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10 Must-Know Hybrid Fruits



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Tangor, ugly, jostaberry and pluot... these are just a few curiously named hybrid fruits found at the grocery store or farmers market. With bizarre names, hybrids might sound like weird science, but these fruits and their many cousins are more natural and familiar than you might think.

Hybrids don't use genetically modified organism technology. Hybrids use traditional pollination that can ordinarily occur in nature. With controlled pollination, cultivars can breed new generations of fruiting plants with increasingly desirable characteristics.

Farmers benefit from hybridized fruit plants that are naturally disease resistant and hearty in heat, cold and drought — in addition to producing consistent, higher yields with predictable fruit maturation times. As a result, consumers benefit from unique, uniform fruit sizes and shapes, increased juiciness, improved taste and better nutrition.

Here are 10 hybrid fruits to add to your shopping list.

Tangor: A cross between a mandarin and an orange — the tangor may sound unfamiliar, but varieties such as murcott and temple have been hitting the produce department of local grocery stores.

Ugli: Botanically *Citrus reticulata x paradisi*, the "ugly" hybrid of a grapefruit, orange and tangerine, this tangelo from Jamaica reflects more sweet flavors from its tangerine ancestry rather than bitter grapefruit. Add uglis, halved or sectioned, to a salad with avocado, sweet onion, chicory and radicchio.

Jostaberry: Sweeter than its North American and European gooseberry and black currant parents, the jostaberry is a rich, almost black berry with grape, blueberry and kiwi flavors and packed with vitamin C.

Pluot: A Zaiger trademarked plum and apricot hybrid, it's bred for smooth skin and super juicy, sweet flesh.

Baby Kiwi: The lineage of the baby kiwi traces back to fuzzy kiwifruit, also known as the Chinese gooseberry. With smooth skin that doesn't need to be peeled, the typically berry-sized baby kiwi can vary in size, shape, color and taste between producers.

Tayberry: A cross between a red raspberry and blackberry, the tayberry looks like an elongated raspberry with tart flavor.

Limequat: This ripe key lime and kumquat hybrid resembles a miniature oval orange with greenish-yellow skin. In season from mid-fall to winter, limequats — with their tart key lime flavor— can be eaten whole, in jams or accompanying fish or chicken.

Pineberry: A novel cross between white strawberries from Southern Europe and cultivated red strawberries produce this pineapple-flavored berry, typically available early May through June.

Orangelo: This hybrid, believed to be of Puerto Rican origin, is a cross between a grapefruit and an orange, and is sweeter and more vivid than its grapefruit parent, however, eaten in much the same way.



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Tips for Choosing a Nutrient-Rich Diet



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You should enjoy the food you eat. In choosing nutrient-rich foods, you'll notice they are familiar, easy to find and represent the five basic food groups. Achieving balance and building a healthier eating pattern can be simple and low-stress.

Selecting nutrient-rich foods and beverages first is a way to make better choices within your daily eating plan. Choose first among the basic food groups:

- Brightly colored fruits
- Vibrantly colored vegetables including potatoes
- Whole-grain, fortified and fiber-rich grain foods
- Low-fat and fat-free milk, cheese and yogurt or fortified plant-based alternatives
- Lean meats, poultry, fish, eggs, soyfoods such as tofu and tempeh, beans, lentils and nuts

Here are some practical ways for you to add nutrient-rich foods and beverages to your daily diet.

- Make creamier oatmeal by adding fat-free milk or calcium-fortified soy milk instead of water. Stir in some walnuts and raisins too.

- Make sandwiches on whole-grain bread, such as whole wheat or whole rye. Add slices of avocado, tomato or cucumber to fillings such as lean roast beef, ham, turkey, chicken, tofu or mashed chickpeas.
- When dining out, look for nutrient-rich choices such as entrée salads with grilled seafood and oil-based dressing, baked potatoes topped with salsa, grilled vegetables and black beans, and vegetable stir-fry loaded with a rainbow of veggies and tofu served over brown rice.
- Choose nutrient-rich beverages such as low-fat or fat-free plain or flavored milk, calcium-fortified plant-based beverages.
- Top foods with chopped nuts and seeds to get crunch, flavor and nutrients from the first bite.
- Spend a few minutes washing and cutting vegetables so they are in easy reach for every family member — these include ready-to-eat favorites such as red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner.
- Serve meals that pack multiple nutrient-rich foods into one dish, such as hearty, broth-based soups that are full of colorful vegetables, whole grains and beans. Make chili with a dollop of low-fat yogurt. Whip up beans and rice with canned tomatoes. Use chickpeas to make sliders with barbecue sauce on whole-grain buns. Throw together tacos with frozen shrimp, frozen corn, canned beans and canned pineapple.
- For dessert, try no-bake bars with whole-grain oats and dried fruit or a chocolaty smoothie with banana and peanut butter.



