

Bread Gets a Bad Reputation, but We Asked Dietitians for the Facts

PopSugar

Samantha Lauriello

Fad diets have made us fear bread, but is that because it's actually unhealthy or have we been misguided? With so many different types of bread to choose from, it can be hard to know what you're actually putting into your body. But let's face it, no nose can ignore the aroma of a freshly baked loaf. And from tomato and mozzarella to classic grilled chicken, sandwiches serve as a vehicle for nearly all food groups. We asked dietitians for the facts behind bread's intimidating influence. Here's what they said.

What types of bread are unhealthy?

"When you eat white bread, it's kind of like you're eating sugar," said Paige Whitmire, RD, LDN, a dietitian at One on One Fitness Consultants. "It doesn't have any protein or fiber, so it's digested and absorbed really quickly, and it spikes and crashes our blood sugar, which can lead to diabetes and weight gain."

Continued from page 1

In the process of making white bread, the grain is stripped of its most nutrient-rich layers, one of which is its outer shell called bran, explained Monica Auslander, MS, RD, LDN, the founder of Essence Nutrition. "What happens is we strip away that outer bran, that beautiful shell that has all of the vitamins and fiber, and we add them synthetically back in to create what's called enriched flour." Removing portions of the grain increases its shelf life, Auslander explained.

What types of bread should I be eating?

"You always want to choose whole-grain and whole-wheat bread because they have more fiber, protein, and vitamins and minerals than white breads do," Whitmire said. Whole grains have the nutrient-dense layers that refined grains are stripped of, providing the protein and fiber the body needs to stabilize the blood sugar, she explained. "Every time you choose white bread, you're spiking your blood sugar much more than wheat bread would." Whitmire emphasized rapid spikes and crashes in blood sugar can lead to a number of health problems, diabetes and weight gain are just the beginning.

(continued on page 12)

From the Desk of Our President



2017-19 President

Steve Owen, CDM, CFPP

150 Wyoming Street

Lander, WY 82520

(H) 208.899.6460

(W) 307.332.6788

stevelanderwyo@gmail.com



We are well into the new year of 2018... may this be a productive year for you as you **DARE TO SOAR** personally yourself and with your family & friends - - and professionally in your important role as a CDM/CFPP as you seek to serve others in your facility. Remember to make every day a masterpiece!

1. Personal I have just made it back to Lander after my oral cancer surgery in November. It is always "fun" getting back into things when you have been away for nearly 4 months. I want to again say thank you for your thoughts and prayers as I was in Boise recovering from my surgery. I have appreciated the notes/emails from so many of you. And thank you to our board and leaders for carrying on during my absence. We have an excellent group of officers & leaders in the Wyoming ANFP Chapter.

2. PRIDE IN FOODSERVICE WEEK is February 5-9, 2018. We encourage every facility to hold a special activity during PIFSW. Outreach and educational activities are the focus of our **ANFP DIAMOND AWARD** presentation this year. So the more outreach activities to educate the community about ANFP and the role of the CDM the better. Please send a story and pictures to Toni Skaggs - tskaggs@mhccwyo.org or Felicia Smith - fsmith@mhccwyo.org.

3. DATC - 4th Annual Days At The Capitol February 26 – 28 in Cheyenne.

Monday, February 26

arrive at hotel and check in

5:30 pm dinner and BOL Meeting - Radisson Hotel – walk thru for Spring Conference

Tuesday, February 27 -

6:30 am Set up continental breakfast in L-51

7 am-10 am Continental Breakfast - -interact with legislators & staff

12:00 pm Spring Conference Planning lunch at Granite Rehab Center (Empress)
hosted by Lea Lowe, Administrator & Keith Fletcher, Dietary Manager

2:00 pm visit facilities/CDM's in Cheyenne area – outreach & education

Wednesday, February 28

8:00 am Senate Health Committee meeting - observe

2:00 pm Observe House & Senate in session

4. **ANFP Member Appreciation Week** – April 2-6 We could do similar events like PIFSW during Member Appreciation Week. Special events, meals, interviews for radio, television, newspaper, student outreach/events, etc. We want to honor our CDM's this week.

5. **SPRING CONFERENCE** - May 2, 3 & 4 in Cheyenne at the Radisson Hotel. The Colorado ANFP Chapter will join us. The Nebraska ANFP Board has indicated they will not be able to participate. We are holding a Food Show/Vendor Expo on Friday. More details to come. This is one conference you do not want to miss! The registration cost is \$55 and the hotel rooms are \$94 per night. The registration form and tentative schedule will be in our March newsletter.

