

EAT RIGHT BOSTON NEWSLETTER



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Barbie™ was born in 1959. To many, that's a lifetime ago, while for others, it merely seems like the blink of an eye. While she was a source of endless pleasure for (us) baby boomers (and on our birthday lists!), for the past few years, the coveted 50's toy has spawned heated debates as to its influence on girls' body way Barbie looked when I was growing playing with the dolls today. I imagine decision to make changes. The 57-year taller, curvier, and shorter than she, and accommodate trendy, ballet flats.



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Happy Spring to all of Earth's creatures!

GMOs in Foods

Campbell's has announced plans to disclose genetically modified organism (GMO) ingredients on the labels of its products, making it the first major food company to do so. General Mills also now produces non-GMO Cheerios. Disclosing GMOs on food labels is not a federal mandate. It varies by state. In July



2016, Vermont will require disclosure of genetically engineered ingredients on their labels. As you can imagine, this is a nightmare for manufacturers that have to abide by the law. To complicate matters more, Vermont law applies only to products overseen by the FDA and not the USDA. Which means that the Spaghetti O's packages that contain meatballs don't have to disclose GMOs but the noodles must! So, for now, to make it easier, Campbell's has announced that it will add in a statement at the bottom of its labels: "Partially produced with genetic engineering," on all of its packages. According to Campbell's CEO, Denise Morrison, the company is calling for federal regulation of GMO food labeling, to avoid conflicting rules that differ by state. 75% of their product line

contains corn, canola, soybeans, or sugar beets; all are genetically engineered crops.

PPIs and Dementia

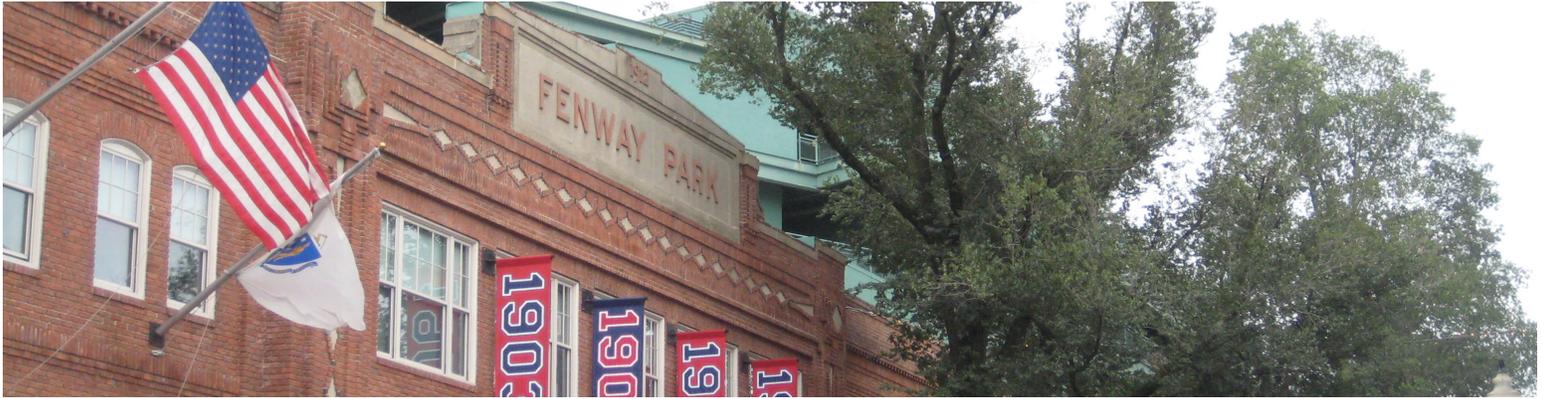
Proton pump inhibitors (PPIs) are widely used for the treatment of gastrointestinal diseases, especially reflux disease (GERD) but according to German findings, these drugs may be potentially involved in cognitive decline. From data collected from a health insurance carrier in Germany, 73,679 participants- 75 years of age or older (both men and women)- and free of dementia at baseline, were analyzed between 2004 and 2011. Results showed the use of PPIs raised the risk for dementia risk by 44% when compared to those not taking the anti-reflux drugs. Researchers did state that no biological connection between PPIs and dementia has yet to be established. But these results appear to be in sync with mouse models in which the use of PPIs increased the levels of β -amyloid in the brains of mice, which are associated with Alzheimer's disease in humans.



