

# snack times



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## snack of the week

### Academic Journal Review

**Blueberry Scones**  
Lisa Puorro

#### Ingredients

- |                           |                                   |
|---------------------------|-----------------------------------|
| 1 cup all purpose flour   | 1 cup Fit n Light vanilla yogurt  |
| 1 cup whole wheat flour   | 3 tbsp unsalted butter, cold      |
| 1 tbsp baking powder      | 1 tsp lemon zest                  |
| ½ tsp salt                | 1 cup fresh blueberries           |
| 2 tbsp Splenda for baking | Preheat the oven to 400 degrees F |

#### Procedure

Sift together the dry ingredients; the flour, baking powder, salt, and Splenda. Using 2 forks or a pastry blender cut in the butter to coat the pieces with the flour. The mixture should look like coarse crumbs. Make a well in the center and pour in the yogurt and lemon zest. Fold everything together just to incorporate; do not overwork the dough. Fold the blueberries into the batter. Take care not to mash or bruise the blueberries because their strong color will bleed into the dough. Press the dough out on a lightly floured surface into a rectangle about 12 by 3 by 1 1/4 inches. Cut the rectangle in 1/2 then cut the pieces in 1/2 again, giving you 4 (3-inch) squares. Cut the squares in 1/2 on a diagonal to give you the classic triangle shape. Place the scones on an ungreased cookie sheet and brush the tops with a little melted unsalted butter and a pinch of Splenda. Bake for 15 to 20 minutes until beautiful and brown. Yields 8 scones.

**Author:** Lewis, N. PhD, RD, Ruud, J. MS, RD  
**Title:** Blueberries in the American Diet  
**Source:** Nutrition Today 40 no2 92-6 Mr/ Ap 2005

Blueberries are optimal for nutritional health because they are low in calories and sodium and a good source of dietary fiber. A serving of blueberries provide 56 kcal and 2.7g dietary fiber. They are higher in vitamin A and C with an estimation of 13mg vitamin C and 100 IU vitamin A. Blueberries are one of the richest sources of anthocyanins, natural pigments in the flavonoid family. A serving of blueberries contain mg/100g anthocyanin. This family of plant pigments provides the intense blue, red, and orange hues in fruit. They protect against a variety of oxidants that cause oxidative stress and excessive free-radical production, which is a major culprit for many chronic diseases.

Blueberry antioxidant capacity reduces the risk of cancer, heart disease, and adverse signs of aging. In addition, they are found to be the most potent at reversing declines in neuronal and cognitive function and aid in preventing the incidence of urinary tract infections by inhibiting oral bacteria from adhering to the urinary tract. Even more astonishing, blueberries are a significant source of some phenolic antioxidants that are known to inhibit the oxidation of low-density lipoproteins. Oxidation of low-density proteins by free radicals is thought to play a central role in the development of atherosclerosis.

Incorporating blueberries into the recommended 5 to 9 servings of fruits and vegetables per day provides many health and nutritional benefits. Remember, aim for the color blue and allow it to protect and heal your body.

## microNUTRIENT OF THE WEEK

#### Chief Functions

- Aids in night vision and eye lubrication
- Anti-infection vitamin
- Reduces the risk of muscular degeneration
- For growth and development.

#### Deficiency

- Caused by lack of intake or fat malabsorption
- Night blindness
- Increased proneness to infection
- Changes in the eye and skin
- Decrease growth and development

#### Toxicity

- Occurs w/ 3x's the vitamin A need
- Toxicity occurs w/supplements
- Increases risk of hip fracture
- Increase risk of fetal malabsorption

#### Food Sources

- Deep yellow fruits & vegetables
- Dark green leafy vegetables
- Broccoli
- Whole milk, cheese, liver, eggs
- Butter, fortified fat free milk



# vitamin A

**RDA {Male: 900µ/day Female: 700µ/day}**

Reference: Wardlaw, Gordon M., *Contemporary Nutrition: Issues and Insights*, 6<sup>th</sup> ed. New York:2006

A diet filled with servings of fish, nuts, and seeds rich in nutrients called omega-3 fatty acids can help lower a person's blood pressure. A study conducted by Dr. Jeremiah Stamler, professor of preventative medicine at Northwestern University in Chicago, Illinois worked on a study targeting diets and its relationship to blood pressure in 4,680 women and men ages 40 to 59 who lived in Japan, China, Britain, and the United States. Each participant in the study provided in-depth details about their diet and alcohol consumption, gave urine samples, and had their blood pressure measured twice at each of the study visits. Researchers then adjusted 17 variables known to influence blood pressure such as age, weight, salt intake, and exercise. The study revealed that participants who ate diets rich in omega-3 fatty acids had slightly lower blood pressure, on average, than people who ate diets with less of this nutrient. According to Dr. Hirotsugu Ueshima of Shiga University in Medical Science in Otsu, Japan, indicates that with blood pressure every millimeter counts. The effect is apparently small but independent, so together they can add up to a substantial impact on blood pressure. He further states that by reducing blood pressure by a few millimeters from eating less salt, losing a few pounds, avoiding heavy drinking, eating more vegetables, whole grains, fruits, and getting more omega-3 fatty acids, will make a difference. More specifically food sources such as trout, salmon, mackerel, walnuts, flaxseed, and canola oil are great sources of omega-3 fatty acid. Lastly, omega-3 fatty acids have also been linked to better brain development and a lower overall risk of cancer and heart disease.

## CORRECT PORTION SIZES

Reference: Wardlaw, Gordon M., *Contemporary Nutrition: Issues and Insights*. 6<sup>th</sup> ed. New York, 2006

Group	Food Item	Description of Size
Meat Group (1 serving)	Lean meat; Poultry Fish	-2-3oz. wt. -Computer mouse
Milk Group (1 serving)	Milk	-8 fl. oz. -2/3can (12 oz.) soda
	Yogurt	-1 cup -Fist (petite woman)
	Cheese	-1½ oz. wt. -1 piece=1½"x1"x¼" -1 slice= A drive disk
Fruits and Vegetables (1 serving)	Fruits and Vegetables	-½ cup -Tennis ball
Grain Group (1 serving)	Bread	-1 slice
	Cereal (cold)	-1 cup -Fist (petite woman)
	Cereal (hot) Pasta. Rice	-½ cup -Tennis ball
Fats, Oils, and Sweets	Salad Dressing	-2 tbs. -1 Ping-Pong ball
	Butter Margarine Sugar	-1 tsp. -Med .size green olive
	Bacon	-1 Slice -6" Thin plastic ruler

do you know?

## test yourself

### Portion Distortion Quiz

By: National Heart, Lung, and Blood Institute

*Do You Know How Food Portions  
Have Changed in 20Years?*

### BLUEBERRY MUFFIN

20 Years Ago

Today



210 calories, 1.5 ounces

???? calories

A Muffin 20 years ago was 1.5 ounces and had 210 calories. How many calories are in today's muffin?

320

400

500

*Answer in next issue*

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