6. **ACE – ANFP Annual Conference & Expo** Orlando June 1-4, 2018. Let us know if you are interested.



February 26, 27, 2018 Day at the Capitol

February 5 – 9, 2018 ... Pride in Food Service Week

March 15, 16, 2018 Spring Regional,
Dallas, TX

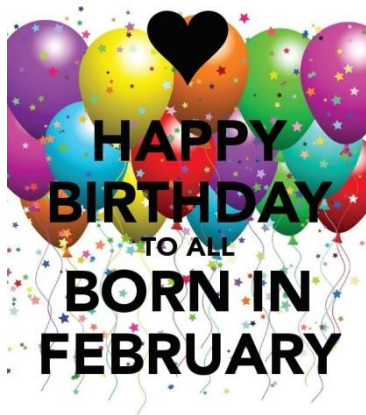
April 4, 5, 2018 Spring Regional,
Lexington, KY

April/May 2018 Wyoming ANFP Spring Conference,
Cheyenne, Wyoming

June 1-4, 2018 ... ANFP Annual Conference
& Expo, Orlando, Florida



Wyoming ANFP is on-line and on Facebook. Be sure to visit the Wyoming ANFP website at: www.ANFPonline.org for the National ANFP website.



2nd – Grace Wright, Ronda Krouch
13th – Sue Eversull
14th – Emily Hildebrant – Iffert
20th – Suzanna Hernandez
21st – Dori Bunnell

Happy Birthday to All!

Mission: Position the Certified Dietary Manager as the expert in foodservice management and food safety.

Vision: The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.



As of January 31, 2018, the Wyoming ANFP is **71** members strong; **59** Certified Professional members, 12 Professional non-certified members. Please contact our **Membership Leader, Stephanie Young** (syoung@primroseretirement.com) or any officer, if you know of a new member or student, so we know who they are and how to keep them informed about events taking place in the Wyoming ANFP.

Eliza Redford
Gillette

Kimberly Garrett
Lander



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ANFP | Association of
Nutrition & Foodservice
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Our **FoodService Rewards** points total stands at 22,983 points. e-mail codes and expiration date may be sent to **Robin Hilbird** at:

rhilbird@mhccwyo.org





Newsletter Editor
Bruce Link, CDM, CFPP
(C) 307.620.2562
fssolutions13@live.com



February is a busy month for us. Things kick-off with the Super Bowl on Feb 4. Then Feb 5-9 is "Pride in Foodservice Week". Tuesday, Feb 13 is Shrove Tuesday or better known as "Fat Tuesday". Wednesday, Feb 14, is Valentine's Day AND Ash Wednesday which begins the Lenten season. Instead of dinner and a movie, it would be a good time to do dinner and church. Feb 19, is President's Day and Feb 26 & 27 is Day at the Capitol.

Be sure to send me your photos from your events to include in the newsletter. Please include a short description. Deadline for the March newsletter is Feb 20th.

Until next month...

"Live Long...and Prosper!"

Comply with the FDA Food Code and CMS.

———— **Pasteurized shell eggs are not a PHF (TCS).** ————



Visit SafeEggs.com/foodservice for safe egg recipes, the FDA Food Code Compliance Kit, culture change resources, free inservice tools, and free CE!

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Check out our Sysco Healthcare web site at www.sysco.com/health

In the month of March we celebrate these special occasions:

