

# NUTRITION NEWS

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## Summer Produce

July is always a good time to talk about the Farmers' Markets. Upstate New York offers bountiful, rich produce at this time of year. Farmers' Markets offer the freshest produce around, often at very reasonable prices. Berries, melons, cucumbers, tomatoes, and various squashes are abundant.

The benefits of a diet rich in fruits and vegetables have been touted many times. They are low in calories and high in fiber. They offer various vitamins, minerals, and other nutrients that can offer protective benefits against the development of chronic diseases, including cardiovascular disease, diabetes, and certain types of cancer. They can easily be assimilated into many different recipes and can offer you variety in your cooking. They can be prepared in many different ways and can spark your creativity in the kitchen.

Interestingly, there are some marked differences between fruits and vegetables. Fruits and vegetables are classified depending on which part of the plant they come from. A fruit develops from the

flower of the plant, while the other parts of the plant are categorized as vegetables. Also, fruits contain seeds, while vegetables can consist of roots, stems, and leaves. The following foods are usually thought of as vegetables but are technically fruits: winter squash, avocado, cucumbers, peppers, eggplant, olives, pumpkins, pea pods, and zucchini.

From a culinary perspective, fruits and vegetables largely differ and are classified based on taste. Fruits generally have a sweet or tart flavor, while vegetables have a milder or more savory flavor. For this reason, vegetables tend to be used during the main course while fruits are often incorporated into snacks or desserts.



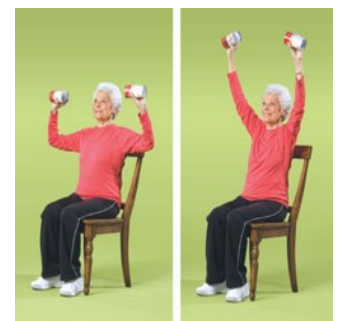
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### Monthly Exercise

#### Soup Can Arm Raises:

1. Place a soup can in each hand.
2. Sit in a chair and raise hands above head and back down.
3. Then repeat 8 times.



Summer doesn't just bring good things. Unfortunately, it brings some pests as well, including ticks. As most of us are now aware, ticks can infect humans with Lyme Disease. Many symptoms of Lyme are nonspecific and can be difficult to distinguish from other health problems. Because of this, sometimes Lyme isn't diagnosed until acute symptoms have resolved. Unfortunately, this can leave the individual with long lasting effects from Lyme. It can be a debilitating condition. And while nutrition cannot cure it, it may play an important role in alleviating some of the symptoms.

The Centers for Disease Control and Prevention (CDC) receives reports of 30,000 cases of Lyme each year. In actuality, only a fraction of cases are reported, and the CDC estimates the true number of annual cases is closer to 300,000.

Lyme disease is a multisystemic infection that can affect the skin, joints, heart, and central nervous system. Early on, the common clinical presentation is a rash (called an erythema migrans) at the site of the tick bite. The rash appears within a few days of the bite up to 30 days, then grows in size over the following days and weeks. Smaller secondary rashes may also appear after a few weeks. Other classic symptomology in the early states of Lyme include a stiff neck, headache, facial nerve palsy, meningitis, fever, fatigue, musculoskeletal pain (that may be migratory in nature), neurocognitive difficulties, and dizziness.

Other symptoms include later in the disease course, some weeks or even months after infection. The most common late symptom seen in the US is arthritis (primarily affecting the large joints.) Neurological symptoms such as memory deficits, spatial problems, and brain fog are also common.

So how much difference can diet and nutrition interventions make in treating prolonged Lyme symptoms? There are a few common goals that dietitians try to target when treating a patient with prolonged Lyme disease.

- \* **Reduce inflammation:** infection with Lyme produces a variety of inflammatory cytokines. This may be a reason why some patients have prolonged symptoms. Adopting an anti-inflammatory eating pattern can also help. A Mediterranean style diet is one such anti-inflammatory diet. A diet that is largely plant based and rich in greens and antioxidants can also be beneficial. Lastly, Lyme patients may benefit from limiting their sugar intake as sugar provides food for the bacteria to thrive on and promotes yeast overgrowth in the colon.
- \* **Support the gut microbiome:** long term courses of antibiotics can be quite disruptive to the GI tract. And it can thereby cause significant GI symptoms. To protect or restore the gut biome, many doctors recommend probiotics. Taking a probiotic doesn't stay in the gut and colonize but it does help our own healthy bacteria to survive and grow better. Try to take the probiotic 2 hours before or after the antibiotic for the greatest efficacy.
- \* **Disrupt biofilms:** biofilms are communities of bacteria that live together on a surface and are protected by a sticky coating that helps bind them together and make them resistant to some antibiotic treatments. Some evidence suggests that biofilms play a role in prolonged symptoms of Lyme. Some supplements may be useful in combating biofilms. Cinnamon, clove oil, and oregano oil appear to be effective in disrupting biofilms.



