



Panera Displays Sugar on Beverage Cups

While the FDA is extending the compliance date for menu labeling requirements for restaurants from May 2017 to May 7, 2018, Panera is still posting its calories on its menu board. What's new is that they are also providing calories and added sugar values on their customer drinking cups!

For example, their 20-ounce cup will tell you the soft drink contains almost 17 teaspoons of sugar! CEO Ron Shaich feels that advertising calories supports their "real choices and real transparency" position.

Of course, they are also trying to sell more of their own line of lower-sugar drinks, which launched in March. There has

So when I looked up the values on the Panera website (love access to their nutrition info!), 20 ounces of their agave lemonade has 35 grams of sugar and the blood orange lemonade has 39 grams; while 20 ounces of Pepsi has 69 grams.



How does that translate to actual teaspoons? Divide the total grams of sugar by 4 to figure out how many teaspoons are in the serving. So, $69 \div 4 \approx 17$ teaspoons versus $39 \div 4 \approx 10$ teaspoons (of sugar).

already been an 8% shift toward Panera's lower-sugar beverages over soft drinks since then.

I think I'll still stick with my unsweetened tea when I go out!

What's the Latest on Coconut Oil?

I've been a dietitian for quite some time and it seems like *The Great Fat* debate has been going on for decades. In June 2017, the American Heart Association (AHA) released a "presidential position statement" that advised against the use of coconut oil, despite all of the Internet information that sings its praises. Confused? Yes, I agree it can get daunting but it's not unusual for studies to dispute findings. So, I continue to use moderation as a general rule.

The AHA's presidential advisory committee uses scientific evidence that reviews the recent studies on the effects of dietary saturated fat intake and its replacement by other types of fats and carbohydrates on cardiovascular disease (CVD). Coconut oil is 92% saturated fat and can raise LDL cholesterol levels, along with other high

saturated fats; including butter (64% saturated fat), beef fat (40% saturated fat), and palm oil (51% saturated fat). As a comparison, olive oil is 14% saturated fat.

What they found from randomized, controlled clinical trials is that lowering the intake of dietary saturated fat and replacing it with polyunsaturated vegetable oil reduced CVD by $\approx 30\%$; similar to the reduction achieved by statin treatment.

They also looked at replacing saturated fat with refined carbohydrates and sugars; this did not reduce CVD. While they did not comment on the potential role of carbohydrates in the development of heart disease, several other studies have suggested that excess carbs in the diet leads to elevated blood

sugars and weight gain, adding to the obesity crisis in America.

The American Heart Association recommends eating a diet with 5-6% of calories from saturated fat if you need to lower LDL levels. That translates to about 13 grams of saturated fat if you are eating 2000 calories a day.

For now, I suggest using real coconut since it's packed with fiber and potassium, and saving the coconut oil for hair and tanning products!



Pumped for Potassium

Considerable scientific evidence suggests that a diet providing at least 4700 milligrams (mg) of potassium daily lowers the risk of stroke, high blood pressure, osteoporosis and kidney stones. The previous 2010 Dietary Guidelines identified that most Americans are not meeting this suggested daily allowance.

A diet rich in fruits and vegetables, which are the best sources of potassium, is associated with a reduced risk of cardiovascular disease. A whole avocado or a medium-sized, skin-on potato gives you approximately 950-975 mg of potassium; that's more than two bananas!

The D.A.S.H diet (Dietary Approaches to Stop Hypertension), a National Heart, Lung, and Blood Institute sponsored research project, is also proven to be effective for lowering high blood pressure. Its design limits saturated fats, cholesterol, and sodium, and focuses on increasing whole foods that are rich in such minerals as potassium, calcium, and magnesium. For more information on the DASH diet: www.nhlbi.nih.gov/health/health-topics/topics/dash.



What's the Latest on Constipation?

Constipation is always an uncomfortable topic for many but it's a complaint I see a lot of patients for in my private practice. 33% of older adults complain about constipation but a lot younger people are experiencing it, as well. Symptoms include: hard stools, excessive straining, infrequent bowel movements, incomplete evacuation sensation and abdominal bloating.

