

Kitchen Creations Faculty Newsletter #52

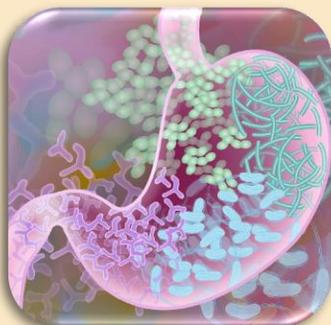
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NATIONAL NUTRITION MONTH® MARCH 2019

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During National Nutrition Month 2019, Academy Promotes Healthful Eating, Physical Activity

By the Academy of Nutrition and Dietetics

CHICAGO – Choosing nutritious foods and getting enough physical activity can make a real difference in your health. For [National Nutrition Month® 2019](#), in March, the Academy of Nutrition and Dietetics encourages people to make informed food choices and develop sound eating and activity habits.

Each March, the Academy focuses attention on healthful eating through National Nutrition Month®. "Through the campaign, we share good eating tips such as how to keep nutritious meals simple, the importance of making food safety a part of your everyday routine, the value of preparing meals with foods you have on hand to avoid wasting food, and how to select nutritious food options when dining away from home," says registered dietitian nutritionist Robin Foroutan, a New York-based spokesperson for the Academy.

"Eating right doesn't have to be complicated," Foroutan says. "Think about what you want your plate to look like and ask if it's incorporating all the major food groups. Select a mix of lean protein foods, vegetables, whole grains and fruits to enjoy a healthful meal."

The Academy recommends balancing nutritious foods with physical activity most days of the week. According to the U.S. Department of Health and Human Services' physical activity guidelines, adults should participate in at least 150 minutes of moderate-intensity aerobic physical activity per week, including at least two days of muscle-strengthening activities. Being physically active up to 300 minutes per week has even greater health benefits.

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Department of Health Encourages Testing on Diabetes Alert Day

By the NM Department of Health, Diabetes Prevention and Control

Only three in 10 New Mexico adults with pre-diabetes are aware of it.



SANTA FE – The New Mexico Department of Health (NMDOH) joins the American Diabetes Association in recognizing Tuesday, March 26th as “Diabetes Alert Day”. The annual health observance encourages New Mexicans and others nationwide to take a quick, free online Type 2 Diabetes Risk Test and learn if they need to take action that could prevent or delay this disease.

Family history of diabetes, race/ethnicity, higher body weight, increasing age, smoking, lack of physical activity, high blood pressure, and a history of gestational diabetes are all risk factors for developing prediabetes and type 2 diabetes. To access the free one minute anonymous Type 2 Diabetes Risk Test, visit [Prediabetes Risk Test](#).

The Department of Health estimates that more than 220,000 New Mexican adults have diabetes and over 530,000 New Mexican adults have prediabetes, a condition that precedes type 2 diabetes where the blood glucose levels are higher than normal. Only three in ten adults in the state know they have prediabetes, which prevents them from taking important steps to prevent or delay diabetes.

NMDOH’s Diabetes Prevention and Control Program supports several programs for New Mexicans to better prevent and manage prediabetes, type 2 diabetes and other chronic diseases. The programs, offered through the Paths to Health NM: Tools for Healthier Living initiative, are proven to work and improve quality of life. For more information on the program, visit [Paths to Health NM: Tools for Healthier Living](#) or call (505) 850-0176 or (575) 703-2343.

Trust Your Gut with Diabetes

By Gabrielle Longo, NMSU Dietetic Intern & Graduate Student

According to the Center for Disease Control and Prevention’s (CDC) 2017 National Diabetes Statistics Report, 84.1 million U.S adults have pre-diabetes (Center for Disease Control and Prevention, 2017). That is more than one in three people. Fifteen to thirty percent of these people will develop type 2 diabetes (T2D) within the next five years. Nearly 30.3 million U.S people have T2D, and both of these statistics are rising. So what is being done to combat these numbers? Well, it is time to start trusting your gut when it comes to preventing and treating T2D.

Studies on how the gut, specifically the gut microbiome, plays a role in disease is an emerging topic. The gut microbiome is a community of microbiota (microorganisms), their genomes, and the gut environment (Harvie, Chanyi, & Schultz, 2016). The microbiota in the gut work in harmony, like an

ecosystem, and help to digest food, regulate the immune system, protect against other bacteria that cause disease, and produce vitamins B12, thiamine, riboflavin, and K (Upadhyaya & Banerjee, 2015). The gut microbiome also has an influence on body metabolism: energy balance, gut permeability, and inflammation are three factors that are affected. This means, what we eat has a great effect on the profile of gut bacteria (Peregrin, 2013), but it is a two-way street; nutrient processing is influenced by various factors, including gut microbiome (Upadhyaya & Banerjee, 2015). Gut microbiomes rely on what we eat and use energy to maintain themselves, and our bodies rely on the microbiome to keep us healthy. It is a symbiotic relationship between host and gut microbiome (Hartstra, Bouter, Bäckhed, & Nieuwdorp, 2015).