After decades of research from clinical trials showing the association between consumption of cranberry products and lowered risk of urinary tract infections, the FDA has announced its approval of these qualified health claims.

UTI's occur when the bacteria from our gut work their way into the bladder through the urethra and infiltrate the urinary tract. Symptoms of a UTI can include pain or burning sensation when urinating, difficulty urinating, bloody or foul-smelling urine, and pressure or cramping in the groin or lower abdomen. Bacterial UTI's are treated with antibiotics, but even when treated, UTI's have a tendency to come back.

Cranberries are scientifically recognized as a powerful source of unique antioxidants. These particular antioxidants are known for their antiadhesion activity. They have long been used as a natural treatment for UT's. The mechanism is that the cranberries antioxidants prevent the bacteria from sticking to the urethra.

There is conflicting evidence on whether cranberry interacts with the anticoagulant warfarin. Clinical research shows no drug interaction for normal cranberry juice ingestion. However, large quantities of cranberry juice (about 1 to 2L daily) or cranberry juice concentrates in supplements for an extended period (longer than three or four weeks) may temporarily alter the effects of warfarin.

Dietitians working with patients who have recurrent UTI's should encourage hydration. Drinking water helps dilute urine and ensures frequent urination, enabling bacteria to be flushed from the urinary tract before an infection can begin. Cranberry products are generally thought to be safe. However, if consumed in large amounts, they can cause stomach upset and diarrhea.

It's important to note that cranberries and cranberry products are not effective in treating an existing UTI. They are only thought to have a preventative effect. When using cranberry products to reduce the risk of UTI, dietitians should recommend cranberry juice beverages that contain at least 27% cranberry juice.

Cranberries may also play a role in the prevention of kidney stones. Kidney stones are hard deposits made of minerals and salts that form inside your kidneys. Kidney stones can affect any part of your urinary tract— from your kidneys to your bladder. Often, stones form when the urine becomes concentrated, allowing minerals to crystallize and stick together.

A kidney stone will not usually cause symptoms until it moves around within your kidney or passes into the ureters. If it blocks the flow of urine and causes the kidney to swell and the ureter to spasm, you may feel pain. Symptoms include severe sharp pain in the side and back below the ribs, pain that radiates to the lower abdomen and groin, pain that comes in waves and fluctuates in intensity, and pain or burning sensation when urinating. Other signs may include pink red or brown urine, cloudy or foul smelling urine, a persistent need to urinate, nausea and vomiting, and fever and chills if an infection is present.



***Lemon Blueberry Scones with Glaze***

- 1 1/4 cups whole wheat flour**
- 1 cup all purpose flour**
- 3/4 cup white sugar**
- 2 1/2 tsp baking powder**
- 1 tsp ground cardamom**
- 1 tsp lemon zest**
- 1/2 tsp baking soda**
- 1/2 tsp salt**
- 1/4 tsp ground ginger**
- 1/2 cup unsalted butter, frozen**
- 1/2 cup whole milk Greek yogurt**

**HEAP**

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

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**3 tbs heavy cream**

**1 egg**

**2 tsp vanilla extract**

**1 cup frozen blueberries, unthawed**

**Glaze**

**1/4 cup frozen blueberries, thawed**

**2/3 cup confectioners' sugar**

**1 tbs lemon juice**

Preheat the oven to 400 degrees. Line a large baking sheet with parchment paper. Combine the first 9 ingredients in a large bowl. Grate in frozen butter using a box grater and toss until mixture resembles coarse crumbs.

Mix yogurt, cream, egg, and vanilla together in a small bowl. Add to the flour mixture to form a crumbly dough, stirring just until no dry clumps of flour remain. Stir in unthawed blueberries.

Pour crumbly dough onto the baking sheet. Press dough together firmly until it forms a cohesive 8-inch circle. Flatten top to ensure the circle is even. Cut into 8 triangular pieces. Arrange the pieces 1 inch apart on the same pan.

Bake scones in the preheated oven until tops are golden brown, 20 to 25 minutes. Let cool completely.

Use the back of a wooden spoon to press thawed blueberries through a fine-mesh strainer into a bowl to extract 2-3 tbs of juice. Whisk confectioners' sugar and lemon juice into the blueberry juice. Drizzle blueberry glaze over cooled scones.

