



▶ TRIGLYCERIDES..... 1

○ ISSUE
1

○ VOLUME
3

○ September
2008



▶ DID YOU KNOW?..... 1



▶ TAKE A BITE ON THIS!..... 2

Nutrition *news*

NUTRITION EDUCATION IN EASY TO DIGEST BYTES!

Nutrition tips for better health!

Triglycerides: Keeping the Numbers Down

News about cholesterol is everywhere, and most people are pretty knowledgeable about the role of cholesterol in the body and its harmful effects on health. Less understood is the role of **triglycerides**, which also are damaging to one's health. Triglycerides are the same form of fat that is found in foods. They also are created by excess calories, stored as fat in the body. Triglycerides usually are stored as fat in the body. However, some triglycerides are in the blood and responsible for **atherosclerosis**, which is the buildup of fat and cholesterol in the arteries. When excessive levels of triglycerides build up in the body, they raise health risks, including heart attack and stroke. Though ideal levels for triglycerides are under 100 mg/dL, risks for cardiovascular disease really begin at fasting levels of 150 mg/dL or greater.

Tips to lower triglyceride levels include:

- Move!
 - Increasing activity and weight loss by 10% may reduce triglyceride levels by as much as 22%
 - Even the smallest increase of activity or weight loss counts in

Risk Level

Normal
Borderline-High
High
Very High

Triglyceride Level (mg/dL)

150 or below
150-199
200-499
500 and above

- the efforts to lower triglyceride levels
 - Choose high-fiber and whole-grain foods
 - Refined sugars, corn syrup, and white flour all contribute to elevated triglyceride levels
 - Choosing a diet with fewer added sugars and refined grains helps lower triglyceride levels
 - Whole fruits, vegetables, and high-fiber/whole-grain carbohydrates are essential to keeping numbers in check
- Avoid saturated fats and *trans* fats.
- Choose foods with omega-3s, such as fish and flaxseed, instead of meats and fattier foods
- Choose lean meats, and don't eat the fat on steaks
- Limit alcohol intake or restrict it if your triglyceride level is 500 mg/dL or more



Know your risk level!

Information provided by RD411

Did you know?

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may **reduce risk for stroke** and perhaps other cardiovascular diseases.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may **reduce risk for type 2 diabetes**.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may **protect against certain cancers**, such as mouth, stomach, and colon-rectum cancer



What If My Frozen or Hot Meals Has...???

Some FYI's for Project Angel Food Meals

By Monica Hall-Gressler, RD

So many questions, so many answers... Each day, I get calls from clients, who tell me, "I have an odd question for you." There are no odd, weird, wrong, strange or stupid questions when you have a concern regarding your Project Angel Food meals. Following are some common questions that have come up and my answers.

FROZEN MEALS —

- Freezer burn** — is a food-quality concern, not a food safety issue. Freezer burn looks like grayish-brown leathery spots on the frozen food. It occurs when air reaches the food's surface and dries out the food. This can happen when food is not securely wrapped in airtight packaging or has been stored frozen for too long. Color changes result from chemical changes in the food's coloring. Although undesirable, freezer burn does not make the food unsafe. It merely causes dry spots in food. Cut away these areas either before or after cooking the food. If you do get a frozen meal with freezer burn please let us know so that we can look into the cause and make sure that we prevent this from happening again. Call the Nutrition Department and let us know what the meal number is, when it was delivered and how much freezer burn there was.
- Punctured, broken or cut seals in the film** — if you receive a meal where the film is punctured, broken or cut, please do not eat the meal — throw it away. We are concerned about your safety and we don't want to take any chances. Again, please call us and let us know that you received meals with damaged packaging.
- Ice crystals** — Ice crystals are normal. They form as the water in the food freezes. So, if you notice ice crystal on your meals there is nothing to worry about, and the meals are safe to eat.
- Thawing and Refreezing** — There are only three **safe** ways to thaw foods: in the refrigerator, in the microwave or under cold running water. Foods should **not** be thawed at room temperature.
 - In the refrigerator** — place frozen food in the refrigerator at least 8 hours before the food is to be cooked. Do not allow the food to remain thawed for more than 24 hours.
 - In the microwave** — use the defrost button or 30% power for 5-7 minutes. Do not remove or puncture the film as this will cause the food to dry out.
 - Under cold running water** — leave the food in the covered container and place under cold **running** water. It usually takes about 30-60 minutes.

Whichever method is used for thawing, once the food has begun to thaw, **DO NOT REFREEZE**. After thawing is complete, food should be cooked immediately.

- Reheating** — Reheating tips for the Burrito/Enchilada Meals — to make sure that the burrito/enchilada do not get dried out and tough when reheating, try these cooking times:

Microwave: If thawed: 1-2 minutes
 If frozen: 2-3 minutes

Oven (300 degrees): If thawed: 16-20 minutes
 If frozen: 25-30 minutes



HOT MEALS —

- Eating Later** — the meals you receive from us have a shelf life, and if they haven't been eaten, they need to be discarded. Here is the rule for keeping your meals safe:

Meal	Days in refrigerator
Hot meal	1-2
Cold Saturday meal	1
Side salad	1-2
Desserts (cakes, pies, puddings)	1-2
Desserts (cookies, bars, brownies)	2-3
Fresh fruit (whole)	3-5
Fresh fruit (cut)	2

There is always a dietitian here to answer any questions you might have about your Project Angel Food meal's safety and remember there are no odd, weird, wrong, strange or stupid questions. You can reach a Project Angel Food dietitian by calling (323) 845-1800.

Please note that the information contained in this newsletter is for general health purposes only and is not meant to substitute instructions from your doctor.