

Newsletter

December 2008



www.eatrightatlanta.org

GADA Executive Board**Sherry Coleman**
President**Betsy Dietsch**
President-elect**Kelley Dodgson**
Immediate Past
President**Monica Fink**
Secretary**Cathy McCarroll**
Treasurer**From the President of GADA.....**

Dear Fellow GADA Members:

Greetings and warm wishes to you during this season of celebrations! I am thankful to be part of a community of professionals in the Atlanta area who are committed to our craft, professional growth, and making a difference in the community. Thank you for being part of GADA's efforts to do all of these things. According to our membership survey, in your GADA membership you value networking more than anything else.

So far this year, we've hosted two excellent professional membership meetings, focusing on interesting and unique topics. In addition, we hosted a fun social event at the Atlanta Brewing Company where networking was the focus. I hope you have taken advantage of these events as part of your membership in GADA.

Mark your calendar because there are still many exciting opportunities ahead this membership year! We will participate in a joint meeting with the Greater Atlanta Association of Diabetes Educators on January 26. We'll be hosting a Coffee Talk event in January as well to identify potential leaders. In February, members will have the opportunity to participate in the GDA Legislative Day at the capitol. March brings National Nutrition Month activities including the Diabetes Expo, the Hunger Walk and RD Day. We're also planning additional social events early in 2009.

Attend meetings and join us as a volunteer! The Nominating Committee is looking for members interested in serving on the 2009-2010 Board of Directors. In addition, GADA is looking for a volunteer to assist with maintaining the GADA web site. Volunteers are also needed for National Nutrition Month activities.

Your GADA membership is as valuable a professional tool as you make it and our organization is as strong as its membership. If you're interested in more information on the opportunities mentioned (opportunities exist for 2 month of service and longer), please contact me or anyone on the GADA Board. In the mean time, I hope that you have a blessed and healthy holiday season.

Be Well,
Sherry**Next GADA Membership Meeting**

Monday, January 26, 2009

Joint Meeting with the Greater Atlanta Association of Diabetes Educators

Sponsored by the American Diabetes Association

*"Diabetes Update"*Visit www.eatrightatlanta.org for details on time and location**News from Nominating Committee**

It is that time of the year again! No, it's not the holidays or another runoff election but it is time to nominate someone to be your next GADA president-elect, treasurer or nominating committee chairperson. If you are interested in any of these positions or you would like to nominate someone, please email Denine Rogers - mydenine@yahoo.com. GADA is a great organization!!

What's Inside?

President's Message
AnnouncementsNew Product EvaluationsYogurt
Pop Tarts
Cereal
Energy Bars
Frozen Foods
Flavored Waters
Snack Items

NEW PRODUCT EVALUATIONS

Introduction

In recent times, consumer awareness of health and nutrition plays a major part in shaping the production and launch of new products and new flavors. Graduate Nutrition students at Georgia State University explored super markets and grocery stores and evaluated new food products in the market. Sensory evaluation of these products made for some interesting observations ...read on!!

Yogurt

Stonyfield and Horizon are two of the more common brands of organic yogurt on the market. Publix also has a competitive store brand with multiple cultures, although not organic. The Horizon and Publix yogurts both contain the same five cultures: *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, *Bifidobacterium bifidum*, *Streptococcus thermophilus* and *Lactobacillus casei*. Stonyfield yogurt contains the same five cultures as well as an additional one: *L. rhamnosus*. Nutritionally, all three brands are very similar with the exception that Publix brand is sweetened with aspartame. As a result, it has half as many grams of sugar and approximately 25% fewer calories than Horizon and Stonyfield.

Horizon and Stonyfield are available in most chain grocery stores, while Publix yogurt is only available in Publix supermarkets. Horizon and Stonyfield yogurt both cost the same, about \$.80/6oz. container. The Publix brand is a little more economical at \$.55/6oz. container.

A recent taste test was conducted with GSU nutrition students using the Fat Free Vanilla flavor yogurt of all three brands. Stonyfield was the most preferred by just over half of the participants. Publix yogurt was next in line. Horizon was the preferred choice of only one person and was often ranked lower than the Stonyfield yogurt by most participants. As noted on the score sheets, Publix yogurt was either the most preferred or the least preferred and was not ranked in the middle by any of the participants. Those that preferred the other two samples, commented that the Publix yogurt was too sweet even though it actually contains less sugar. It would seem a little aspartame goes a long way.

