



NJSSNA Webinar

#Fake News: Dispelling Food and Nutrition Myths

Your Questions Answered

With new food labels will carbohydrate figures still be the same to use if calculating insulin corrections for diabetics? And are the carbohydrates higher for nut milks verse that for regular milk?

Dairy milk has 12 grams of carbohydrate per 8-ounce glass- lactose in the milk, naturally no added sugars

Almond milk - 3 grams

Coconut milk 1 gram

oat milk- 16 grams

soymilk- 8 grams

What do you suggest for an overweight 14-year-old boy that is not motivated to move/exercise but loves food?

Overweight 14-year-old boy who doesn't want to exercise? Get him in the kitchen. He can chop, stir, mix, blend. Notice that chefs don't sit. May be fun to combine cooking with a workout such as crouching. Squats while food cooks, Even gardening to grow the food that he can help to cook. Lots of high-volume lower calorie items such as fruit/veggie slushies, blended burgers with veggies and meat, making veggie noodles to replace some of the pasta, let him experiment with flavor stations. The more we get kids involved in the preparation of food, the higher their satisfaction and the less they end up eating!

When speaking about supplements, do recommend taking probiotics?

In terms of probiotics, there are different strains for different uses, i.e some strains are good for IBS, others for Cdiff, others for supporting a healthy immune system so it is important to make sure the probiotic you choose contains at least 1 billion CFU- colony forming units- but better yet, begin with adding probiotics through foods such as yogurt, kefir.

What is your opinion regarding food avoidance and immune diseases, ie rheumatoid arthritis?

Food avoidance and RA- some patients benefit from food elimination therapy for short term benefits not a long-term solution and may result in nutrient deficiencies. The foods eliminated included milk, gluten and meat. So, if one decides to try this, it is still important to replace the protein and micronutrients. ideally focus more on what TO include such as anti-inflammatory foods- fruits and vegetables, a more plant-based diet overall- beans, whole grains, produce, fatty fish such as salmon for the omega-3s, olive oil.

Certain foods such as prunes which have positive effects on bone health, the anthocyanins in berries, and beets, kaempferol in grapefruit, and p-coumaric acid in spinach, potatoes, grapes, apples, tomatoes, oranges may also be helpful and then some spices such as ginger, and curcumin (turmeric). The omega-3 fatty acids, particularly gamma linolenic acid and the fish oils EPA and DHA may also be helpful. Minimizing alcohol and sugar (added sugars) as well as trans-fats may be beneficial as well.

What do you tell parents when they say they avoid milk due to phlegm issues?

Certainly, if one is allergic to milk, they may experience the feeling of phlegm in the throat. There may be a slight thickening of saliva after drinking milk but that is temporary. Milk is a nutritional powerhouse- using it as a smoothie or in a popsicle, or added to French toast, oatmeal can all be ways to help kids reach their nutritional needs every day.

What are other non-dairy sources of calcium?

Nondairy sources of calcium:

Calcium fortified soymilk or tofu

Almonds

white beans

sunflower seeds

Kale

Broccoli

sesame seeds

mustard/collard greens

canned fish with bones: sardines/salmon

calcium fortified orange juice

What do you think about programs like Isagenix as meal supplements?

Some people find meal replacements to be quite helpful. It is important to gauge if they are satisfying enough to help you get through the day without being overly hungry or fatigued. I have found the most success with my clients who use them as a midafternoon or evening snack rather than as meal replacements