



DietersEdge Newsletter..July 2006

Foods For Thought: If you are going to have pasta why not get the most bang for your money and make it healthy? There are many types of pasta available from the common semolina to whole wheat and multigrain to artichoke. In today's newsletter we will look at a multigrain pasta that I find to be better than most.

First off, if you are only going to have pasta 1-2 times a week it's not a big deal if you just have regular pasta as long as you have only one serving (2oz). The calories are about the same for semolina pasta and the whole grain and multigrain pastas. The difference is that the whole grains used, have not been stripped of their outer bran coating and inner germ portion. (The germ portion is the part of the seed that will produce a new plant and is very high in many important nutrients.) Refined grain such as white flour are stripped of this bran coat and germ so after milling the vitamins and minerals lost are added back but many of the other nutrients are still missing along with the fiber. To visualize the parts of a seed think of a kernel of popcorn (a grain). The outer hard yellow covering is the bran and the nub at the bottom is the visible part of the germ with more attached inside. The bulk of the kernel is called the endosperm and it contains most of the carbohydrates and protein.

I found Barilla Plus Spaghetti to be acceptable from stand point of taste and texture compared to some of the other whole wheat pastas I have tried. One serving (2oz) contains 200 calories, 4grams of fiber and 10 grams of protein. A similar serving of regular pasta has 210 calories, 2 gm. of fiber and 7 gm. of protein. The Barilla Plus is a combination of semolina, grain and bean flour (lentils, chickpeas, and oats), egg whites, and ground flax seed along with some other ingredients. I cooked and enjoyed the pasta before I looked at the ingredients and I was surprised, to say the least, when I saw that it contained beans, eggs and ground flax seeds. For those of you that read last months newsletter one serving of this pasta provides 200 mg. of ALA omega 3 fatty acid (about 15% of the daily requirement).(ALA- Alpha-linolenic Acid)

I use a local spaghetti sauce, Sclafani All Natural Home Style. A ½ cup serving contains 45 calories, 3 gm. of fiber, 1 gm of sugar and a reasonable 300mg of sodium. The ingredients are tomatoes, tomato paste, olive oil, soybean oil, with herbs and spices. No added sugar or salt.

One serving of pasta and 2 servings of sauce (1/2-3/4 cup) will provide a meal that is very filling with only about 300 calories and that is high in fiber and other important nutrients. Add a side salad and fruit and you're good to go! **Bon Appetit!**

Face the Fat Facts: According to Richard Weil, Med. CDE:

1. The average person has about 30-35 million adipocytes (fat cells).
2. When fat cells release fat they shrink and when they store fat they expand like tiny balloons.
3. Fat cells do not divide when they get full they signal immature fat cells to take in fat and grow.
4. Fat around your hips, thighs, and buttocks is not as dangerous to your health as fat around your abdomen. (Apple vs. Pear shape in the next newsletter)
5. Genetic factors determine where fat accumulates. Women tend to accumulate fat in the hips, thighs and buttocks while men tend to accumulate fat in their abdomen.

Diet Tip: Follow the old saying “Eat breakfast like a king, lunch like a prince and dinner like a pauper” and you will be well on your way to consuming most of your calories while you are most active and able to utilize them rather than store them as fat. The majority of your daily calories should be consumed at breakfast and lunch. A light dinner and healthy evening snack with a walk in between is a healthy habit that will serve you well for life.

Disclaimer: Information in this newsletter is provided for informational purposes only and is not a substitute for professional medical advice. You are advised to consult with your health care provider before starting any weight loss or exercise program. If you feel you have a medical problem promptly contact you professional health care provider.

I hope that you have enjoyed this issue and will pass it along to others who might find it of interest. For more information about Dieters Edge, please visit our website at <http://www.dietersedge.com>. If you would rather not receive the newsletter please respond to this email and include the word REMOVE in the subject line or in the message.

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