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5 Snacks for Your Bike Ride



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Proper nutrition is key to maintaining energy throughout your bike trek. When exercising, your body is largely fueled by carbohydrates. Some carbohydrates are stored as glycogen in the liver and muscles, but you need to continue fueling your body during a long bike ride. Starting with a full tank and keeping hydrated are important, but the longer you ride and the more hills you power up, the more you depend on snacks to keep your energy up. So, keep snacks on board for any bike ride over an hour.

What makes a good biking snack is about more than just energy. It needs to be portable, provide your muscles with the nutrients they need, eaten on a good schedule and can't melt. Pack more snacks than you think you need, and, in general, aim to have a few bites of food and a few sips of fluid every 15 to 20 minutes.

Here are five super snacks for you to tuck into your jersey pockets:

1. **Powered by the Peel:** Bananas are snacks ready to roll; they are famous for their potassium and contain carbohydrates that may provide advantages to your muscles' ability to use the fuel efficiently. More fuel reaching your muscles means more pedal power for you.

2. **Peanut Butter Jelly Time:** PB&Js are perfect pocket fuel. The bread and jam provide carbohydrates and the peanut butter offers protein and fats. Allergic to peanuts? Try almond butter if you can tolerate tree nuts or sunflower butter if not. Swap a tortilla for bread to prevent having a squashed sandwich. Cut your sandwich into quarters and have one piece at 15- to 20-minute increments.
3. **Trail Mix:** Dried fruits and nuts are a concentrated source of carbohydrates. Dried apricots, prunes and raisins have the added benefit of potassium. Mix your favorite fruits with nuts and seeds to keep your body supplied with energy, vitamin E and magnesium. If you have a heavy sweat rate, you may want to choose salted nuts and seeds.
4. **Water Works:** In general, if you're planning to bike for an hour or less, water is the best way to stay hydrated and to prevent drinking the calories you just burned. If you're going to be rolling for more than an hour, have a heavy sweat rate or the weather is exceptionally hot, consider having two bottles with you — one for water and one for a sports drink. You may purchase a sports drink for the sake of convenience, but making your own with black or green iced tea, a splash of juice, some sugar and a pinch of salt is easy and provides an added antioxidant boost. Take sips of fluid often to maintain hydration and alternate between the two drinks if packing both.
5. **Energy Bars:** While energy bars are convenient, they also can be expensive. If you would prefer energy bars, look for one that has ingredients such as whole grains, dried fruits and nuts.

After completing a long trek, your recovery and readiness for the next ride depend on your post-ride food choices. Research indicates that having recovery fuel within 30 to 60 minutes after exercise is ideal. What is best? A small meal that contains a mix of carbohydrates, protein and fats, as well as a glass of water. One good option is a parfait of plain low-fat yogurt layered with cubes of cantaloupe and sprinkled with nuts.



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4 Metabolism Myths and Facts



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Why can one person eat like a growing teenager and not gain a pound, while another person's every indulgence shows up on the scale? Chalk it up to individual differences in metabolism, muscle mass and physical activity. Metabolism is the process by which our bodies convert what we eat into the energy we need to survive and function. It powers everything from breathing to blinking. A fast metabolism is like a hot furnace that burns through fuel (calories) quickly. A slow metabolism needs less fuel to keep a body running.

It's tempting to blame weight gain on a slow metabolism, but there are ways to support metabolism and maintain a healthy weight.

Claim: Our metabolic rates can't change.

The truth: While it's true that genetics help determine our metabolic rates, we can boost metabolism by increasing lean muscle mass. Muscle is metabolically active, which means that people with lean, muscular bodies need more energy to function than people with a higher percentage of body fat.