The overall results of the score sheets indicated that one either finds the flavor and texture of organic yogurt unacceptable or preferable, with very little in between. Publix brand might be a good option if you do not prefer organic yogurt. For those that like organic yogurt, Stonyfield was definitely the most popular selection by this group.

For up-to-date information on probiotics and those evaluated in human studies, visit www.usprobiotics.org.

Lisa Balfour
Georgia State University
Nutrition Graduate Student



Pop-Tarts Go Whole Grain



Kellogg's Pop-Tarts™ is a favorite to both children and adults due to its affordability, convenience, and nutrient content. In addition to the seven essential vitamins and minerals in the original product, Kellogg's has introduced a healthy alternative to the original toaster pastry Pop-Tarts™. Nutrition-conscious breakfast eaters can now choose from a variety of Pop-Tarts™ made with whole wheat flour. The new whole grain Pop-Tarts™ are available in two flavors, including strawberry and brown sugar. Compared to the original Brown Sugar Cinnamon Pop-Tarts™ which has less than 1 gram of dietary fiber, the new product now includes 5 grams of fiber, which is 20% of the daily value for fiber. The fiber sources are whole wheat flour, whole grain barley flour, and inulin.

Susie Park
Georgia State University,
Nutrition Graduate Student

Energy Bars

Organic Fiber Bar – Lemon Burst

Renew Life, a digestive care company from Clearwater, FL, is the producer of this USDA organic high fiber bar. The bar is dairy-, soy-, and gluten-free, vegan, non-GMO, cold pressed raw, kosher, and contains no added sugar or preservatives. This product is definitely good for vegans and people that are allergic or sensitive to dairy, soy, and/or gluten. However, watch out for the amount of fiber in the bar; it is 14g, more than half of the recommended daily value! If one is not used to that much fiber in one sitting, some digestive problems might arise. The flavor is kind of bland, the texture sticky and gummy, and appearance not very impressive. If you need some fiber and can handle 14g in a sitting, it is not a bad choice for 160 calories, 3.5g of fat, and 35g of carbohydrates. The fiber sources are dried fruits, oat bran, and flaxseed.

Net wt 1.76 oz/ 50g
Calories 160
Total fat 3.5g; Saturated fat 0g
Total carb 35g; Dietary fiber 14g; Sugars 20g
Protein 2g



Balance Pure – Cherry Pecan

This new product line from Balance Bar Company is gluten-free and the manufacture claims that it is made with simple ingredients. This is misleading since the second ingredient is soy protein isolate. Additional ingredients include fig paste, almonds, soy nuts, pecans, dried cherries, sugar, and peanut oil. The texture and appearance are pretty satisfying, but the flavor is just okay. The Balance Bar Company is moving in a right direction with the choice of ingredients; improving the texture and flavor would benefit product acceptance.

Net wt 1.58oz/ 45g
Calories 190
Total fat 7g; Saturated fat 1g
Total carb 22g; Dietary fiber 2g; Sugars 18g
Protein 9g



Energy Bars: Pro Bar– Superfood Slam

PROBAR, LLC from Park City, UT is the producer of this food award winning bar. In 2008, the bar was proclaimed “America’s Healthiest Foods” in the meal replacement category. The claim on the package is ‘The Whole Food Meal- made with organic ingredients’. The bar can definitely be like a small meal with 350 calories in a single bar! The sugar content is pretty high (30g) even though the source of sugar is mainly fruit. The texture is definitely acceptable; it has real nuts and seeds that you can feel and taste, and big chunks of fruit and dark chocolate. The flavor is good if you like hemp. For me it was a little bit overwhelming since I am not a big fan of hemp smell and taste. Appearance is the closest to the real food in comparison to the other two bars, and the flavor is also moderately acceptable. I would be curious to try their other new flavors: Sesame Goji, Cherry Pretzel, Maple Pecan, Kettle Corn, and Cocoa Pistachio.

