

10 carbs nutritionists love

Men's Health

Carbs have a bad reputation. The category can be subdivided into simple sugars, like fruit and milk, and complex carbs, like potatoes, beans, oats, and brown rice

And while many folks do overeat the wrong kinds (processed foods), wholesome carbs—when eaten at the right time and in the right amount—help maintain a healthy body and provide you with the energy you need.

For example, 90 percent of carbs fuel your brain in the form of glucose (part of the reason you should think twice about trying the extreme low-carb keto diet). Some of the glucose is stored in the liver and muscles in the form of glycogen. When your blood sugar dips, like when you're working out, the glycogen is released and used as energy.

So which carbs are the best? We tapped several expert registered dietitian nutritionists throughout the country, many who work with professional and collegiate athletes, to find out which carbs they prefer.

1. Oats

"Oats are rich in nutrients for a moderate amount of calories and carbohydrates. They have a special type of fiber linked to lowering cholesterol levels, making them a great heart-healthy grain; they even have a decent amount of protein. Whole grains like oats can help you maintain a healthy weight, too. They're the foundation of my go-to breakfast—along with a topping of seasonal fruit and nuts—for a satisfying meal that keeps me going until lunch."

2. Pasta

"I'm a big fan of pasta. First of all, Italian men eat pasta and look great. Second, pasta is a great way to complete your plate or bowl by adding protein and veggies. Third, pasta can fuel workouts so you don't burn muscle while exercising and/or carbs post workout providing the 1-2 punch with protein to help the body effectively restore itself."

(Continued on page 14)





2017-19 President

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SPRING is in the air – Spring begins Tuesday, March 20, 2018 at 9:16 am ☐ We have just completed our 4th Annual Day At The Capitol and are preparing for our Spring Conference, May 2-4 in Cheyenne – joining together with the Colorado ANFP. Make every day a masterpiece – and be sure to “Dare To Soar” personally and professionally every day.

1. DATC - 4th Annual Days At The Capitol was held February 26 – 28 in Cheyenne. We will have a full report in the April newsletter.

2. 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.

3. SPRING CONFERENCE - May 2, 3 & 4 in Cheyenne at the Radisson Hotel. The Colorado ANFP Chapter will join us. 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 in this newsletter. Be sure to register now.

Our Spring Conference begins Wednesday, May 2 at 6:30 pm with an evening Welcome Reception with Cheyenne City Council President Richard Shanor.

There will be a continental breakfast from 7-7:45 am both mornings in the Yellowstone Room – the same room we will be meeting in. The breakfast is included with your hotel room fee. We are hoping to have Governor Matt Mead present to read and sign a proclamation on Thursday morning, naming May 3 as “Certified Dietary Manager Day” in Wyoming.

Thursday sessions will begin at 8 am and finish at 2 pm. We will have a 2 pm reception for current and potential CDM students.... so let any current or potential student know. Dinner will be on your own.

Friday sessions begin at 8 am and finish at 12 noon. We will have a Vendor Fair from 12 – 2 pm – and you will be able to enjoy a Sandwich Bar lunch during the Vendor Fair.

Special guest presenters include:

- **JULIE ZIKMUND** – Manager of the Nutrition & Foodservice Professional Training Program with the University of North Dakota.
- **OMAR HUMES** - President of the North Carolina ANFP Chapter and member of the National ANFP Board of Directors
- **PENNY FLETCHER** – PHR, SHRM-CP - the President of the Cheyenne Chapter of the Society for Human Resource Management (SHRM)

4. ACE – ANFP Annual Conference & Expo Orlando June 1-4, 2018. Let us know if you are interested in attending so we can coordinate travel, hotels, etc.



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



ANFP™ | WYOMING
Association of Nutrition & Foodservice Professionals

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.



19th – Cecilia Herrera
20th – Karen Kwedor
26th – Robin Wacker
31st – Lisa Miller

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.



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

MEMBERSHIP



W E L C O M E

to the new



ANFP | WYOMING

Association of Nutrition & Foodservice Professionals

As of February 28, 2018, the Wyoming ANFP is **71** members strong; **60** Certified Professional members, 11 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.

ANFP | WYOMING

Association of Nutrition & Foodservice Professionals





Supports the

Wyoming
ANFP | Association of
 Nutrition & Foodservice
 Professionals

*for their dedication to the
 Healthcare Food Service Industry*



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As the weather gets warmer, we begin to do more outdoors. Remember also the residents enjoy outdoor activities. It may still be a little cold to eat outside, but start using your grill and grill some of those meals. The flavor change is always much appreciated by the residents.

Be sure to send me your photos from your events to include in the newsletter. Please include a short description. Deadline for the April newsletter is March 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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Our Mission

To market and deliver great products to our customers with exceptional service.



Our Vision

To be our customer's most valued and trusted business partner



Local Flavor

Bringing the highest quality of products to more people grown specifically for Sysco in the United States.