Our muscle mass decreases as we age, and this contributes to a slower metabolic rate. But you can counteract this process by picking up the weights to help lessen this decline.

Claim: A diet of green tea and chili peppers will boost metabolism.

The truth: No magic food will speed up metabolism. Some studies have shown that green tea and hot chilies temporarily boost metabolic rates, but the lift isn't very significant.

The path to a healthy lifestyle includes a balanced eating pattern filled with nutrient-rich foods, not a diet doused in chili peppers.

Claim: Eating late at night slows metabolism.

The truth: There is little evidence to support the fact that eating after 8 p.m. causes weight gain. However, you may be more likely to snack mindlessly in the evenings while watching television.

Eat regular meals and snacks throughout the day to prevent extreme swings in hunger and fullness. If you're eating later in the evening, do so mindfully and put away the snacks when you're satisfied.

Claim: Very low calorie diets and skipping meals can jumpstart weight loss.

The truth: Creating a large calorie deficit in attempts to lose weight can backfire. Our bodies are smart and programmed for survival. Severely limiting calories can make your body think it's entering a famine, and that it needs to do more with fewer calories. Your body adapts to the restricted caloric intake, and uses fewer calories to perform the same tasks.

Resist the urge to diet and instead prioritize healthful foods, including whole grains, legumes, vegetables and fruits, and fun physical activity. Don't forget about stress management and proper sleep. These healthy lifestyle behaviors contribute to overall well-being.



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Supplements and Safety



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For some people, vitamins and supplements help fill in the gap for nutrient needs they may be unable to meet. However, there is little evidence to support taking supplements to prevent chronic disease. In fact, high doses of some vitamins and minerals may actually have negative side effects and increase the risk of some conditions.

A large-scale study found that people who either smoke or have a history of smoking increased their risk of developing lung cancer, as well as dying from cardiovascular disease, when they also took beta-carotene supplements.

And many vitamins and minerals have an upper limit (a value that is higher than the amount your body needs in a day and indicates the most your body may be able to handle without negative side effects) set at a level that is hard to reach with food alone.

Get Vitamins and Minerals through Food

Eating a wide variety of foods can help you meet your nutrient needs and provide additional benefits foods have to offer, such as dietary fiber and antioxidants.

For example:

- Nuts, seeds, vegetable oils, green leafy vegetables and fortified cereals all are high in vitamin E.
- Folate or folic acid can be found in orange juice, spinach, romaine lettuce, broccoli, peanuts, avocado, enriched grain products and fortified breakfast cereals.
- Vitamin B6 is found in baked potatoes, bananas, beef, fish, fortified cereals, whole grains, nuts, beans, pork, chicken and fish.
- Vitamin B12 is abundant in milk and dairy foods, meat, fish (especially salmon), poultry and eggs.
- A form of vitamin A, known as beta-carotene, can be found in yellow and orange fruits (such as cantaloupe, mango and papaya), orange root vegetables (including pumpkin, carrots and sweet potatoes) and green leafy vegetables (such as spinach and kale).

Bottom line: Rather than filling your medicine cabinet with supplements, fill your kitchen and pantry with nutrient-rich foods, including whole grains, fruits and vegetables. A diet rich in these foods may help lower LDL cholesterol and protect against heart disease.

If you're unsure if the eating style you follow is meeting your needs, [consult a doctor or a registered dietitian nutritionist](#) before starting a new supplement routine.



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Healthy Eating for Women



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A balanced diet is a cornerstone of health. Women, like men, should enjoy a variety of healthful foods from all of the foods groups, including whole grains, fruits, vegetables, healthy fats, low-fat or fat-free dairy and lean protein. But women also have special nutrient needs, and, during each stage of a woman's life, these needs change.

Eating Right

Nutrient-rich foods provide energy for women's busy lives and help to reduce the risk of disease. A healthy eating plan regularly includes:

- At least three ounce equivalents of whole grains such as whole-grain bread, whole-wheat cereal flakes, whole-wheat pasta, brown rice or oats.
- Three servings of low-fat or fat-free dairy products including milk, yogurt or cheese; or calcium-fortified plant-based alternatives.
- Five to five-and-a-half ounce equivalents of protein such as lean meat, poultry, seafood, eggs, beans, lentils, tofu, nuts and seeds.
- Two cups of fruits — fresh, frozen or canned without added sugar.
- Two-and-a-half cups of colorful vegetables — fresh, frozen or canned without added salt.