Net wt 3oz/ 85g
 Calories 350
 Total fat 17g; Saturated fat 4g
 Total carb 46g; Dietary fiber 6g; Sugars 30g
 Protein 9g



Ana Kucelin
 Georgia State University
 Nutrition Graduate Student

Frozen Foods: Birds Eye Steamfresh™ Southwestern Style Rice

Birds Eye manufacturers have come out with new Steamfresh™ frozen rice brands. These products are \$1.59/bag and are available in the frozen food sections in your local grocery store. The Southwestern style rice is very tasty. It has peppers, corn and other vegetables in the rice to add to the flavor. I have always been under the impression that the Steamfresh™ products were on the healthier side, but this product is definitely not the healthiest. The sodium content is over 1000mg for the 1 ½ cup servings, making up for almost half of the Daily Recommended Intake. This product contains 230 calories, no trans fat and only 0.5grams of saturated fat in the whole bag. The product has only 1 gram of fiber and 4 grams of protein. Overall, the taste, texture and appearance are great, but be careful if you need to watch your sodium intake. I am interested in trying the other varieties of Steamfresh™ rice. They have brown rice, white rice and long grain as well which contain significantly less sodium. The number of servings per package vary.

Serving Size: 1 ½ cups (187 g)
 Calories 230
 Total Fat 5g; Saturated Fat 0.5g; Trans Fat 0g
 Cholesterol 0g
 Sodium 1010mg
 Total Carbohydrate 43g
 Dietary Fiber 1g
 Sugars 3g
 Protein 4g



Mary Crommelin
 Georgia State University
 Nutrition Graduate Student

Flavored Water: POWERade Zero™



Traditional sport drinks such as, Low Calorie G2™ and the regular POWERade™ come with a significant amount of calories. POWERade Zero™ provides the same hydration and electrolytes with zero calories. Based on a 2,000 calorie diet, an eight-ounce serving of POWERade Zero™ contains 10% of the recommended daily value of niacin, vitamin B6 and vitamin B12. POWERade Zero™ comes in three different flavors: strawberry, mixed berry and grape. It is artificially sweetened with sucralose and acesulfame potassium. POWERade Zero™ is endorsed by Tennis star Venus Williams. Currently, POWERade's line has 19% of the sports-drink market.

When Low Calorie G2™ was released earlier this year it captured 8% of all sports-drink sales in just four months. POWERade Zero™ is expected to surpass Low Calorie G2™ sales. POWERade Zero™ is available in gas stations, convenience stores, and supermarkets near you.

Calories per 8 ounces:
 50 for Gatorade™
 25 for Low Calorie G2™
 0 for POWERade Zero™

Sally Vanegas
 Georgia State University
 Nutrition Graduate Student

Snack Items: Pringles

Pringles™ has revolutionized its extreme flavors with the introduction of three new ones : Kickin' Cheddar, Screamin' Dill Pickle and Smokin' Hot Ranch. These products are currently marketed at grocery stores with a 'for a limited time' caption on them before their actual launch. They are priced at two for \$2.

Of the three varieties, Smokin' Hot ranch with it spicy flavor was most preferred by the student sensory panel. Its appearance and texture were also acceptable. While the appearance and texture of the other two varieties were liked, their flavors were not. Screamin' Dill pickle's sour (tart) flavor was unpopular among the group. Greater than half of the students that participated in the sensory evaluation, found the Pringle varieties to have acceptable flavor, texture and appearance, however, they did not want to purchase them.

The new flavors are interesting. How popular they become remains to be seen.



Nutrient	Kickin' Cheddar	Screamin' Dill pickle	Smokin' Hot ranch
Amount (1 serving)	1 oz/25 grams (15 crisps)	1 oz/28 grams (15 crisps)	1 oz/28 grams (15 crisps)
Calories	150	150	150
Carbohydrate	14	14	14
Protein	1	1	1
Fat	11	10	10
Sodium	190	110	0

Nida Shaikh
 Georgia State University
 Nutrition Graduate Student

Snack Items

Kellogg's Wheatables™ and Kashi's TLC™

With recent food trends geared towards increasing fiber intake, many food manufacturers have added wheat and multigrain options to their snack foods. Two examples are Kellogg's Wheatables™ and Kashi's TLC™. When comparing the two, it was found that TLC crackers have a lower fat, sodium and calorie content with higher fiber, protein, calcium and iron content. There is no question about the healthier option especially since Wheatables™ was found to contain partially hydrogenated soybean oil. The question is which of the two is most desirable. The results conclude that the majority of the students chose Kellogg's Wheatables™ as the product with the most acceptable flavor and the more likely to purchase.



