done at the **Human Nutrition Research Center, Beltsville MD**, when fiber intake from whole wheat, brown rice and barley was consumed daily, blood pressure fell significantly. Total cholesterol and LDL cholesterol fell and HDL cholesterol rose. Barley beta glucan, consumed in a meal and not as a supplement, was effective in regulating peak glucose response.

On line continuing education credits – the American Association of Diabetes Educators provides CEU's to members and non-members. The URL is <http://www.aadenet.org>. On the left border, click Continuing Education, then click Overview, and scroll the page to find On-line Courses such as the following:

The Whole Grain Story: A Self-Study Guide for Health Professionals on Whole Grain and Health is a CE opportunity provided by General Mills that can provide additional information on the role of whole grain in a healthy diet, and as a risk-reducer for chronic disease.

DAWN: Real World Applications and Strategies. DAWN is the acronym of the Diabetes Attitudes, Wishes and Needs study. Addressing the psychosocial needs of the person with diabetes, opens the way to better learning and greater self-management of the disease.

Enjoy the wonders of your local Farmer's Market and accompany them with a variety of whole grains. Good Health to You!

Carol S. Marr, R.D., L.D.

Sharps Disposal

Every year people in the U.S. use more than one billion syringes and lancets to take care of their diabetes. Syringes and lancets are often called “sharps”; they need to be disposed of properly.

Put the syringe or lancet into a plastic or metal container with a tight cap or lid. Do this as soon as you are finished with the syringe or lancet. The best containers to use are made of strong plastic, so needles can't poke through. Some examples are a plastic bleach jug, plastic liquid detergent bottle or plastic milk jug. A coffee can will work, too. When it gets full, close the lid tightly and seal it with strong tape (duct tape). Do not use glass or light weight plastic containers. Be sure to put “sharps” containers in the trash and not in a recycle bin.

Many pharmacies sell home sharps containers at a reasonable price. When the container is full, close the lid tightly and put it in the trash bin.

Some Public Health Offices in New Mexico have drop boxes for sharps. The boxes are outside the clinics, so people can drop off sharps at any time. Dropping off sharps is free. Listed below are Public Health Offices and other facilities that have sharps drop off boxes.

Albuquerque:

Stanford PHO	1111 Stanford NE	841-4100
Northwest Valley PHO	7704 2 nd St NW	897-5700
Southwest Valley PHO	2001 N Centro Familiar SW	873-7478
New Mexico AIDS Services	625 Truman St NE	938-7100

North West:

Los Lunas PHO	1000 Main St NW Bldg 3	841-5315
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North East:

Santa Fe PHO	605 Letrado St, Santa Fe	476-2601
San Miguel PHO	18 Gallegos Rd, Las Vegas	454-9369
Taos PHO	1400 Weimer Rd, Taos	758-7023
Health Centers of NNM	Espanola	?
Los Alamos Med Ctr	Los Alamos	?

South East:

Curry PHO	1216 Camero St, Clovis	763-5583
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Chaves PHO 200 E Chisum, Roswell 624-6050
Quay PHO 402 E Miel de Luna, Tucumcari 461-2610

South West:

Otero PHO 1207 Eighth St, Alamogordo 437-9340
Luna PHO 215 S Silver, Deming 546-2771
Dona Ana PHO 1170 N Solano Dr, Las Cruces 528-5001
Hidalgo PHO 530 DeMoss St, Lordsburg 542-9391

Thanks to Patty Anello of the Diabetes Prevention and Control Program for the information on drop boxes for sharps.

Karen Halderson, MPH, RD, LD, CDE
Extension Diabetes Coordinator

Diabetes Prevention and Control Program Web Site

The DPCP web site contains a lot of useful information. Go to www.diabetesnm.org. If you want to know the percentage of adult with diabetes in your county, go to the web page and click on "FACTS" on the left side of the page, then click on "Prevalence in Each County". The chart lists the percentage of adults with diabetes in each county and the percentage of adults with diabetes in New Mexico.

Also on the FACTS page you can find information on the Cost of Diabetes, Death Rates, Diabetes in New Mexico: The Facts and Special Reports, and Special Reports. There are special reports on Hospitalization for Heart Attack, Stroke, or Congestive Heart Failure among Persons with Diabetes: 2001-2003, Lower Extremity Amputations, Obesity and Diabetes, and Weight and Diabetes.

On the Home Page on the right side click on "Kitchen Creations upcoming cooking schools" to see where and when Kitchen Creations cooking schools are scheduled. As soon as you schedule a cooking school, please let me know so that it can added to the web page.

Also on the Home Page, Kitchen Creations is listed under Activities. Included is a description of Kitchen Creations, goals of Kitchen Creations and links to this newsletter and Kitchen Creations evaluations.

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Whole Grains

The Dietary Guidelines recommends that at least half the grain servings be whole grains. This will help meet the fiber recommendation. Consuming at least 3 ounce-equivalents of whole grains per day can reduce the risk of coronary heart disease, may help with weight maintenance, and may lower risk for other chronic diseases. At lower calorie levels, adults should consume more than half (specifically, at least 3 ounce-equivalents) of whole grains per day, by substituting whole grains for refined grains.

The strongest evidence for eating more whole grains is lower rates of heart disease. In the Iowa Women's Health Study, those who reported eating at least one serving of whole grains a day had a 30 to 36 percent lower risk of heart disease than those who reported eating no whole grains. In the Nurses' Health Study those who said they ate almost three servings of whole grains a day had a 25 percent lower risk of heart disease and a 36 percent lower risk of stroke. In both studies people who ate at least three servings of whole grains a day had a 20 to 30 percent lower risk of diabetes over the next ten years than people who ate one serving of whole grains a week.

Here are two websites that have information on using whole grains and recipes for whole grain products.

Go to www.wheatfoods.org click on recipes and photos, then click on 100% whole wheat

Go to www.wholegrainscouncil.org click on consumer info, then click on whole grain recipes

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