National Celery Month

National Flour Month

National Frozen Food Month

National Nutrition Month

National Noodle Month

National Peanut Month

National Sauce Month

National Caffeine Awareness Month

2nd Week of March – Chocolate Chip Cookie Week

2nd Week of March – National School Breakfast Week

3rd Week of March – American Chocolate Week

3rd Saturday of March – Maple Syrup Saturday

1st – National Peanut Butter Lover's Day, National Fruit Compote Day

2nd – National Banana Crème Pie Day

3rd – National Cold Cuts Day

4th – National Pound Cake Day

5th – National Cheese Doodle Day

6th – National Frozen Food Day, National White Chocolate Cheesecake Day

7th – National Crown Roast of Pork Day

8th – National Peanut Cluster Day

9th – National Crabmeat Day

10th – National Blueberry Popover Day

11th – Oatmeal-Nut Waffles Day

12th – National Baked Scallops Day

13th – Coconut Torte Day

14th – National Potato Chip Day

15th – National Pears Helene Day

16th – National Artichoke Hearts Day

17th – Corned Beef and Cabbage Day

18th – Oatmeal Cookie Day

19th – National Chocolate Caramel Day, Poultry Day

20th – National Ravioli Day

21st – California Strawberry Day

22nd – Coq Au Vin Day

23rd – National Chip and Dip Day, National Melba Toast Day

24th – National Chocolate-Covered Raisins Day

25th – Pecan Day, Waffle Day, National Lobster Newburg Day

26th – Spinach Day

27th – National Spanish Paella Day

28th – Something on a Stick Day, National Black Forest Cake Day

29th – National Lemon Chiffon Cake Day

30th – Good Friday, Turkey Neck Soup Day

31st – National Clams on the Halfshell Day, Tater Day, Oranges and Lemons Day

CHEYENNE 2018

ANFP Spring Conference May 2,3,4, 2018 Radisson Hotel - Cheyenne, Wyoming

Colorado and Nebraska ANFP members will join Wyoming ANFP for their Spring Conference May 2-4, 2018 in Cheyenne, WY... where I-80 and I-25 meet. Contact your state ANFP Chapter President for more details.

Steve Owen Mrs. Danielle Behrman Mrs. Catherine Huckaby
Wyoming ANFP President Colorado ANFP President Nebraska ANFP President
stevelanderwoyo@gmail.com bad1976@msn.com mrschuckaby76@gmail.com

Conference Schedule

Wednesday, May 2, 2018

2-6 pm registration in lobby+
6:30 pm President's Reception

Thursday, May 3, 2018

7 – 7:45 am breakfast
7:45 am Welcome & Announcements
8:00 – 12:00 Educational Sessions
12 – 1:00 pm Chapter Membership Meeting
1 – 3 pm Educational Sessions
afternoon Student Reception with
Julie Zikmund – UND
evening dinner on own

Friday, May 4, 2018

7 – 7:45 am breakfast
7:45 am Welcome & Announcements
8:00 – 12:00 Educational Sessions
12 – 1:30 pm Food Show – tentative
and lunch
2– 3 pm Final Educational Session

Left: Felicia serving at the CY Pizza Hut location. Isn't she graceful?

SPEAKERS CONFIRMED

Julie Zikmund, MPH, RD

Manager of the Nutrition & Foodservice Professional Training Program – University of North Dakota (UND)

Penny Fletcher, PHR, CHRM-CP

Cheyenne, WY SHRM President
2 sessions on Human Resource issues

Omar Humes, CDM, CFPP

President ANFP North Carolina Chapter
Member – ANFP National Board of Directors

Colorado and Nebraska ANFP Chapters will present at least one workshop presentation each during our conference.

CONFERENCE HOTEL INFORMATION

Hotel room cost: \$94 per night
mention ANFP conference for this pricing
breakfast is included both days in hotel charge

Radisson Hotel Cheyenne

204 W Fox Farm Rd
Cheyenne WY 82007
Hotel [307-638-4466](tel:307-638-4466) | Fax [307-433-9161](tel:307-433-9161)
www.radisson.com/cheyennewy

CONFERENCE FEE

Conference fee is \$55 per person.

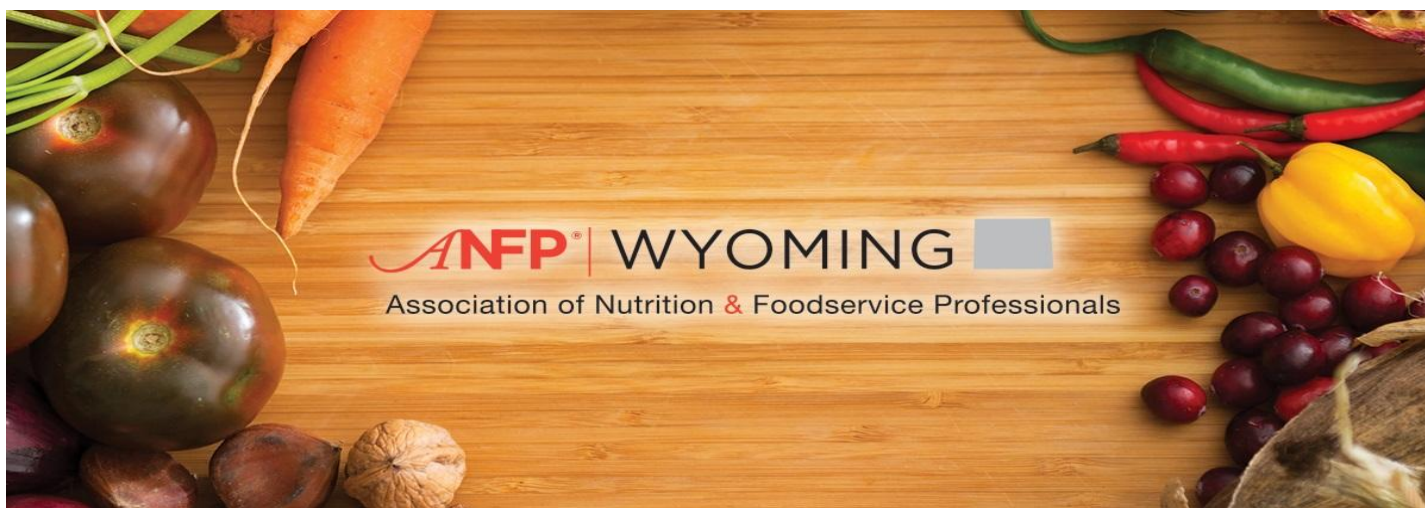
Registration form available March 1, 2018 through chapter presidents. Wyoming members will receive email with registration form by March 1st.