GMO Modified Fish

And more on GMOs-this time in fish. In November, the FDA approved the AquaAdvantage salmon, which is produced by a Massachusetts company called AquaBounty. Critics have called the modified salmon a "frankenfish." The fish contains an added growth hormone gene from a Pacific Chinook salmon that normally allows it to grow during the spring and summer months. Engineers combined it with a gene from an eel-like fish, called an ocean pout, which allows the GMO fish to produce growth hormone all year long. That means the fish grow larger in less time (18 months) versus the typical three years. Now, the FDA has issued a ban of the import and sale of the fish until labeling guidelines have been established. Legal Sea Foods president Roger Berkowitz, has pledged not to serve the salmon as he is "not convinced of its impact on our bodies, either long- or short-term."





Healthy Eats at the Ballpark?

Finally, the winter is behind us and it's time for baseball! There's nothing better than going to the ballpark to take in a game. That is, until you begin to get hungry. Being a dietitian at a ballpark has its challenges and it seems to begin the moment the organ keys belt out .. "Buy me some peanuts and Cracker Jacks." This is when the calorie calculator is going off in my head... one cup of peanuts has 800 calories and one box of CJ has 150 calories... hmm....No, that's not going to work.

There's an emotional see-saw that occurs as I wander up and down the concession stands. Do I treat this one time outing as a holiday? Put the shades on and sit back and enjoy the game? I know I'm not alone. There are thousands of fans that flock to ballparks each season and are faced with a similar conundrum but I'm pretty sure most of them are not thinking about it as much as I am.

My best advice is to eat before you go; similar to what I tell people to do before holiday parties. If you get there in a ravished state, you will be very tempted to flag down the stadium workers that are hawking food on top of their heads, up and down the aisles. How do they do that!?



Tip #2. Look at the menu ahead of time. I got onto the Fenway Park website and perused the schematic diagram of the ballpark that depicted where all of the concession stands are located and what's offered. The selections included burritos, sausages, meatballs, nachos, fried dough, French fries, pizza, steak and cheese, pulled pork, Monster Burgers, Fenway Franks, milkshakes, cotton candy, popcorn, ice cream, and candy. What's that I see? A veggie burger! I'll take that, please. I hope it's grilled!



Tip #3. Share with another fan. No one needs to eat a serving of nachos by themselves!

Tip #4. Bring some protein-packed granola bars with you. Clif, Larabars, Think Thin and Power Crunch are some suggestions. I'm a huge PBJ fan. And yes, that survives all temperatures and fits nicely in a jacket pocket!

I did notice a gluten free cart and lots of grill places on the diagram. Lobster rolls and sushi are also available. The chicken taco salad looked good but skip the fried tortilla shell that it is served in! Perhaps you should scope out your seats before you head out to the park to see where you are sitting in proximity to these healthy concessions?

As the season opens, I reflect on the fond memories of the wonderful opportunity I had to join the Red Sox's Big Papi, David Ortiz, at a YMCA baseball camp at the Boston Common a few years ago. As we waited for the camp to begin, I spoke about the importance of eating well but you can only imagine what happened when "you know who" stepped in the park. Yup! I was "OUT" the second he arrived on scene. This may be his last season, but he will always be a Beantown favorite!



PLAY BALL!



The Waldorf-Astoria Hotel in New York City was simply known as the Waldorf Hotel in the late 1800's. At that time, the maître d' hotel developed an apple recipe that continues to carry its name and is a hostess favorite for family gatherings, especially in the spring and summer months. There have been many modifications to the original recipe, such as adding and/or substituting other fruits, like grapes or berries, or including turkey or chicken. I've seen shredded coconut added as a garnish, but please don't add marshmallows!

Waldorf Salad

3 large Gala or Granny Smith apples
2 celery stalks, chopped
½ cup golden raisins
½ cup walnuts (chopped or left whole)
2 Tablespoons plain Greek yogurt
2 Tablespoons low fat mayonnaise
1-teaspoon honey (local honey is always best for your immune system if you have allergies)
1 Tablespoon lemon juice
Lemon zest (optional)

1. Core and slice the apples. Add lemon juice (it keeps them from turning brown).
2. Toast walnuts for 8-10 minutes in 350° oven.
3. Mix together raisins, walnuts, and celery; add to the sliced apples.
4. In a separate bowl, whisk together the yogurt, mayo and honey. Pour this over the apple mixture. Chill and garnish with lemon zest before serving.