Iron-rich Foods

Iron is one of the keys to good health and energy levels in women prior to menopause. Foods that provide iron include red meat, chicken, turkey, pork, fish, kale, spinach, beans, lentils and some fortified ready-to-eat

cereals. Plant-based sources of iron are more easily absorbed by your body when eaten with vitamin C-rich foods. So eat fortified cereal with strawberries on top, spinach salad with mandarin orange slices or add tomatoes to lentil soup.

Folate (and Folic Acid) During the Reproductive Years

When women reach childbearing age, they need to eat enough folate (or folic acid) to help decrease the risk of birth defects. The requirement for women who are not pregnant is 400 micrograms (mcg) per day. Including adequate amounts of foods that naturally contain folate, such as citrus fruits, leafy greens, beans and peas, will help increase your intake of this B vitamin. There also are many foods that are fortified with folic acid, such as breakfast cereals, some rices and breads. Eating a variety of foods is recommended to help meet nutrient needs, but a dietary supplement with folic acid also may be necessary. This is especially true for women who are pregnant or breast-feeding, since their daily need for folate is higher, 600 mcg and 500 mcg per day, respectively. Be sure to check with your physician or a registered dietitian nutritionist before taking any supplements.

Daily Calcium and Vitamin D Requirements

For healthy bones and teeth, women need to eat a variety of calcium-rich foods every day. Calcium keeps bones strong and helps to reduce the risk for osteoporosis, a bone disease in which the bones become weak and break easily. Some calcium-rich foods include low-fat or fat-free milk, yogurt and cheese, sardines, tofu (if made with calcium sulfate) and calcium-fortified foods including plant-based milk alternatives, juices and cereals. Adequate amounts of vitamin D also are important, and the need for both calcium and vitamin D increases as women get older. Good sources of vitamin D include fatty fish, such as salmon, eggs and fortified foods and beverages, such as milk, plant-based milk alternatives, some yogurts and juices.

Foods and Beverages to Limit

Women should avoid excess added sugars, saturated fat and alcohol.

- Limit sweetened beverages, including regular soft drinks, candy, cookies, pastries and other desserts.
- Limit alcohol intake to one drink per day, if you choose to drink and are of legal age. One drink is equal to 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor.
- Eat fewer foods that are high in saturated fat. Opt for low-fat or fat-free dairy products and lean proteins instead of their full-fat counterparts. Cook with olive oil instead of butter and coconut oil. Incorporate more plant-based protein foods, such as beans, lentils and tofu, into your diet.

Balancing Calories with Activity

Since women typically have less muscle, more body fat and are smaller than men, they need fewer calories to maintain a healthy body weight and activity level. Women who are more physically active may require more calories.

Physical activity is an important part of a woman's health. Regular activity helps with muscle strength, balance, flexibility and stress management.



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Celiac Disease: An Introduction



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In the United States, approximately 1 in 141 individuals is diagnosed with celiac disease — a lifelong condition — which damages the lining of the small intestine and prevents it from absorbing parts of food that are important for health. The damage is due to a reaction from eating gluten, a protein found in wheat, barley, rye and sometimes oats. The lining of the intestines contains areas called villi, which help absorb nutrients. When people with celiac disease eat foods or products that contain gluten, their immune system reacts by damaging the villi. This results in an inability of the body to absorb nutrients properly. Individuals may become malnourished despite how much food they may eat.

Celiac disease can develop at any point in life, from infancy to late adulthood, with more women than men being diagnosed. And, interestingly, 80 percent of those with celiac disease may not have been diagnosed, partly because there are many symptoms that vary from person to person. For example, one person may have constipation, the second may have diarrhea and a third may have no trouble at all with stools.

Risk and Symptoms

The risk of developing celiac disease is greater for people who have a family member with celiac disease. More common in Caucasians and people of European ancestry, people with celiac disease may experience any or all of the following gastrointestinal symptoms, including abdominal pain, bloating, gas or indigestion, constipation, decreased appetite (may also be increased or unchanged), diarrhea, lactose intolerance, nausea and vomiting, abnormal stools (floating, foul-smelling, bloody or "fatty") and unexplained weight loss (although people can be overweight or normal weight).

