



This newsletter is produced by the *Nutrition Education Network of Washington*, to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize* shares brief information about programs and materials that support healthful and enjoyable eating.

Tell Us What's New...

What's new with your organization? To submit news to *Energize*, call Martha Marino 206-817-1466, e-mail martha_marino@yahoo.com.

Deadline for submission is the last day of each month.

Subscription Information

Energize can be sent to you electronically each month. There is no charge.

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For more information about the *Nutrition Education Network of Washington* or to access past issues of this newsletter, see <http://nutrition.wsu.edu>.



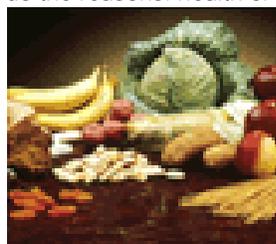
**ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE**

Information provided by Washington State University Extension's NEN of WA. This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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This Month's Focus: Vegetarian Nutrition

Vegetarian dietary practices vary considerably from one individual to the next, and so do the reasons: health or economic considerations, religious beliefs, views about the environment or animal welfare, and world hunger issues.



Food and nutrition professionals play a valuable role in educating vegetarians to meet their specific nutrient needs, and to purchase and prepare the foods that they enjoy. This issue of *Energize for Nutrition Educators* focuses on information and resources to assist nutrition educators in meeting the needs of their vegetarian clients.

Vegetarian eating is safe and healthful – That's according to the American Dietetic Association in its position paper published in last summer. The ADA states that appropriately planned vegetarian diets and vegan diets are healthful, nutritionally adequate, and may provide health benefits. Vegetarian eating patterns can be healthful throughout all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence. Using its Evidence Analysis Process, ADA found that a vegetarian diet is associated with a lower risk of death from ischemic heart disease. Vegetarians may also have lower blood cholesterol levels, lower blood pressure levels, lower risk of hypertension and type 2 diabetes, lower cancer rates, and lower BMI. However, vegans and some vegetarians may need to plan carefully to avoid insufficient intakes of vitamin B-12, vitamin D, calcium, iron, zinc, and long-chain n-3 fatty acids. (Source: "Position of the American Dietetic Association: Vegetarian Diets," *Journal of the American Dietetic Association*, 109(7):1266-1282), July 2009. Includes specific dietary advice for food and nutrition professionals as well as information relevant to federally funded food assistance programs.)

What's in a name? – The two most common ways of defining vegetarian diets are:

- ⌘ Vegan – devoid of all flesh foods (animals, poultry, seafood and other animal products such as milk and eggs). Also called a total vegetarian diet.
- ⌘ Vegetarian – devoid of all flesh foods, but also include egg (ovo) and/or dairy (lacto) products. Also called lacto-ovo vegetarian.

Nutrition educators may encounter people who are consuming other vegetarian or near-vegetarian diets, such as:

- ⌘ Macrobiotic – based largely on grains, legumes and vegetables. Fruits, nuts and seeds are used to a lesser extent; fish may be included.
- ⌘ Raw foods diet – may be a vegan diet consisting of uncooked and unprocessed foods; may include unpasteurized dairy products.
- ⌘ Fruitarian – may be a vegan diet based on fruits, nuts and seeds; may include vegetables botanically classified as fruits, such as tomatoes and avocados.
- ⌘ Pescetarian – includes fish with a vegan diet.
- ⌘ Semi-vegetarian – Some people may consider themselves vegetarians but may eat fish, chicken or even meat. Also called flexitarian.

Because of the wide variety of types of vegetarian diets, it is important for nutrition educators to know that foods an individual is consuming in order to help with eating plans that meet all needed nutrients.

Revisiting beans and grains at the same meal – It used to be that vegetarians were encouraged to consume complementary proteins at the same meal, such as pinto beans with tortillas or garbanzo beans with pasta. For more than a decade, however, research has shown that an assortment of plant foods consumed over the course of a day can provide all essential amino acids and ensure adequate nitrogen retention for healthy adults. (Source: ADA position paper mentioned above)



Useful nutrition education resources for vegetarians:

- ✕ MyPyramid's fact sheet describes ways to obtain needed nutrients as a vegetarian or vegan, http://www.mypyramid.gov/tips_resources/vegetarian_diets_print.html.
- ✕ Although not specifically written for vegetarians, the Washington State WIC Program's ever-popular *Bean Book* includes many delicious recipes and tips for cooking with beans. Downloadable at: <http://here.doh.wa.gov/materials/bold-and-beautiful-book-of-bean-recipes/>.
- ✕ University of Maine Cooperative Extension provides a black-and-white downloadable handout for parents of vegetarian teens: <http://www.umext.maine.edu/onlinepubs/PDFpubs/4054.pdf>.
- ✕ For a 24-page list of vegetarian resources including books and websites compiled by Food and Nutrition Information Center of USDA's National Agricultural Library, go to <http://www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.pdf>.