Wheatables	TLC
Total Fat: 6g	Total Fat: 3g
Sodium: 300mg	Sodium: 160mg
Total Carbohydrate: 20g	Total Carbohydrate: 22g
Dietary Fiber: 1g	Dietary Fiber: 2g
Protein: 2g	Protein: 3g

Anjenique Anderson
Georgia State University
Nutrition Graduate Student

Post Live Active Mixed Berry Crunch

In this cereal, each 55gm serving has 8gm of fiber. Priced at \$5.08 for a 13 ounce box, this cereal has 3 gm of prebiotic fiber in the form of inulin. Prebiotics are non-digestible

Amount Per Serving (Cereal + 125 ml Fat free Milk)	
Calories	190
Calories from Fat	15
Total Fat	1.5 g
Polyunsaturated Fat	0.5 g
Cholesterol	0 mg
Sodium	250 mg
Total Carbohydrate	44g
Dietary Fiber	8g
Sugars	11g
Protein	4g

food ingredients that are often classified as dietary fibers. They help promote digestive health by selectively helping to promote the growth of select bacteria in the human gut. Inulin is a non-digestible functional fiber that is found naturally in plants and vegetables, including chicory, asparagus, leeks, onions, and garlic. The cereal also contains cranberries and blueberries which add a dash of flavor, color and also some vitamins.

Cereal manufacturers are touting the benefits of eating breakfast cereal right on the package: vitamin-fortified, low in fat, and a good source of fiber. Another trend, begun in the 1990s and picking up steam in the 2000s, is adding dehydrated whole fruits to cereal, which provides color, flavor, and nutritional value. Addition of functional ingredients, such as prebiotics, appear to be a new marketing strategy to make these products more alluring to the consumer.



Payal Arora
Georgia State University
Graduate Nutrition Student



Natures Path Organic Flax Plus Multibran Cereal

In this Multibran Flax Cereal by Natures Path, each 30g serving has 7gm of fiber. The price of a 13.25 ounce box is \$3.50. It is made of organic whole wheat flour, organic wheat bran, organic evaporated cane juice, organic oat bran, organic flax, organic barley malt extract, sea salt, tocopherols. A lot of stress is placed on the fact that the product is organic to bank on the growing awareness of the consumer towards natural foods.

Though organic food is based on an agricultural growing method and is not intended to be a health claim. USDA's organic rules specifically state that they do not address food safety or nutrition. But researchers have documented health and quality implications: fewer pesticide residues, less ground water contamination. The United States Department of Agriculture (USDA) has established a uniform set of production methods for growing and processing organic food. If farmers and manufacturers meet these standards, which include annual on-site inspections by third-party inspectors, their crops or food are certified to be organic.

If a food product has between 95% to 100% organic content, it may be called "organic" and the USDA Organic seal may be used on the packaging. Also as Flax is used as one of the ingredients in the product it is rich in omega -3 fatty acids one serving of the cereal has 500mg. Omega 3 fatty acid helps to regulate the body's blood sugar levels, which helps keep hunger at bay. In the long term, it is believed that a diet rich in Omega-3 might lower the risk of diabetes and obesity.



Celebrating the Best of the Best!!

You are cordially invited to attend a Retirement Celebration

In honor of

Dr. Beverley Demetrius

Wednesday December 31st, 2008

2:00 to 4:00 pm

Marietta Community Health Center Board Room

1650 County Services Pkwy, Marietta, GA 30008

Many people have special memories of working with Beverley.

There will be time offered to share some of your memories.



SAVE THE DATE!

Georgia Dietetic Association Annual Meeting

March 26-28, 2009

at

Calloway Gardens