Additional symptoms may start over time and may include bruising easily, depression or anxiety, fatigue, growth delay in children, hair loss, itchy skin (dermatitis herpetiformis), missed menstrual periods, mouth ulcers, muscle cramps and joint pain, nosebleeds, seizures, tingling or numbness in the hands or feet and unexplained short height.

Children with celiac disease may have defects in tooth enamel and changes in tooth color, delayed puberty, diarrhea, constipation, fatty or foul-smelling stools, nausea or vomiting, irritable and fussy behavior, poor weight gain and slowed growth or shorter than normal height for their age.

Diagnosis

The diagnosis of celiac disease requires a physician to assess symptoms, medical history and perform an exam. If celiac disease is suspected, blood and biopsy tests are done to confirm the diagnosis.

Some individuals are sensitive or intolerant to gluten, but do not have celiac disease. Symptoms include, but are not limited to, abdominal pain and bloating, diarrhea, joint pain, reflux, bloating and fatigue. Unlike celiac disease, gluten sensitivity does not cause atrophy, or deterioration, of the intestinal villi.

A gluten-free diet is the primary treatment for celiac disease and gluten sensitivity. Help from a registered dietitian nutritionist can ensure the dietary changes you make will be successful.

Reviewed March 2019 by Sarah Klemm, RD, CD. Published May 3, 2019. To learn more healthy tips, visit www.eatright.org and consult a registered dietitian nutritionist. Info obtained from www.eatright.org.



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Essential Nutrients for Women While Managing Their Weight



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While everyone needs different amounts of vitamins and minerals, women have unique nutrition needs that may be difficult to meet when cutting calories to lose weight. Make sure your eating style includes the following to reduce your risk of falling short of these beneficial nutrients:

Carbohydrates

One problem with low-carb diets is they restrict your body's preferred energy source. If you want to cut back on calories from carbohydrates, focus on reducing your intake of sugar-sweetened beverages such as soft drinks, candy and other foods with added sugars. To maximize your energy level and long-term health, look to nutrient-rich carbohydrate sources such as whole grains, fruits, vegetables, beans and peas.

Protein

One of the most satisfying ways to balance intake is to include lean protein at every meal. Try low-fat dairy products, lean meats, poultry, seafood, tofu, nuts and beans. If you're a morning snacker, protein may be especially helpful at breakfast. Including protein at your morning meal may help keep you satisfied until lunchtime and make it easier to avoid, snacks that contain solid fats and added sugars.

Iron

Iron is one of the few nutrients that females between the ages of 14 and 50 need in a higher amount than males the same age to reduce their risk of iron-deficiency anemia. This type of anemia can result in fatigue, weakness and irritability and may result in low-birth-weight infants for women who are pregnant.

Pump up your intake with excellent iron sources, such as lean red meat and iron-fortified cereals. Other good sources include poultry, fish, beans and leafy green vegetables. When relying on plant foods for iron, consume a source of vitamin C, such as strawberries or tomatoes, with the iron-rich food to help your body absorb the iron.

Calcium

Calcium does a lot more than help build strong bones and teeth. Getting enough calcium helps keep your heart and muscles strong and may help reduce the risk of high blood pressure and colon cancer. Enjoy high-calcium foods, such as low-fat dairy; calcium-set tofu; green leafy vegetables including kale, collard greens and broccoli; and calcium-fortified 100-percent fruit juice. Aim for at least 1,000 milligrams per day (1,200 milligrams per day if you are 51 years or older).

Folic Acid

Every female age 14 and older needs 400 micrograms of folate (or folic acid) every day, unless they are pregnant or breastfeeding, both of which require a higher amount. This vitamin helps keep red blood cells healthy and is essential in preventing neural tube birth defects. Get your folate from tasty, nutrient-rich foods, such as whole grains, green leafy vegetables, oranges, berries, nuts, and beans or enriched grain products, which have been fortified with folic acid.



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Food Allergies and Intolerances



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Each year, millions of Americans have allergic reactions to food. Although slightly more common in young children and in people who have a family history, most food allergies develop early in life and many are outgrown.

