

News in Your School

West Windsor-Plainsboro

April 2019

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RD Corner

Hello! My name is Amy Krehely and I'm your school Registered Dietitian!

My main goals are to teach students lifelong healthy eating habits and to keep you up to date on food and nutrition news. If you have any questions or comments, feel free to contact me at: Amy.Krehely@sodexo.com

Current Diet Trends

Dietary advice pops up from every corner of the internet citing seemingly strong support for their way being the BEST way to achieve diet goals. You will find endless dietary trends: from Paleo to Weight Watchers with everything in between. So how do you know which one is right for you? Here is what you need to know.

1. The Paleo Diet

What is it?

The Paleo Diet loosely mimics nutritional patterns from pre-historic times. It emphasizes consumption of fruits, vegetables, nuts, and animal proteins, with minimal inclusion of sugar, grains, legumes, dairy, and processed foods.

What does the research say?

Long-term Paleo Diet may be associated with:

- ✓ Lower risk for certain chronic diseases, including cardiovascular disease and cancer.
- ✓ Lower levels of systemic inflammation and oxidative stress.
- ✓ Improvements in waist circumference, triglycerides, and blood pressure. However, improvements were very small, and researchers questioned their clinical significance.

Bottom Line: Positive outcomes are associated with the Paleo Diet, though researchers question whether these are because of the diet itself (no grains, dairy, sugar, etc.) or the benefits of increasing nutrient dense fruits and vegetables.

2. A Plant-Based Diet

What is it?

A plant-based diet promotes high intake of foods derived from plants, and limits or completely excludes animal products (meat, poultry, fish, dairy). It is most often associated with a vegan or vegetarian diet.

What does the research say?

A healthy plant-based diet appears to be associated with:

- ✓ Lower risk of mortality.
- ✓ Lower body mass index (BMI) in those who follow a vegetarian diet when compared with the BMI of a non-vegetarian.
- ✓ This same article pointed out potential nutrient concerns for those following a strict plant-based diet: Vitamin B12, zinc and protein. Complete exclusion of all animal products puts one at higher risk for inadequate intake of these nutrients.

Bottom Line: A plant-based diet supports environmental sustainability and may lower risk of mortality and a high BMI. However, if you choose to be strictly plant-based, it's important to be aware of nutrients that may be lacking and modify your diet accordingly.

3. The Ketogenic Diet

What is it?

The Ketogenic Diet focuses on very low-carbohydrate intake and very high-fat intake, with the goal of using fat as the body's primary energy source instead of glucose. A medical Ketogenic Diet can be used to treat seizures primarily in children with epilepsy, and occasionally in adults with epilepsy as well.

What does the research say?

- ✓ One study reported that in overweight and obese men, 4 weeks of a strict Ketogenic Diet resulted in reduced body weight but did not alter their energy expenditure or increase fat loss.
- ✓ Another study compared a strict Ketogenic Diet with a nonketogenic, low-carbohydrate diet and found that both diets were equally effective in reducing body weight and improving insulin resistance. However, they also found that the Ketogenic Diet resulted in elevated LDL cholesterol and cardiac complications, in addition to adverse emotional and mental effects.

Bottom Line: The Ketogenic Diet may promote weight loss and improve insulin resistance, but it appeared to be no more effective than a less restrictive low-carbohydrate diet and may be associated with more adverse metabolic and mental side effects.



4. The Mediterranean Diet

What is it?

The Mediterranean Diet focuses on whole foods like fruits, vegetables, nuts, whole grains, healthy fats and oils, poultry, seafood; allows moderate inclusion of alcohol (red wine) and dairy products; and limits inclusion of added sugar and red meat.

What does the research say?

The Mediterranean Diet may be associated with:

- ✓ Lowers risk for a variety of causes of mortality, including cardiovascular disease and cancer.
- ✓ Lower levels of systemic inflammation and oxidative stress.
- ✓ A study also showed that after 6 months of following the Mediterranean Diet, participants had small reductions in blood pressure and improved vascular function.

Bottom Line: Research shows some benefits may be associated with the Mediterranean Diet related to inflammation, lower mortality risks, and reduced blood pressure.

The path to a healthier lifestyle will look different for every person and learning the research behind different diets will help you find YOUR best path. Unsure how to interpret all this research on your own? Consider talking with your healthcare provider or a Registered Dietitian. They can help you decide which lifestyle changes will best fit you and your goals.

This post originally appeared in a blog for the American Society for Nutrition, by Madeline Radigan.
<https://nutrition.org/a-healthier-lifestyle-in-the-new-year-the-evidence-behind-5-diet-trends-for-2019/>



Veggie Packed Quinoa Fried “Rice”

This healthy version of fried “rice” is made with quinoa which contains more fiber, protein and nutrients than traditional rice. It’s also loaded with veggies to make it a complete, nutritious meal.

Ingredients:

- 5 cups cooked quinoa
- 4 green onions, sliced
- 1 yellow onion, sliced
- 2 to 3 carrots (about 1 cup diced)
- 4 large garlic cloves, minced
- 2 tablespoons fresh ginger, minced
- 2 tablespoons oil
- 1/2 teaspoon kosher salt
- 6 Eggs (omit eggs for a vegan-friendly meal)
- 5 ounces (about 5 cups) mixed greens: baby kale, baby spinach and baby chard
- 4 tablespoons soy sauce or liquid aminos
- Sriracha, for serving

Instructions:

1. Cook the quinoa according to manufacturer’s instructions.
2. Slice the green onions and yellow onion. Peel and dice the carrots. Mince the garlic & ginger.
3. In a very large skillet, heat the oil over medium-high heat. Add the onion and white and light green portions of the green onions and sauté until translucent, about 3 minutes. Add the carrots and sauté for 3 minutes. Add the garlic and ginger and sauté for 2 minutes. Add the quinoa and salt and stir



4. to combine. Make a well in the quinoa, exposing the pan, and crack the eggs into the pan. Scramble the eggs and cook for several minutes until they are soft, then stir them into the quinoa (resist the urge to stir them into the quinoa until they are cooked). Add the baby greens and continue to stir until they are fully wilted, about 1 to 2 minutes. Turn off the heat, stir in the soy sauce and green onion tops and mix.
4. If desired, drizzle with sriracha and/or additional soy sauce. Serving suggestion: serve with boiled edamame in the pods for a filling meal.

Recipe adapted from: <https://www.acouplecooks.com>