



NUTRI NEWS

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NUTRITION NEWS FOR SENIORS

EAT MORE, WEIGH LESS!

Wouldn't weight control be a lot easier if we could feel full on fewer calories? Here's good news! New research shows that food weight actually plays a bigger role in reducing hunger than food calories, because weight sends stronger fullness signals to your brain by stretching your stomach. In fact, most of us eat about the same weight of food each day even though our daily calories may vary a lot.

To use the hunger-reducing power of food weight, focus on two types of foods low in calories per gram of weight:

1. Foods not overly high in fat, since each gram of fat adds 9 calories versus just 4 calories for carbohydrates or protein. Compare full-fat mayonnaise (7 calories per gram) with reduced-fat mayonnaise (3 calories); fried chicken (3 calories) with grilled chicken (1.5 calories); full-fat cheese (4 calories) with 50%-fat cheese (2.5 calories). But don't go too low on fat, since it does add flavor.

2. Water-rich foods are even more effective, especially fruits, veggies, and broth-based soups: Water not only adds calorie-free weight but also swells food volume so your eyes, teeth,

and stomach feel you've eaten more than you really have.

Here's an example: Without water, a cup of grapes (110 calories, 160 grams of weight) shrinks to 1/4 cup of raisins (still 110 calories but now just 36 grams of weight and a lot less filling). The same is true for pasta, 1/2 cup of pasta (110 calories, 70 grams of weight) is more filling than 5 pretzels (110 calories, but just 30 grams of weight).

But water weight helps satisfy hunger only if it's actually part of the food. Drinking water doesn't work, since it leaves your stomach too quickly. That's also why whole fruit is more filling than juice, let alone soda. Need proof? In one study, women had a 270-calorie casserole plus a 10-oz. glass of water as a first course for lunch. But, when the water was cooked into the casserole instead, they felt fuller and ate 100 fewer lunch calories overall.

(continued)

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EAT MORE WEIGH LESS! (CONT.)

Some tips for adding hunger-reducing water weight to food:

- Begin a meal with a low-calorie salad.
- Add extra vegetables to pasta, pizza, canned soup, sandwiches, or a casserole.
- Cook extra water into a casserole to make it more water-rich.
- “Weigh down” a chicken salad with grapes or sliced apples. Or a tuna salad with celery, peppers, or tomatoes.
- Include whole fruit with breakfast. Add fruit to yogurt. Choose fruit desserts.
- Include skewers with fruits and vegetables at the next barbeque.

Another great weight control tip: Eat more lean protein foods like skinless chicken, baked or broiled fish, beans, and 1% or skim milk, because protein also has good filling power per calorie.

For more information, go to <http://lancaster.unl.edu/food/ftjan01.htm>

Lentil Soup

This soup is power-packed with nutrition and low cost!

Serves: 12

Serving size: 1 cup

Preparation time: 15 minutes

Cook time: 45 minutes

1 pound bag of lentils
6 cups water
2 cups chicken broth
2 carrots, diced
1 10 oz. package frozen spinach
1 bay leaf, optional
2 Tbsp. tomato paste
Salt (optional)



1. Wash lentils and check for small stones. Put in stock pot with water and broth, heat on medium-high.
2. Microwave spinach to defrost.
3. Peel and dice carrots. Add to soup.
4. Break up spinach and add to pot along with bay leaf. Dissolve tomato paste into mixture.
5. When soup comes to a boil, lower heat and simmer for about 45 minutes.

Tips/Notes: Lentils are a high protein, low cost legume that do not require soaking prior to cooking. Lentils can be found in most supermarkets, often in the international foods section.

Put the leftover paste into a baggie and freeze it for later use.

Time saver: Use red lentils which require 15 minutes to cook instead of brown lentils which need 1/2 hour.

Menu ideas: Serve with crusty bread or roll, a green salad, and fruit parfait for a balanced meal. Freezes well.

Nutrition information per serving:

Calories: 150

Carbohydrates: 24 grams

Protein: 12 grams

Fat: 1 gram

Sodium: 210 milligrams

Fiber: 13 grams

WHAT DOES BUYING LOWER FAT/LIGHT PRODUCTS REALLY SAVE?

Below is a comparison of products in the “regular” version and nutritionally “light” version. Look at the nutritional difference!

Nutritional Information	Microwave Popcorn “Movie Theater Butter”	Microwave Popcorn Light Butter	Choosing “Light Butter” Popcorn compared to choosing “Movie Theater Butter”
Calories, 1 cup popped	35	20	Saves 15 Calories
Total Fat	12 g	5 g	Saves 7 g of Total Fat
Saturated Fat	6 g	2 g	Saves 4 g of Saturated Fat
<i>Trans</i> Fat	0 g	0 g	0 <i>Trans</i> Fat Saved
Polyunsaturated Fat	1.5 g	0.5 g	Saves 1 g of Polyunsaturated Fat
Cholesterol	0 mg	0 mg	0 Cholesterol Saved
Sodium	360 mg	320 mg	Saves 40 mg of Sodium
Total Carbohydrates	16 g	19 g	Adds 3 g of Total Carbohydrates
Fiber	3 g	3 g	0 Fiber Saved
Protein	2 g	3 g	Adds 1 g of Protein

Nutritional Information	Refried Beans	Refried “Fat Free” Beans	Choosing “Fat Free” Refried Beans compared to Choosing “Refried Beans”
Calories, 2 cups	150	100	Saves 50 Calories
Total Fat	2.5 g	0 g	Saves 2.5 g of Total Fat
Saturated Fat	1 g	0	Saves 1 g of Saturated Fat
<i>Trans</i> Fat	0	0	0 <i>Trans</i> Fat Saved
Polyunsaturated Fat	0	Not Listed	
Cholesterol	0 mg	0 mg	0 Cholesterol Saved
Sodium	570 mg	540 mg	Saves 30 mg of Sodium
Total Carbohydrates	25 g	18 g	Saves 7 g of Total Carbohydrates
Fiber	9 g	4 g	Loses 5 g of Fiber
Protein	8 g	6 g	Loses 2 g of Protein

Nutritional Information	Kielbasa	Kielbasa “Lite”	Choosing “Lite” Kielbasa compared to Choosing “Kielbasa”
Calories, 2 oz.	190	110	Saves 80 Calories
Total Fat	17 g	8 g	Saves 9 g of Total Fat
Saturated Fat	8 g	3 g	Saves 5 g of Saturated Fat
<i>Trans</i> Fat	0 g	0 g	0 <i>Trans</i> Fat Saved
Polyunsaturated Fat	Not Listed	Not Listed	
Cholesterol	25 mg	35 mg	Adds 10 mg of Cholesterol
Sodium	510 mg	550 mg	Adds 40 mg of Sodium
Total Carbohydrates	2 g	0 g	Saves 2 g of Total Carbohydrates
Fiber	0 g	0 g	0 Fiber Saved
Protein	7 g	9 g	Adds 2 g of Protein

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ASK MISS SMARTY

Q. Why should *trans* fats be reduced in my diet?

A. Scientific studies have shown that *trans* fats raise the blood levels of LDL cholesterol ("bad" cholesterol) in blood. High blood levels of LDL cholesterol are an important risk factor for heart disease. *Trans* fat also lowers the levels of HDL cholesterol ("good" cholesterol) in the blood. Low blood levels of HDL are another important risk factor for heart disease.