Food allergies occur when your body's immune system reacts to a substance in a food, usually a protein, your body sees as harmful. This sets off a chain reaction within your body. Symptoms can occur within minutes and can be mild (such as a runny nose or itchy eyes) to severe, and can even be life-threatening.

A food intolerance is not the same as a food allergy. Different food intolerances have different causes. An intolerance occurs when your body is unable to digest a certain component of a food, such as lactose, a sugar found in milk. Symptoms of intolerance may be unpleasant, including abdominal cramping or diarrhea, but they are not life-threatening.

Types of Food Allergies

More than 170 foods are known to cause food allergies. However, eight foods account for 90 percent of all food-allergic reactions in Americans:

- Milk
- Egg
- Peanuts
- Tree nuts (including almonds, walnuts and cashews)
- Fish (including pollock, salmon, cod, tuna, snapper, eel and tilapia)
- Shellfish (including shrimp, lobster and crab)
- Soy
- Wheat

Eating Well with Food Allergies and Intolerances

People with food allergies or intolerances need to avoid foods that make them sick. But navigating menu items and dishes, where many foods include a combination of ingredients, can be difficult. Allergy-triggering foods may be prepared on the same surfaces or with the same utensils as non-allergy causing ingredients. Through cross-contact, a food allergen can creep into what may otherwise be a safe food.

If you have a food allergy or intolerance, be sure to speak with whoever is preparing your food to inform them of your allergy and ask them to be especially careful when preparing your food.

Follow these tips if you have a food allergy or intolerance.

1. **Meet with a registered dietitian nutritionist.** An RDN can help you understand which foods are safe to eat and how best to avoid items that may cause a reaction. When foods are cut from your diet, you may be short-changing yourself on important vitamins and minerals. An RDN can help ensure you get the nutrition you need for your health and lifestyle. Find a registered dietitian nutritionist in your area.
2. **Learn about ingredients in foods.** Eggs, wheat, milk and other allergy-causing foods are often called by other names. To help avoid allergens, the U.S. Food and Drug Administration has mandated food companies specify on product labels if any of the eight major allergens (listed above) are contained in the food. If you do not have an allergy to one of the eight, your RDN can guide you on how to further read an ingredient label.
3. **Read labels carefully.** Manufacturers can change ingredients of products without notice, so double-check ingredient labels every time you buy a food, even if it is a familiar one. Cosmetics and beauty products also may contain common allergens such as milk, egg, wheat and tree nuts.
4. **Talk with your day care, school and workplace.** Make sure the teachers, nurse and administrators at your child's school or day care center are aware of your child's food allergies and that they know how to respond to adverse reactions your child may experience. Similarly, inform your coworkers of allergies you have. Some people are familiar with food allergies and know what to do if a person has a reaction; others may not and will need your help in keeping your risk for exposure low.

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Eating Right During Menopause



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For women, menopause is a reality check that your body is changing. This is a time to take care of yourself by making healthy lifestyle choices. Eating well and being physically active will make this midlife transition easier.

About Menopause

Every woman has to face this "change of life" at the time of her last period. On average, women reach menopause at age 51, but it can happen earlier or later. Menopausal symptoms vary with every woman. Common symptoms include hot flashes, night sweats, weight gain around the middle, sleep disturbances and mood changes. However, some women go through menopause with no real symptoms.

What causes menopause? Hormones. As women age, your ovaries produce less estrogen and progesterone, two of the main hormones for reproduction. As estrogen levels go down, one of the

first signs of "menopausal transition" is irregular periods in which bleeding is unusually heavy or light; the time between periods also may become longer.

Weight Gain with Menopause

Due to lowering hormone levels and the natural aging process, many women find it harder to keep extra pounds off in their 40s and 50s. Often women lose muscle and gain fat, mainly in the belly area. Lifestyle factors come into play, too — menopausal women tend to be less active and eat more calories than they need.

Health Risks Associated with Menopausal Weight Gain

Let's face it: When we gain weight, we don't feel good. It can be uncomfortable and cause low self esteem. But that's not all. Weight gain is related to health issues including high cholesterol, high blood pressure and insulin resistance (a condition in which your body cannot use insulin correctly, which can lead to diabetes).

