

# Nutrition Made Simple

We at Trinity Chiropractic hope this information benefits you and your family. We know the importance of nutrition and want you to have the best possible care available.

## How Sugar Harms

(Excerpts taken from the Family Nutrition Book. William Sears, M.D.)

The complex carbohydrates found in vegetables, grains, and fruits are good for you; the simple sugars found in sodas, candies, frostings, and packaged treats can do harm. It's as simple as that. Here's why:

**Sugar depresses immunity.** Studies have shown that downing 75 to 100 grams of simple sugar solution (about 20 teaspoons of sugar, or the amount that is contained in two average 12-ounce sodas) can suppress the body's immune responses. The immune suppression is most noticeable two hours after ingestion, but the effect was still evident five hours after ingestion.

**Sugar sours behavior, attention, and learning.** Studies of the effects of sugar on children's behavior are wildly contradictory, but the general consensus is that some children and adults are sugar sensitive, meaning their behavior, attention span, and learning ability deteriorate in proportion to the amount of junk sugar they consume.

**Sugar promotes sugar highs.** Some persons are more sugar sensitive than others, and children may be more sensitive to sugar than adults are. A study comparing the sugar response in children and adults showed that the adrenaline levels in children remained ten times higher than normal for up to five hours after a test dose of sugar. Studies have also shown that some children with Attention Deficit Hyperactivity Disorder (A.D.H.D.) react to glucose-tolerance tests with a dip to low blood-sugar levels producing abnormal behavior. High adrenaline levels or low blood-sugar levels produce abnormal behavior.

**Sugar promotes cravings.** The more sugar you eat, the more sugar you want! A high-sugar meal raises the blood-glucose level, which triggers the outpouring of insulin. This excess insulin lingers in the system, triggering a craving for more sugar, thus adding another hill to the roller coaster ride.

**Sugar promotes heart disease.** When you eat excess carbohydrates, your body turns these sugars into fat. The body stores excesses of most nutrients as a safeguard against starvation. If you eat more carbohydrates than you can burn

off, the excess is stored as fats. People who eat too much sugar tend to have higher blood triglycerides, and this increases the risk of cardiovascular disease.

**Soft drinks.** Many soft drinks provide a double-whammy of sugar and caffeine, a combination that sends most bodies (and minds) on an uncomfortable biochemical roller-coaster ride. The junk sugars in soft drinks also take good things out of the body. High doses of sugar and artificial sweeteners increase the urinary excretion of calcium, leading to weaker bones, or osteoporosis, and to deposits of calcium in the kidneys (i.e., kidney stones). The phosphoric acid present in many soft drinks further robs the body of calcium by increasing the loss of magnesium and calcium in the urine.

**Packaged bakery goods.** The combination of white sugar, white flour, and hydrogenated shortening makes packaged bakery goods a nutritionally empty package (i.e., crackers, chips, cookies, etc). Most sweet snacks, such as cupcakes and doughnuts, contain all three of these factory-made foods. Look for baked goods that are made with whole grains, contain no hydrogenated oils, and are sweetened with fruit concentrates.

## Traffic Light Eating

(Taken from *The Family Nutrition book* by Dr. William Sears)

Bringing your children up to understand that different foods have different values. "Green-light" foods are "go for it" foods. They are great for you- eat all you want of these. "Yellow-light" foods are "think about it" foods. They are okay in moderation but should be reserved for treats and eaten only occasionally, not as a steady diet. "Red-light" foods are "stop, say no, bad for you" foods. At the very least avoid eating too many of them. Here are samples of each category:

<b><u>Green-Light Foods</u></b>	<b><u>Yellow-Light Foods</u></b>	<b><u>Red-Light Foods</u></b>
Vegetables	Pies (no hydrogenated)	Hot dogs (most)
Legumes	Cakes (no hydrogenated)	Nitrate-containing meats & cold cuts
Fruits	Butter	Packaged foods with hydrogenated oils
Fish (Wild Salmon, Halibut)	Candy	Marshmallows
Whole grains & Sprouted grains	Cookies, Pastries (no hydrogenated)	Pouches and drinks with added colorings
Raw nuts and seeds	Fast foods (nothing fried)	Cotton Candy
Whole grain pastas	Fruit drinks	Doughnuts
Soy products, tofu (organic)	White breads	Crushed ice drinks (are

		mostly syrups & dyes)
Eggs (organic)	Sodas	Diet sodas and drinks
Meat and Poultry (no nitrates)	Frozen yogurt	Fast food fried in hydrogenated oils
Homemade soups	Canned Soups	Cereals with dyes and hydrogenated oils
Vegetable oils (olive, flaxseed)	Dairy products	Pre-packaged foods (lunchables)
Health treats (un-hydrogenated)	Crackers	
Whole wheat crackers		

## How to encourage your kids to eat more Fruits and Veggies:

Have fruit washed and easy available. Cut up veggies and have them ready to eat.

Use fruit for a sweet snack.

Send fruits and vegetables as a snack in packed lunches.

Serve fruit and vegetables as a snack at home.

Serve salads first at dinnertime, when kids are hungriest.

Try new fruits and vegetables- don't assume your kids won't like them.

(Sometimes a child needs to be exposed to a new food 14 times before they'll eat it).

Give your kids concentrated fruit and vegetable snack foods.

## Why are raw fruits and vegetables so important? Here are just a few reasons:

Raw fruits and vegetables are the building blocks for healthy bodies. You are what you eat!

All people, including children, manufacture free radicals as a by-product of metabolism. These free radicals cause destruction and aging of cells and body, including cancer. The more active a child is, the more free radicals are created!

The antioxidants in raw fruits and vegetables neutralize free radicals.

The fiber in raw plant foods can lower cholesterol, scrub the intestinal walls, reduce the risk of diabetes by slowing carbohydrate absorption and reduce the risk of many types of cancer.

Phytochemicals found in raw fruits and veggies fight disease and reduce the risk of many diseases.

Did you know that there are over 10,000 phytochemicals in a single tomato?

Minerals in plant food, like calcium, sodium, magnesium, and potassium are all vital for proper body function.

## Sandwich Ideas

Refried beans with red bell pepper slices & salsa in a tortilla wrap	Hummus, shredded carrots and celery inside a tortilla
Nut butters (organic peanuts butter, cashew butter, almond butter)	Hummus on whole wheat bread
Nut butters and 100% fruit jam, jelly, or honey	Hummus or baba ghanouj instead of mayo
Nut butter and strawberry, apple, or banana slices	Hummus with tomatoes, cucumber and lettuce
Nut butter 100% fruit jam or jelly on a whole grain bagel	Hummus with sliced grapes
Nut butter with sliced bananas rolled up inside a tortilla	Hummus with grated carrots
Hummus with sliced & sautéed mushrooms	Leftover pasta or grain dishes in a wrap
Egg salad on whole wheat bread or pita pocket	Tofu mayo mixed with nut butters, celery and peppers
	Tofu egg salad in a pita pocket with lettuce or alfalfa sprouts

## Snacks and Sides Ideas

Fresh fruit with dip	Broccoli dip
Fruit Salad	Baked chips
Fruit cups	Banana
Dried Fruit	Raisins
Fruit Leather (read ingred.)	Raw nuts
100% Applesauce	Dry Cereal
Apple, carrots, celery slices w/ nut butter to dip	Soy Yogurt
Carrots, celery & pita bread triangles w/ Hummus for dipping	Granola Bars (watch ingred.)
Baba ghanouj (roast eggplant puree) for dipping	Nut butter spread on whole wheat crackers
Hard Boiled Eggs	