



## Richmond VAMC

# Veteran's Healthy Living Newsletter

“ When it comes to food-never say never. Vow that you will try everything you want sooner or later-but not just now. In the spirit of Scarlett O’Hara, tell yourself: *Tomorrow is another taste!*”

-Baumeister & Tierney



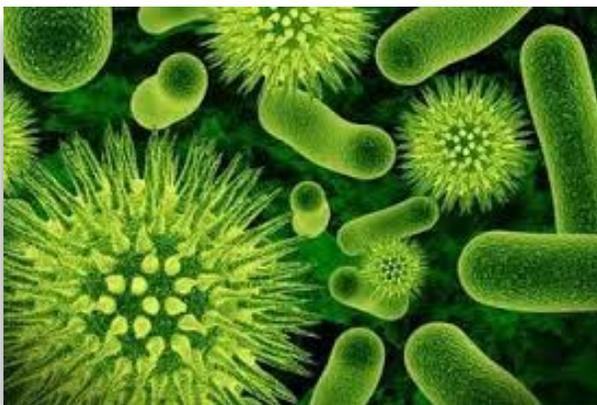
## Eat Wisely: Resistant Starch

Resistant Starch is fermented and absorbed in the colon. Resistant starches not only supply energy to us but also to our beneficial gut bacteria. These starches, when digested, do not increase blood sugar. They are absorbed slowly, so they do not spike blood sugar or insulin. Resistant starches help us feel full, reducing the drive to eat. The slow release of nutrients into the bloodstream keeps the appetite stable. Resistant starches have less calories per gram helping us to eat less calories per portion consumed. They may help to lower blood cholesterol and fats while decreasing production of new fat cells.

## Gut Bacteria and Nutrition

Looking at nutrition, we need to look at an ‘organ’ not mentioned often- the bacteria that live in our gut. The bacteria colonies that live in our gut are essential for our nourishment, regulating tissue and organ lining development, and guiding ‘innate immunity’ -our first line of defense against invading organisms. We have hundreds of types of bacteria which are sensitive to the type of diet we consume. The most numerous bacteria types include those that have the ability to break down complex dietary polysaccharides (starches) which we cannot breakdown ourselves; consume simple and complex sugars; and ferment amino acids which are the building blocks of proteins. From studies to date, the diet we select to eat helps to control the type and numbers of friendly, helpful bacteria in our gut.

Diets which lead to obesity will cause an increase in certain bacteria that release endotoxins. Endotoxins cause the chronic, systemic, low-grade inflammation related to obesity. Obesity and chronic inflammation lead to diagnoses such as dysmetabolic syndrome and diabetes.



Weight loss, increased activity and a nutritious diet improve and increase the number of helpful gut bacteria. Recent studies in mice and humans suggest that the dietary inclusion of beneficial bacteria (ie, probiotic agents) with anti-obesity effects may also help to reduce body weight. An example of a pro-biotic bacteria is Lactobacillus found in culture-active yogurt.

**We absorb more energy/calories from cooked and highly refined foods especially food with lots of carbohydrates. If we let machines do the digesting for us, it is not good. We are left with easily digested starches that increase glucose levels, increase weight and decrease health. 12-20 grams of resistant starches daily are suggested. This is easy if you eat plenty of whole plant foods.**



Did you simple take to eat wisely, you

know there are actions you can wisely? By eating will maximize your health. Look for a variety of foods including vegetables, fruits and whole grains. Include fat-free or low-fat milk products in your diet and try to limit salt, fat, sugar and alcohol.

[http://www.audio.va.gov/prevention/MP4/VA\\_III-Eating\\_Wisely.mp4](http://www.audio.va.gov/prevention/MP4/VA_III-Eating_Wisely.mp4)

## Carrot Cake Oatmeal

**Eat a breakfast that's high in Resistant Starch (RS). Bananas' and oats' RS actually signals your body to use fat for energy.**

*Makes 6 servings*

- 4 cups water**
- 1 cup steel-cut oats**
- 1 apple - peeled, cored, and chopped**
- 1/2 cup shredded carrot**
- 1/2 cup raisins**
- 1 teaspoon ground cinnamon**
- 1/2 teaspoon ground nutmeg**
- 1/2 teaspoon ground ginger**
- 1 pinch salt**
- 1 tablespoon butter**
- 3/4 cup chopped pecans**
- 1 tablespoon brown sugar**
- 1/2 cup plain yogurt**

**Bring water to a boil in a heavy, large saucepan, and stir in the oats. Reduce heat to a simmer, and cook oats until they begin to thicken, about 10 minutes; mix in the apple, carrot, raisins, cinnamon, nutmeg, ginger, and salt. Let the oats simmer until tender, about 20 more minutes.**