Avoiding a "Midlife Metabolic Crisis"

Plan for your body's natural metabolic slowdown. As with any time in life, there are no quick fixes when it comes to weight loss. There are, however, ways to avoid a midlife crisis when it comes to a slowing metabolism.

Be physically active. Adults should do at least 30 minutes of moderate-intensity exercise most days of the week. Exercise doesn't have to mean a trip to the gym. You can be active doing daily activities. Take the stairs; park further away from your destination and walk; garden; or dance. Aim for strength-building exercises at least twice per week. Not only will strength training replace your lost muscle mass, but it also helps to slow mineral loss in your bones which can lead to osteoporosis. Most importantly, exercise should be fun. Pick activities you enjoy and get moving with friends and family.

Eat right. Foods such as vegetables, fruits, whole grains, low-fat dairy products and lean protein foods such as beans and lentils contain the nutrients you need and should make up the majority of your meals and snacks. If you drink alcohol, limit yourself to one drink a day. If you suffer from hot flashes, try cutting back on caffeine and spicy foods, which could trigger hot flashes in some people. Watch your sodium intake and aim to cook most of your meals at home rather than eating out.

Drink plenty of water. Water helps move fiber through your system, keeps you hydrated and may mitigate hot flashes. Remember that fruits and vegetables are loaded with water, and health-boosting nutrients, too.

When menopause has you down, remember it's a temporary state. The healthy diet and exercise habits you put in place during menopause will keep you feeling great after the hot flashes, mood swings and sleepless nights pass.

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Explore Produce with Kids



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Do you struggle to get your child to eat fruits and vegetables? If so, you are not alone.

Research published in the *Journal of the Academy of Nutrition and Dietetics* revealed that the majority of children in the U.S. don't meet the daily recommended intake of 2½ cups of vegetables and 1½ cups of fruit. Many children are picky eaters, and a study in the *Journal of the American Academy of Child and Adolescent Psychiatry* found that picky eaters tend to avoid vegetables.

Food offers a world of experiences well suited to how children learn. Because food can become a hands-on activity, everyday tasks can get kids involved in food, which can help promote healthful eating. Try some of these simple ways to explore fruits and vegetables with young children!

Let Your Child Explore

Plan a fun trip to a grocery store or farmers market with your child. Allowing children to have a say in what produce is picked can be helpful in encouraging them to eat it once you are home. Here are a few creative activities to try.

- Beforehand, give your child cookbooks or cooking magazines and have them look for recipes they would like to try. For older children, you can even ask them to help plan a meal.
- While shopping, allow them to pick out the "best" apples, broccoli or whichever produce interests them.
- As you walk the store aisles, encourage children to name the fruits and vegetables in the produce, canned food or frozen food aisle, or to say the colors of foods they know.
- Find foods that are new to them; talk about their color, shape, size and feel.
- Take advantage of food samples when you are at the store to taste-test new foods.
- Use the experience to sharpen math skills. If oranges are four for a dollar, how much does it cost to buy six?

Let Children Choose

Once children have explored all the produce, let them choose a vegetable or fruit to take home and try. Discuss how they would like it prepared. Younger children can bag up the produce, and older children can weigh it and calculate the cost. Challenge them to put one item of each color in the cart: white cauliflower, blue blueberries, orange carrots, green spinach, etc.

Try Growing Your Own Produce

Growing your own foods from seeds in your garden can be a rewarding experience. Perhaps start the seeds in paper cups on your windowsill. [Kids enjoy eating foods they grow themselves](#) — and it's a great science lesson!

Your Child Can Help at Home Too!

At home, as you take vegetables out of grocery bags, talk about on which part of the plant each one grows: leaf (cabbage, lettuce, greens), roots (carrot, potato), stalk (celery, asparagus), flower (broccoli, cauliflower, artichoke) and seed (peas, corn). Kids are more likely to try a food that they have a hand in choosing and preparing. Children love to help! Depending on their age and skill level, [children can participate in various meal preparation tasks](#) such as:

- Washing vegetables
- Rinsing berries
- Tearing lettuce
- Slicing fruits and vegetables
- Cooking with the microwave oven
- Putting bread in a basket

Explore Beyond Your Kitchen

Take your food exploration beyond your kitchen and local grocery store by reading books about food to children. Ask a librarian, teacher or head of the children's book department in a store to suggest titles and prepare some foods from the stories.