CONFERENCE THEME

**"Soaring To
New Heights"**



CERTIFIED DIETARY MANAGERSto gather in Cheyenne, Wyoming for educational training and networking...





ANFP™ | WYOMING

Association of Nutrition & Foodservice Professionals

CDM of the Year Nomination Form

The purpose of this award is to recognize a Certified Dietary Manager in the State of Wyoming that has gone over and above expectations in their role. This individual portrays a passion for the CDM credential, has worked hard to provide high quality, safe meals for their customers and is a role model for others in the field, in their workplace and community.

Please nominate a Certified Dietary Manager so that they may be recognized by Wyoming ANFP and possible recognition from the National ANFP membership.

Name of nominee:

Reason for nomination (250-500 words)

Your Name: _____

Contact Information:

What should I look for in the supermarket?

Bread labels can trick you, Auslander explained, because if a loaf says whole grain on the front, that could mean a very small portion of the grains are whole but the majority are actually refined.

"If you see multigrain, health nut, healthy grain, or any of that kind of stuff on the front label, that doesn't mean it falls under a whole-wheat or a whole-grain bread category," Whitmire said. "You want to flip it over and always read the ingredient list to make sure the first ingredient is whole-wheat flour or whole-grain flour. If you see white flour or enriched, even if it says enriched whole-wheat flour, it's not a whole-grain or a whole-wheat product. It's essentially a white product."

After you've found the first ingredient is whole-wheat or grain flour, the next thing to look for is the fiber content. Whitmire recommends using 3 grams of fiber per slice or serving as a baseline. Anything that meets or exceeds that minimum will help slow digestion and keep you feeling full.

Why does my body need bread?

"Carbs are your body's number one fuel source and the only fuel source for your brain," Whitmire said. "That's why when people go on low-carb diets they feel like crap, they feel tired, and they can't focus." Whitmire explained without carbohydrates, the body will begin to break down muscle and fat stores for energy, but that leads to a lot of fatigue. "Carbs are way more efficient. It's what your body wants."

Just remember, bread isn't your only option for carbohydrates, said Katie Kissane, MS, RD, owner of NoCo Sports Nutrition and Fitness. Strive for variety by eating oatmeal, quinoa, fruits, and starchy vegetables. "Bread can definitely be a good carbohydrate choice, but I wouldn't necessarily want someone to eat bread as their only carbohydrate source all day."

How much bread is too much?

"People always ask how many slices they can eat in a day," Whitmire said. "It's not 10 slices or two slices. It's just not that straightforward." How much bread or how many carbohydrates you should be consuming is completely dependent on your own health profile, she explained.

"You want to avoid eating too many carbs in one sitting," Whitmire said. "It's about getting the proper portions of carbohydrates spread throughout the day at each meal and each snack but not too much at any one time. So with little bouts of fuel, you use it, get a little bit more, use it, and at no point does it spike your blood sugar or lead to weight gain."

The Daily Value for carbohydrates as set by the US Food and Drug Administration is 300 grams per day. This is based on a 2,000-calorie diet, meaning your actual requirements will vary based on your calorie needs.

The United States Department of Agriculture's MyPlate guidelines say grains should make up about 30 percent of your plate at any given meal, with half of those grains being whole. The guidelines also say half of your plate should be fruits and vegetables, which are other sources of carbohydrates.