

ASK THE R.D.

Question:

Does egg consumption always lead to elevated blood cholesterol levels? What does cholesterol do for me besides cause problems?

Signed: Egghead

Answer:

No. More and more of research findings point towards total fat intake being more closely related to elevated blood cholesterol levels than egg consumption.

An average egg contains about 70 milligrams of cholesterol; found in the yolk of the egg only. The white of an egg contains no cholesterol or fat. The human body naturally produces its own cholesterol in the liver making it unnecessary to consume cholesterol in the food we eat.

Cholesterol is not a fat. It is a waxy, fat-like substance produced by humans and all animals. Cholesterol is needed for many bodily functions including: insulation of nerve fibers, maintenance of cell walls, and the production of vitamin D, various hormones and digestive juices.

The factors affecting cholesterol levels seem to include age, smoking and sedentary behavior.

Source:
<http://ag.ansc.purdue.edu/ispa/news/Articles/eggcholest.html> accessed January 29, 2003.
<http://www.aeb.org/food/eggs-health.html> accessed January 29, 2003.

DISCLAIMER: This information was provided for informational purposes only and should not take the place of appropriate medical or professional care.



If you have questions about food and nutrition please let us answer them! Just give us a call on the Albertsons Service Line, 1-888-746-7252 or write us online at www.albertsons.com. We look forward to hearing from you.

Healthy eating is in store for you at Albertsons.
 We care about your health!



SMART EATING GUIDE

From the Registered Dietitians for Albertsons, Inc.

NUTRITION 101: FROZEN FOOD



ALL FOODS



CAN FIT...



NUTRITION 101: FROZEN FOOD

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Thank Clarence for the Big Chill on Food

Regardless of the time of year, you can thank Clarence Birdseye, a New Yorker, taxidermist, and self-proclaimed chef for the invention, development and commercialization of quick-freezing food in easy-to-handle packages. In 1930, the first quick-frozen vegetables, fruits, seafood, and meat were made available in Springfield, Massachusetts under the trade name Birds Eye Frosted Foods.

More than a foil TV dinner, today's research has determined many frozen foods are more nutritious than the fresh variety. This is especially true about produce. If fresh produce is left to sit in the refrigerator vegetable crisper for a few days it will lose valuable nutrients. With that in mind, it may be better to purchase the frozen equivalent and just thaw the portion you intend to consume, keeping the rest frozen for later use.

Big 4 Bennies of Frozen Foods

Nutrition & Quality

The nutrition, freshness, flavor and color has been maintained by the commercial freezing processes.

Time & Energy Savings

All the preparation has been done for you including the cleaning, picking, dicing, chopping and squeezing of the food.

Safety & Storage

Directions are clearly spelled out on the packaging to help users improve food handling and food safety before and during preparation. In the frozen state, frozen foods last longer than fresh, which saves money and prevents spoilage.

Dollar Savings

Ounce for ounce, frozen foods costs less than its fresh counterpart.

Source: Buoscio, M J. Benefits of Frozen Foods. 2003.

Basic Frozen Food Principles

- Be certain the food does not have a covering of ice crystals. Ice crystals may indicate the food has been previously thawed and frozen again.
- Once you get the food home, label the package(s) with the date of purchase. Most frozen food should be used within three to six months of purchase.

- Always rotate food items using the food frozen the longest time first.
- When thawing frozen foods, only thaw the amount you plan to use. Never place completely thawed foods back into the freezer.
- By using frozen vegetables, frozen fruits, frozen chicken, fish and meat as a part of your dinner tonight, you'll save precious time. Add a fresh salad and a tall glass of Albertsons nonfat milk for a complete and nutritionally balanced meal.
- Consider your freezer door the new "door of opportunity."

Source:
<http://inventors.about.com/library/inventors/blfrfood.htm> accessed January 29, 2003.
 Adapted from <http://www.diabetes.org/main/community/forecast/page31.jsp> accessed January 29, 2003.