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Body Image and Young Women



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Young women (and young men, too) can fall into the trap of wanting to look like super-thin models or television personalities. These unrealistic goals can lead to an unhealthy body image and low self-esteem, not to mention disordered eating behaviors. This may involve eating too little, eating too much or following a restricted diet of only "healthy" foods. Some early warning signs of disordered eating are rapid weight loss, overly picky eating and the desire to eat alone.

Parents can be positive body image role models by not making judgments about their own bodies or others'. Resist the urge to comment on physical appearance and praise your children for attributes that have nothing to do with what they look like or their physical abilities.

Since food and body image are closely linked, having a healthy body image may take the help of a registered dietitian nutritionist and a psychologist. The overall goal of any treatment is to accept your body and learn how to balance food and emotions. When used the right way, food is a source of pleasure, nourishment and self-love.

Balanced Diet

A balanced diet is essential to overcoming poor body image issues. Embracing a variety of foods with balance is key. A healthy eating plan includes:

- Fruits
- Vegetables
- Whole grains
- Nuts and seeds
- Protein foods including meat, fish, tofu, beans and lentils
- Vegetable oils
- Fat-free or low-fat milk, yogurt and cheese or fortified plant-based alternatives

There also is room for sweet and salty foods such as chips, chocolate and ice cream. Avoid labeling foods as "good" and "bad," dieting and cutting out food groups.

A vegetarian diet can be a part of a healthy eating plan as long as it includes a variety of foods including whole grains, fruits, vegetables, beans, nuts, seeds and fat-free or low-fat dairy or non-dairy substitutes.

Physical Activity

Physical activity helps boost body image and alleviate stress, but when working out becomes obsessive or out of control, it becomes unhealthy. If you feel guilty, depressed or overweight if you miss a work out, it may be time for help.

Young women should get a minimum of 30 minutes of moderate-intensity exercise such as walking, jogging, biking or dancing most days of the week. In addition, do resistance training at least two days a week. This will help keep your muscles and bones strong. Resistance training includes free weights, wrist and ankle weights and rubber resistance bands. Body weight exercises such as squats and push-ups are great weight-bearing exercises as well.

Gym class and sports are fun and social ways to enjoy the benefits of physical activity without the sole focus being on the workout itself.

Be Social

A healthy social life helps with body image. People who surround themselves with a diverse group of positive, happy and uplifting friends tend to be more confident and accepting of their own unique body and mind. Encouragement and social support go a long way toward a positive self image.

Focus on engaging with people in real life rather than spending hours on social media. Unrealistic body ideals on social media can exacerbate negative body image. Parents may need to monitor the accounts children are following on social media to ensure they are conducive to a positive relationship with food, exercise and body.

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Introducing New Flavors to Babies



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Believe it or not, babies start tasting foods long before they get the first spoonful of cereal. In fact, researchers at the Monell Center in Philadelphia discovered that a baby's sensory system can taste flavors from its mother's diet that travel through the mother's bloodstream into the amniotic fluid.

Breast Milk Introduces New Flavors

Your newborn tastes more new flavors during breast-feeding. Spices, herbs and natural flavors from foods such as onions and garlic can give breast milk a distinct taste. This introduces your baby to the taste of foods in your diet. Breast-feeding moms should eat a diversity of foods — especially fruits and vegetables — to maximize the nutritional content of their breastmilk.

Try Foods More Than Once

Babies are naturally afraid of new things so you may have to serve the same food several times before your child takes a taste. If your child doesn't like a food, reintroduce it again in a few days to build exposure and familiarity. One of the best things parents can do is make mealtimes calm and enjoyable. Refrain from pressuring your child to eat certain foods. Model good eating behavior in front of your children, and keep exposing them to a variety of colorful foods.

Once your child has progressed to table foods, serve dishes with seasonings that are part of your family food culture such as cinnamon, curry powder, chili powder, cilantro or garlic. Avoid highly spicy seasonings that could irritate the mouth or tongue such as cayenne pepper or hot sauce until your child is a bit older. Also, keep salt to a minimum so that your child gets used to the natural flavors of unsalted or lightly salted foods.