

# FOOD AND FITNESS

MARCH 2007

HAPPY ST. PATRICK'S DAY

## MOVING BEYOND CHOLESTEROL— NEW HEART DISEASE RISK FACTORS

### INSIDE THIS ISSUE:

**FAT ALTER- 2  
NATIVES**

**ORLISTAT: 3  
OTC**

**RECIPE 4  
CORNER**

**FATTEST 5  
COUNTRIES**

### WEB SITES OF INTEREST:

- [www.lipoprofile.com](http://www.lipoprofile.com)
- [www.myalli.com](http://www.myalli.com)
- [Z-trim.com](http://Z-trim.com)
- [http://www.cdc.gov/nccdphp/dnpa/obesity/state\\_programs/west\\_virginia.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs/west_virginia.htm)

Nowadays we all know our cholesterol numbers. HDL and LDL cholesterol (LDL-C) are as familiar to us as our weight! But the Framingham Offspring Study reported that more than 50% of persons with “normal” cholesterol values go on to develop heart disease.

Researchers think we have our eye on the wrong molecule! They are reporting that the Low Density Lipoprotein particle itself (LDL-P), which is the carrier of cholesterol, is the culprit,

rather than the cholesterol it carries. More sophisticated tests, which determine the number and the size of LDL particles, rather than the amount of cholesterol attached may be a better predictor of heart disease. A subfraction, Lipoprotein (a), when elevated, may also be a marker for high risk of heart disease.

Homocysteine is an amino acid (building block of protein). We all make it as a byproduct of protein metabolism. High blood levels may

contribute to heart disease. Studies show that vegetarian populations have lower levels of homocysteine than non-vegetarians.

What should you do? If you have normal cholesterol values but a strong family history of heart disease ask your doctor if these tests would be beneficial. Medications such as niacin and gemfibrozil can help. In the meantime, a healthy lifestyle with lots of exercise and a low saturated fat, plant based diet is in order.

## FAT ALTERNATIVES

Fat, fat—it's all around us!! The city of New York was first to ban the use of trans fat in restaurants. Philadelphia soon followed as second. Chef Paul Prudhomme of New Orleans says this is not even a consideration yet in New Orleans (home of FAT City and FAT Tuesday)!

A new trans fat alternative being used in commercial products called “inter-esterified fat” may not provide the answer. A study published in the journal *Nutrition and Metabolism* showed that subjects consuming this type fat saw

rises in blood sugar as well as decreases in HDL cholesterol.

The author of this study, Dr. K. C. Hayes of Brandeis University stated for Reuters Health that these fats can be identified on package ingredient lists as “fully hydrogenated oil”. He further stated that more research needs to be done before these “inter-esterified fats” become the new industry standard. For best health look for oils listed in a product's ingredient list simply as “canola oil” or “soybean oil”.

Let's face it—we have a love affair with the feel

and taste of fat in food! Since fat has twice the calories of protein or carbohydrate, we fat-lovers are not getting any thinner. What's a body to do?!

Enter a new “fat substitute” called Z Trim™. Z Trim™ is an insoluble, indigestible fiber made from corn and oat bran. It is marketed in the form of a gel which can be used in recipes to replace fat. Manufacturer Z Trim Holdings claims the end result of the recipe has the same feel as that of fat.



Fast foods fried with inter-esterified fats are not lower in calories.

Inter-esterified fat offers fast food manufacturers a legal substitute for trans fat. This type fat does nothing to reduce calories or help to combat the obesity epidemic.



## ORLISTAT OVER THE COUNTER

The prescription weight loss drug orlistat (Xenical®) has been approved by the FDA for over the counter (OTC) sale. The OTC drug, called alli™, will be half the strength of orlistat.

Research studies have shown that people taking the drug for 6 months to a year have lost approximately 12#. Orlistat prevents the digestion and absorption of excessive dietary fat by blocking the action of the fat digesting enzyme lipase. Consuming a high fat diet (30% of calories from fat) results in leakage of

undigested fat through the stool (incontinence).

This usually promotes behavior change to a lower fat diet, resulting in weight loss. Manufacturers Glaxo Smith Kline promote taking the drug in the setting of a low fat, calorie controlled, balanced diet with exercise for best results. Manufacturers supply online support at [myalli.com](http://myalli.com).

With ready availability of the drug consumers want to be aware that orlistat may interfere with optimal function of drugs such as the “blood thinner” warfarin

and the immune suppressant cyclosporine. Fat soluble vitamins A, D, E, and K may be lost in the stool as well.

If you decide to use orlistat:

- Consult your physician first about whether, when, and how to take alli™.
- Consider taking a multivitamin to ensure adequacy of vitamins A, D, E, and K.
- When fat free meals or snacks are eaten it is not necessary to take orlistat since there is no fat to block.



Taking orlistat (alli™) and loading up on fatty foods is not what the doctor ordered!



Side effects of **alli™** may include abdominal pain, urgent bowel movements, and oily stools.

## CHICKEN WITH SPICY AFRICAN SAUCE

*Recipe from American Institute of Cancer Research web site [www.aicr.org](http://www.aicr.org)*

1 lb. skinless boneless chicken breast, cut into 2" pieces

1 Tbs. minced garlic

1 Tbs. grated ginger

1 tsp. dried oregano

1 Tbs. water

Canola oil spray

1 Spanish onion, halved (slice one half and finely chop the other)

1 28-oz. can tomatoes

1/2 habanera pepper, seeded, minced

2 Tbs. tomato paste mixed with 2 Tbs. water

1/3 cup unsweetened peanut butter

Place the

chicken in a 1 qt. re-sealable plastic bag. Combine the garlic, ginger, oregano and water in a small bowl. Add the seasoning mixture to the bag and massage to coat the chicken. Allow to marinate refrigerated for 6 hours.

Coat a large Dutch oven with spray and bring to medium heat. Sear the chicken pieces on all sides for about 5 minutes. Season with salt and pepper on all sides, transfer to a plate and set aside.

Coat the pot again with cooking spray. Sauté the sliced onion until it is limp. Add the

canned tomatoes with half their liquid, the chili pepper, tomato paste and chopped onions. Bring the mix to a boil, reduce the heat and simmer for about 10 minutes.

Blend the peanut butter into the remaining tomato paste until it is smooth. Add it to the pot. Return the chicken to the pot. Simmer 15 minutes more. Serve with cooked brown rice. Serves 4. Nutrition information per serving: 324 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 19 g carbohydrate, 33 g protein, 6 g fiber, and 376 mg sodium.



Serve this tangy chicken dish with a large salad of fresh vegetables, dressed with oil and balsamic vinegar.



[www.state.wv.us/  
seniorservices](http://www.state.wv.us/seniorservices)

Heartfit Building  
3200 Chesterfield Ave.  
Charleston, WV 25304



***This newsletter is created by Susan M. Poindexter, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services, and is funded in part by the West Virginia Bureau of Senior Services.***

## **FATTEST COUNTRIES**

A new report from the World Health Organization estimates that 74.1% of American adults age 15 and above are overweight. The USA is ranked as the 9th fattest of 194 countries in percentage of people over-

weight. The South Pacific island Nauru is the “fattest” with 94.5% of the adult population overweight.

Many states in the USA are focusing on school and community

programs to serve those at risk. Visit this website to learn what West Virginia is doing to combat the problem of obesity. [http://www.cdc.gov/nccdphp/dnpa/obesity/state\\_programs/west\\_virginia.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs/west_virginia.htm)