A study conducted at the University of Maryland by Fraser and associates found 26 bacteria in the human gut

appear to be linked to obesity and related to metabolic complications (Peregrin, 2013). These complications include insulin resistance, high blood sugar levels, increased blood pressure, and high cholesterol. This study supports the relationship between diet, gut bacteria, and health. It also shows a link between bacteria in the gut microbiome and inflammation. A majority of research being conducted is on animals. One study took germ free mice (no bacteria in their gut) and found they grew obese and insulin resistant within 14 days (Upadhyaya & Banerjee, 2015). When the scientists transferred cells from lean mice donors, there was a 25% increase in body fat, compared to a 50% increase in body fat from obese mice donors.

The composition and diversity of the microbiome in the gut are affected by personal and lifestyle factors, like diet, exercise, weight, overall health status, stress, age, and sex (Harvie et. al, 2016). Patients with obesity have a lower diversity and decreased ratio of *Bacteroidetes:Firmicutes* (dominant intestinal bacteria phyla) compared to leaner individuals. Scientists believe that the microbiome of individuals who are obese is more efficient at yielding energy from the diet. People who have a normal digestive function have a different gut microbiome than obese individuals (Peregrin, 2013). How do you increase the variety of microbiota?

Increase the amount and variety of fiber in the diet.

A diet with fiber, micronutrients, and probiotics has the efficacy in reversing metabolic syndrome (Upadhyaya & Banerjee, 2015). Prebiotics promote growth of beneficial microbiota by limiting inflammation and increasing insulin sensitivity. The more fiber, the more diversity in the gut microbiome (Peregrin, 2013). The “Western” diet has little fiber in it, so there is a monotony in intestinal bacteria. An increase in fiber in the diet would add more varied types of microbiota in the gut. This is already known because a higher fiber diet leads to a higher fecal energy loss, which means fewer calories absorbed.

Some scientists think this may be the reason why people who have a high fiber diet are at a healthier weight. It is more likely that it is a result of a healthier diet overall and lower energy intake.



More research needs to be conducted on the human gut microbiome, but it is a topic that is growing, especially related to treating diseases. The question to answer is how specific diets and food change microbiota in predictable and sustainable ways to promote health and prevent disease.

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Healthful Eating, Physical Activity, cont.

"Look into incorporating physical activity into your daily routine," Foroutan says. "Walk to work or take a walk during your lunch hour. Do something physical during the weekend, such as playing basketball with your kids or going dancing with your friends. The goal is to get moving; every little bit helps."

For individualized nutritional recommendations, the Academy recommends visiting a registered dietitian nutritionist. Locate an RDN using the Academy's online [Find an Expert](#) service.

"Registered dietitian nutritionists can help consumers determine the lifestyle balance that provides the nutrients you need while still eating the foods you enjoy the most," Foroutan says.

Initiated in 1973 as National Nutrition Week, National Nutrition Month® became a month-long observance in 1980 in response to growing interest in nutrition.

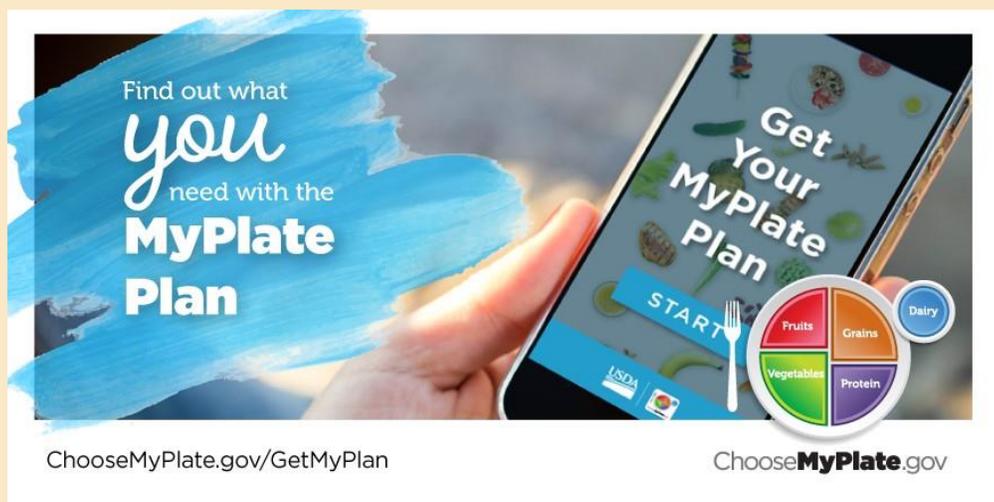
To commemorate the dedication of registered dietitian nutritionists as the leading advocates for advancing the nutritional status of Americans and people around the world, the second Wednesday of March is celebrated as Registered Dietitian Nutritionist Day. This year's Registered Dietitian Nutritionist Day was celebrated March 13.

As part of National Nutrition Month®, the Academy's [website](#) includes articles, recipes, videos and educational resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for people of all ages, genders and backgrounds.

Consumers can also follow National Nutrition Month® on the Academy's social media channels including [Facebook](#) and [Twitter](#) using #NationalNutritionMonth.

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The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at [eatright.org](#).



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