**While the oats are simmering, melt butter in a skillet over medium-low heat, and stir in the pecans. Toast the nuts until fragrant and lightly browned, 2 to 5 minutes, then sprinkle with brown sugar and stir until sugar has melted and coated the pecans.**

**Serve in bowls, each topped with about 2 tablespoons of the pecan mixture and a dollop of yogurt.**

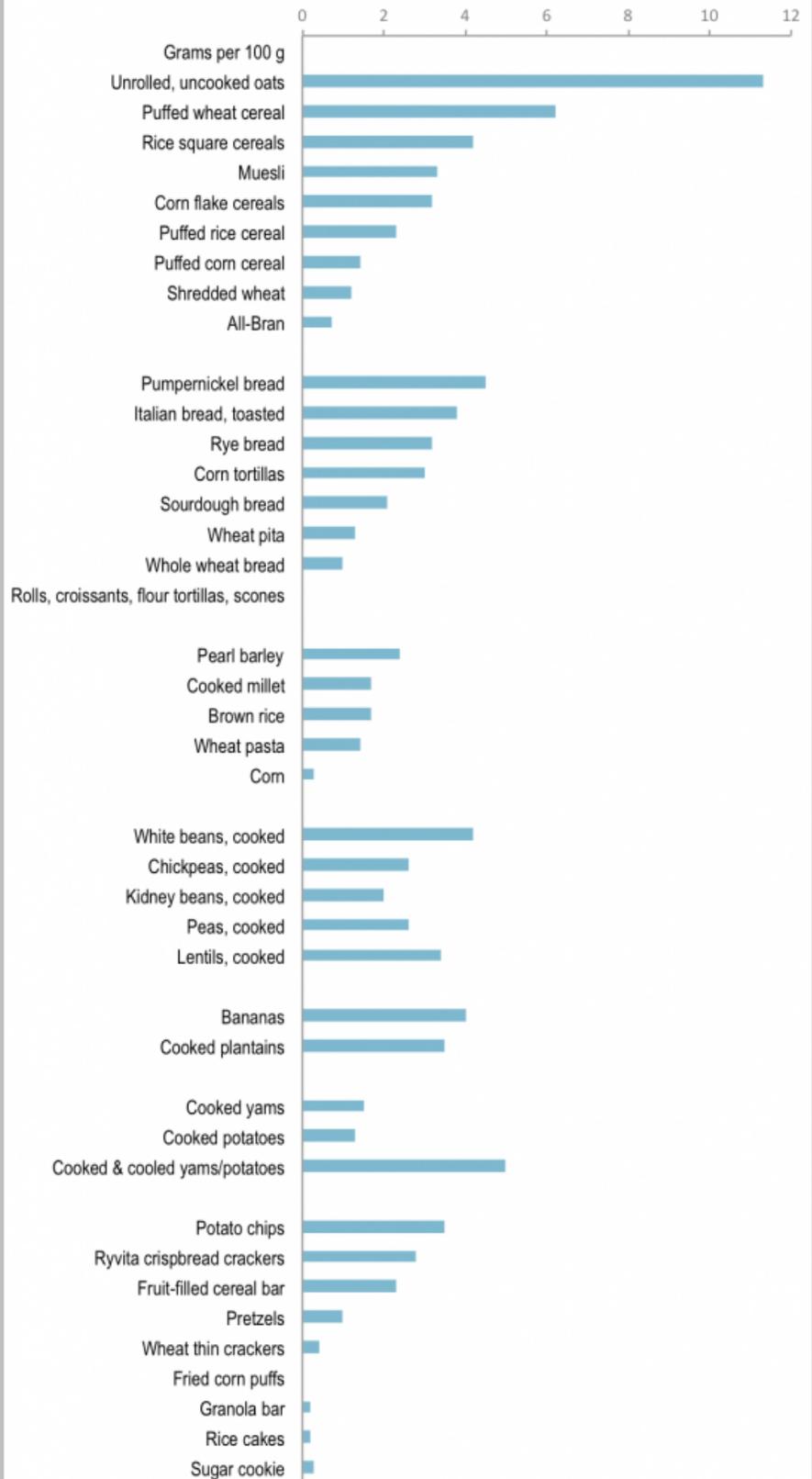
**Calories**  
**287 kcal**

**Carbohydrates**  
**37.7 g**  
**Cholesterol**  
**6 mg**  
**Fat**  
**13.9 g**

**Fiber**  
**5.5 g**  
**Protein**  
**6.2 g**  
**Sodium**  
**106 mg**

<http://nutritiondata.self.com>

## Resistant Starches



**CGFlory, PA-C**  
**HPDP 2014**