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

In the month of April we celebrate these special occasions:

National Food Month

National Soft Pretzel Month

National Soy Foods Month

1st Week of April – National Bake Week

2nd Week of April – National Egg Salad Week

1st Sunday of April – National Baked Ham with Pineapple Day

1st – National Sourdough Bread Day

2nd – National Peanut Butter and Jelly Day

3rd – National Chocolate Mousse Day

4th – National Cordon Bleu Day

5th – National Caramel Day; National Raisin and Spice Bar Day

6th – National Caramel Popcorn Day

7th – Coffee Cake Day

8th – National Empanada Day

9th – National Chinese Almond Cookie Day

10th – National Cinnamon Crescent Day

11th – National Cheese Fondue Day

12th – Grilled Cheese Sandwich Day; National Licorice Day

13th – National Peach Cobbler Day

14th – National Pecan Day

15th – National Glazed-Spiral Ham Day

16th – National Eggs Benedict Day; Day of the Mushroom

17th – National Cheeseball Day

18th – Animal Crackers Birthday

19th – National Amaretto Day, Garlic Day

20th – National Pineapple Upside Down Cake Day
21st – Chocolate-covered Cashew Truffle Day
22nd – National Jelly Bean Day
23rd – National Cherry Cheesecake Day, National Picnic Day
24th – National Pigs-in-a-Blanket Day
25th – National Zucchini Bread Day
26th – National Pretzel Day
27th – National Prime Rib Day
28th – National Blueberry Pie Day
29th – National Shrimp Scampi Day
30th – National Raisin 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

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

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

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...

“Soaring To New Heights”
Wyoming ANFP Spring Conference 2018
May 2-4, 2018

Radisson Hotel – Cheyenne, WY
204 Fox Farm Rd. – off I-80 307-638-4466
reserve your hotel room direct - \$94 per night – includes free continental breakfast

Registration Form - - Please complete one form for each registrant

Circle one: ANFP Members

Non-Members

\$ 55.00 Before April 15, 2018

\$ 65.00

\$ 65.00 At the Door

\$ 75.00

Students: Free Registration

Name:(Please Print Clearly) _____

Facility Name: _____

Title: _____ **ANFP Number:** _____

e-mail Address: _____

Make Checks Payable to:
Wyoming ANFP

Wyoming ANFP Spring Conference
Cheyenne, Wyoming
May 2-4, 2018

Mail Registrations to:
Robin Hilbird-Bardgett, CDM,CFPP
Memorial Hospital of Converse County
111 South 5th Street
Douglas, WY 82633

Registration:	\$	.
Total	\$	.

Registrants Signature: _____

3. Potatoes

“For the money, you can’t beat a traditional baked, stuffed spud to fuel your body and provide an easy protein-packed dinner. One serving (about one small baked potato) costs less than 20 cents and is loaded with quality carbohydrates. A small baked potato is only 113 calories, so don’t believe that old wives’ tale that they’re ‘fattening.’ Microwave a spud and stuff it with black beans, salsa, and cheese for a protein-rich, muscle-loving meal in less time than it takes to shower post-workout. Nutritional bonus: A small baked potato will also provide over 650 milligrams of blood pressure-lowering potassium, a mineral most Americans are falling short of daily.”

4. Chocolate milk

“Chocolate milk is the perfect choice after a workout. It contains carbs and protein in the ideal ratio for muscle recovery, plus offers fluid, electrolytes, calcium, and vitamin D—nutrients most men need more.”

5. Lentils

“Lentils are a nutritional powerhouse that provide high-quality carbs to fuel your muscles, optimizing workouts and recovery. Lentils provide 18 grams of protein per 1 cup (cooked), 16 grams of fiber, and a good amount of iron. Lentils are versatile—easy to add to soup, salad, tacos, and/or made into vegetarian meatballs

6. Blueberries

“Blueberries are a good source of carbohydrates, fiber, and antioxidants. Grab a cup or two of blueberries pre-workout to provide a supply of glucose to your working muscles. Post-workout, pair blueberries with some protein. The carbs will help replenish your muscle glycogen stores and enhance the transport of protein into cells, while the antioxidants can help repair your muscles post-workout.”

7. Whole-grain bread

“One of the most common statements I’ve heard from clients, and one of their biggest mistakes, I might add, is when they say, “I gave up bread” in an effort to drop a few pounds. Bread itself is not high in calories and in some cases, it can satisfy your cravings with its ability to boost feel-good chemicals in the brain. But read your bread’s label to choose wisely. My favorite bread, Dave’s Killer Bread, is organic and loaded with fiber, protein, and a mix of 21 whole grains and seeds. Some long ingredients lists are actually a good thing!”

8. Beans

“Beans, like chickpeas and black beans, are one of my favorite carbs because they contain complex carbohydrates including soluble and insoluble fiber, and a significant amount of protein. This winning combination helps keep you fuller longer. Beans also provide iron and potassium, electrolytes important for muscles and balancing blood pressure.”

9. Sorghum

“Whole-grain sorghum is gaining a lot of attention. It's a protein powerhouse when it comes to grains and is packed with fiber. Sorghum provides magnesium and phosphorus, the key minerals for bone health, as well as B-vitamins and iron to help convert food into energy and maintain a healthy immune system. It may have a beneficial effect on the gut microbiota. Emerging research suggests prebiotic-rich foods, such as sorghum, may protect against the development of inflammation and chronic disease. Cook and use sorghum, just as you would enjoy rice.”

10. Bananas

“Bananas are my favorite carb of choice. They're loaded with potassium and offer a good source of fiber. They're a versatile snack you can add to yogurt, toss in a protein shake, or just eat it topped with a tablespoon of almond butter. “