Acute constipation, more commonly seen in the younger population, can be related to stress and to transient changes in lifestyle. People who travel a lot for business are likely to suffer from this type of constipation. Changes in sleeping habits can affect it, as well. Any circumstance that departs from a daily routine structure can alter your bowel

habits. I always stress the importance of a regular bowel routine for people. Get up at the same time every day; even on weekends! Medications, like painkillers and opioids, can also slow down transit time in acute constipation. Colonic obstructions (strictures, tumors, fecal impaction) are other examples of acute episodes.

Chronic constipation may be either primary or secondary. Primary is seen in patients with neuromuscular issues (ex. pelvic floor disorders is common in women where the muscles in the colon don't work so well). Secondary constipation stems from metabolic disorders, such as diabetes, neurologic disorders, a rectal prolapse that can cause fecal obstruction, or from medication use, like above.

Talk to your doctor if you suffer from constipation. More than likely, he/she will send you to a GI specialist (gastroenterologist) to evaluate your own symptoms. Treatment plans depend on what they find. Dietary fiber is an important piece of any GI plan. Fiber adds bulk to stools and speeds up transit time in the colon. Laxatives, enemas, fiber supplements, and medications are also used in the treatment plans, depending on the severity of constipation. And remember to always stay properly hydrated when you add fiber in your diet.



Buddha Bowls



About a year ago, one of my patients introduced me to Buddha Bowls. They are Asian inspired but are also quite popular in the vegan and macrobiotic world. Quite simply, they are a one-bowl dish; consisting of raw or roasted vegetables, legumes/beans, and a whole grain (brown rice, faro, quinoa, sweet potato). These foods fill the bowl to its brim (giving it a bulging effect like a Buddha's belly!) and are often topped with a spicy or tahini sauce and don't forget to sprinkle on some heart-healthy seeds!

Traditionally, these meals were meant to be vegetarian but there's nothing wrong with adding a protein; grilled salmon, chicken, or sirloin tips sound yummy! I even love the look of a poached egg on top. There are a ton of recipes online and Pinterest is filled with eye-catching, pinned bowls. The ones with avocado slices look soooo good!

These bowls are packed with complex carbohydrates, protein, and fiber, but most importantly they are packed with flavor and are so healthy! Anything to get you to think outside of the 'sandwich' box for lunch.

Done With the Sun



With daylight savings time fast approaching, our time exposure in New England to the sun will be diminishing. This is a good time to remind you about Vitamin D, also called the “sunshine vitamin” because it is synthesized (from the body’s cholesterol) as the sun’s ultraviolet B rays (those UVBs we hear so much

about) strikes the skin. While this process starts at skin level, your liver and kidneys are hard at work converting the vitamin into its active form.

Vitamin D strengthens bones, muscles and teeth, and also supports your immune system, protects against high blood pressure, and helps with the absorption of calcium by the bones. It may also protect against cancers of the breast and colon.

Sitting in the mid-day sun for 15 minutes (with no sunscreen) provides approximately 10,000 IU of vitamin D. But, during the winter months (November–February) your body can’t make vitamin D if you live north of the latitude; above 35 degrees, so make sure you have an external supply of it (i.e. food or supplements). If you get enough sun in the summer and fall, it can carry you through the winter because your body stores it.

Natural food sources of vitamin D include fatty fish, fish oils, and egg yolks. Cod liver oil is one of the greatest concentrations of vitamin D (and DHA). Milk is fortified with the vitamin; that goes back to the 1930’s when vitamin D was added to it to combat rickets.

The Institute of Medicine has recently increased its vitamin D recommendations to 600 IU for 4-70 years old and 800 IU for individuals over 70. As we age, we lose the ability to efficiently convert vitamin D by our body. People with darker skin are also at higher risk because the pigment in the skin acts as a natural sun blocking mechanism. Normal blood vitamin D levels are between 30 and 60 ng/ml. You can check with your doctor to have your level checked. At my own recent annual physical, my primary care doc said that insurance companies are not covering the payment if there is no specific diagnosis to substantiate ordering it.

Another summer that flew by! One of my highlights was going to the Billy Joel concert at Fenway Park. Seats were on the turf. What a great panoramic viewpoint of the park and let’s not forget the awesome concert!

Happy Fall!

Sophie



CONTACT INFO:

Sophia Kamveris
22 Mill St- Suite 105
Arlington, MA 02474
(P): 617-515-8984
skamveris@aol.com
www.eatrightboston.com