Canned, Frozen or Fresh – Your Choice

- To get the highest nutrient content possible and best bargain; purchase produce with the season. Keep in mind that produce in season will probably cost less and taste better than that which is out of season.
- Canned and frozen vegetables are harvested at their peak, when maximum nutrient levels have been reached. There is a small loss of nutrients when canned vegetables are heat processes, as all canned foods are canned raw and cooked in the can.
- Some nutrients are lost when raw vegetables go through the freezing process, though frozen vegetables may maintain a slightly higher nutrient content than canned vegetables.
- Research has evidenced that there are only slight nutrient variations between canned, frozen and fresh vegetables. For example, if you compare the vitamin C content between the three for a given vegetable, the difference is minimal.
- Go with the type of produce you prefer, in the form you prefer. Most important: consume five servings of produce each day to maintain good health.

Source:
 Fontenot, B. Veggie Dilemma: Fresh, Frozen, or Canned. Southwest Louisiana Dietetic Association. 2003.

FROZEN FOOD

Continued

Fruit and Vegetable Serving Sizes

- 1 medium-sized fruit
- 1/2 cup raw, cooked, frozen or canned fruits (in 100% juice) or vegetables
- 3/4 cup (6 ounces) 100 percent fruit or vegetable juice
- 1/2 cup cooked, canned or frozen legumes (beans and peas)
- 1 cup raw, leafy vegetables
- 1/4 cup dried fruit

Source: USDA Food Guide Pyramid

If you're not sure how to prepare a specific type of fruit or vegetable contact your Albertsons Registered Dietitian by calling the Albertsons Service Line at 1-888-746-7252 or through the Healthy Eating Section at Albertsons.com.

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Phytochemicals are natural and healthy

Fruits, vegetables, nuts and seeds contain various types of phytochemicals. In Greek the word 'phyto' means plant. Some phytochemicals function as antioxidants. Antioxidants protect cells from the effects of oxidation and free radicals in the body. Antioxidants have been credited as potentially offering protection from diseases and conditions ranging from some cancers to aging.

Since the early 1970's, researchers from around the globe have determined that people whose diets contain the most fruits and vegetables have lower rates of some cancers.

Fruits, vegetables, nuts and seeds contain flavonoids. Flavonoids are a type of phytochemical. They have been shown to have an antioxidant effect that prevents damage to cells by free radicals. Isoflavones, a type of flavonoid have been shown to make cells less "sticky" by limiting the action of platelets. Platelets are a component of the blood that helps it clot. Soy products (e.g., tofu) and red wine are sources of isoflavones.

Source:
Mayo Clinic Health Oasis, Preventive Nutrition: Food as disease-fighters. 7/26/99.
www.mayohealth.org

NUTS OVER NUTS

Where Can I Learn More?

To learn more about nutrition contact the following resources:

The American Dietetic Association's National Center for Nutrition and Dietetics
216 W. Jackson Blvd.
Chicago, IL 60606-6995
Consumer Hotline: 800-366-1655
Online: <http://www.eatright.org>

American Cancer Society
1599 Clifton Road NE
Atlanta, GA 30329
Phone: 800-227-2345
Online: www.cancer.org

**National Cancer Institute
National Institutes of Health**
31 Center Drive, Building 31, Room 10A07
Bethesda, MD 20892
Phone: 800-4-CANCER (800-422-6237)

Birds Eye Corporation
Online: www.birdseye.com

Nuts Over Nuts

Nuts are the "super foods" of nature. They have been around from the beginning of time in the form of the seeds or dried fruits of trees. Nomadic peoples first gathered nuts growing in the wild until around 10,000 BC when settled populations began to cultivate and farm nut trees.

Benefits

Most nuts have hard, woody outer husks that protect the soft inner seed or kernel. Nuts have between 8 to 18 percent of its calories from protein. If all nuts contained the essential amino acid (the building block of protein that body cannot make on its own), lysine they would be considered complete protein sources. However, consuming nuts with legumes or animals products will form complete proteins.