IN THE MEDIA

Michelle Obama's *Lets Move* Campaign – First Lady Michelle Obama launched a far-reaching campaign designed to tackle the challenge of childhood obesity. President Obama signed an executive order creating a task force to provide coordination between agencies to fight the epidemic. The same day, the website for *Lets Move* went live, a site for the public interested in healthier schools, support for parents, tips for physical activity and nutritious eating, and access to healthy foods. One of Mrs. Obama's aims is to change the health status of an entire generation through making small changes for balance and health, not abstaining from specific foods. For information and a video of Mrs. Obama introducing the campaign, go to www.letsmove.gov.



Slow down and enjoy the food – Yes, mom was right: eating slowly is not just good manners — it's good for health, too. In a recent study, subjects were given identical servings of ice cream and those who ate it in 30 minutes produced more hormones that signal feelings of fullness or satiety than those who gobbled it down in five minutes. Other studies have also found that eating more slowly helped people feel full and they consumed fewer calories compared to those who wolfed down their food, and that people who ate quickly were three times at greater risk of being overweight. (Sources: Kokkinos A, et al "Eating slowly increases the postprandial response of the anorexigenic gut hormones, peptide YY and glucagon-like peptide-1" *Journal of Clinical Endocrinology and Metabolism* 95(1):333-337, Feb 2010; Andrade AM et al, "Eating slowly led to decreases in energy intake within meals in healthy women," *Journal of the American Dietetic Association*, 108(7):1186-91, July 2008; Maruyama K et al "The joint impact on being overweight of self reported behaviors of eating quickly and eating until full: cross sectional survey," *British Medical Journal*, 337:a2002, October 2008.)

Who actually benefits from subsidized school meals? In an eye-opening report by the Center on Budget and Policy Priorities, school districts appear to be using federal subsidies intended for free and reduced price school meals for low-income students to benefit middle- and upper-income children. It's all legit: school districts have broad discretion over the use of federal revenues that they receive, and may spend them on any nonprofit school food program that the school or district operates. The funds may be used to keep down the prices for paid breakfast and lunch, or to subsidize less nutritious competitive foods. The CBPP report, based on USDA research, shows that the average amount paid by students for lunch averages 81% of the cost to provide it. The report notes the misperception that competitive foods are an important revenue source to schools, but schools do not consider the associated costs. Revenue from competitive foods represents only 71% of the cost to provide them. With the Child Nutrition Reauthorization Act under discussion, there is a possibility of increased subsidies to provide healthful school meals for low-income children. The CBPP report recommends changes so that funds do in fact go toward this purpose rather than to offset the cost of meals for better-off students and for competitive foods. Source: "Who benefits from federal subsidies for free and reduced price school meals?" Z Neuberger and TF Namian, Center on Budget and Policy Priorities, January 29, 2010, accessed at <http://www.cbpp.org/files/1-29-10fa.pdf>.

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

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TOOLS OF THE TRADE

One-pot meals under \$10 – The Canned Food Alliance features a collection of 10 recipes which have these things in common: they use one pot, take 15 minutes or less to prepare, use 5 ingredients or less, cost \$10 or less, and have 400 calories or less per serving. Recipes may be downloaded at <http://www.mealtime.org/content.aspx?id=3188>. These recipes were developed following the results of research by Rutgers University which found that budget-conscious moms wanted to prepare nutritious meals at home but lacked basic kitchen know-how. The Canned Food Alliance also developed an educational resource, *Essential Kitchen Toolkit* which offers easy-to-read guides to planning and preparing healthful meals, organizing the kitchen, shopping tips, and food safety. The 37-page document may be downloaded at [http://www.mealtime.org/uploadedFiles/Mealtime/Content/Essential%20Kitchen%20Toolkit\(1\).pdf](http://www.mealtime.org/uploadedFiles/Mealtime/Content/Essential%20Kitchen%20Toolkit(1).pdf) or segments may be accessed at <http://www.mealtime.org/content.aspx?id=2726>.

Comprehensive list of nutrition ed resources – Now there's a one-stop shop for all of the federally published nutrition education resources that meet nutrition recommendations based on the 2005 Dietary Guidelines. The list includes links to currently available resources that were developed between January 2005 and February 2010, and all have been approved through the joint Health and Human Service (HHS) and USDA Dietary Guidance review process. To view the document, go to: <http://www.mypyramid.gov/downloads/USDA-DHHS-ComprehensiveListing-FederalNutritionEducationResources2005-to-Feb2010.pdf>.

Food Environment Atlas – Assemble a map and compass, a fork and spoon, and together you have an atlas of factors that can lead to a healthy eating environment. In conjunction with First Lady Michelle Obama's launch of the *Let's Move* campaign, USDA demonstrated its web-based mapping tool called *Your Food Environment Atlas*. The Site displays county-by-county data such as food prices, access to grocery stores, food taxes, food insecurity, food assistance, and more. Check out the counties you serve in Washington State at www.ers.usda.gov/foodatlas/.

DID YOU KNOW?

Roughly 2.3% of US adults and 3% of 8- to 18-year-old children say they consistently follow a vegetarian diet. About 1.4% of adults and 1% of kids claim to be vegans. (Source: ADA position paper noted above)

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