Nuts are an excellent source of protein, carbohydrates, vitamins, minerals, phytochemicals and healthy, unsaturated fat. Nuts are one of the best vegetable sources of vitamin E from their oil-rich kernels. Specifically, nuts supply the B

vitamins thiamin, niacin and riboflavin. The minerals potassium and iron are generally found in nuts with almonds, Brazil nuts, and filberts considered good sources of calcium. Nuts also contain the minerals magnesium, copper and selenium in varying amounts.

Nuts are cholesterol-free and high in fat, calories and nutrient value. One ounce of pistachios, pine nuts, chestnuts or hazelnuts has about 165 calories. Very powerful.

Varieties

The main varieties of nuts include: almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachio nuts, and walnuts. Nuts vary in size, shape and form as they grow all over the world in varying climates. While a nut keeps best in its own shell, it must be cracked and shelled prior to consumption. Regardless of the type of nut, most can be eaten straight from the tree. Many are shelled and dried to preserve both texture and flavor. Whether marketed in the shell or out; whole, chopped, or slivered; raw, dry-roasted, or oil-roasted; salted, sugared, spiced or plain; packaged or loose.....nuts are a convenient form of food for a person on the move.

Selection and Storage

When shopping for nuts in prepackaged bags look for a freshness date on the sealed container. Look for the plump and uniform sized kernels. Nuts in the shell should be undamaged and free of cracks, tiny wormholes and scars. When you shake the whole nut, complete with the shell, it shouldn't make a sound and should feel heavy to the hand. If the nut inside rattles, the kernel inside may be dry and withered. If you purchase shelled nuts in the bulk bin, go for the crisp and fresh kernels.

Cool and dry are the main rules for nut storage. In general, unshelled nuts keep best in a cool, dry place for about six months to one year. Always keep nuts in their original packaging until ready for use. Once nuts have been shelled they will keep for three to four months at room temperature. You can refrigerate or freeze most nuts in an airtight container for up to one year. Remember to thaw them at room temperature and then either freshen in the oven or toast before use. The exception would be the chestnut. They can be stored at refrigerator temperature in a perforated

RECIPE OF THE MONTH

plastic bag for up to six month. Never cut up a whole nut until ready for use and consumption.

Preparation

Nearly the easiest of all foods to prepare, just crack and chomp...nuts are a favorite of all ages. To crack nuts use a nutcracker or hammer; always wear safety goggles to protect your eyes from unpredictable, flying shells.

If shelled nuts are a bit soft, spread them on a baking sheet and heat in a 150 degree Fahrenheit oven for about three to five minutes. They will get firm quickly.

Nuts can be chopped in a food processor, with a medium-sized French knife or curved chopper. For more finely chopped nuts, use a hand-cranked nut grinder. Nuts can be blanched (removal of the skins), boiled, oven-roasted, fire-roasted or toasted. Most recipe books will have detailed directions on how to prepare the nut noted in the recipe. If you have questions, call me at 1-888-746-7252 or write me online at www.albertsons.com in the Healthy Eating Section.

Sources: <http://www.eatright.org/erm/erm052902.html> accessed January 29, 2003.
http://www.wholehealthmd.com/refshelf/foods_view/1.1523.84.00.html accessed January 29, 2003

Trail Mix

Makes about three (3) cups.

Low on energy? Toss together a quick and healthy energy source without being a chef. The nuts will fulfill your hunger and your body's urge for excellent nutrition.

- 6 ounces of mixed dried fruit bits*
- 1 cup walnut pieces
- 1/4 cup sunflower seeds, shelled and salted (can use unsalted)
- 1/2 cup raisins and/or dried cranberries
- 1/4 cup banana chips
- 1/4 cup almonds

Mix ingredients together in a bowl and divide into small storage bags for portion control and easy transport to the gym, on a hike or coffee break. This recipe is an excellent source of unsaturated fat, calories, potassium and fiber. It is a good source of vitamin E, iron, magnesium, and protein.



*For best results use SunMaid Dried Fruits.