



ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals

Louisiana Association of Nutrition & Foodservice Professionals Quarterly Newsletter

October - December 2020



Announcement

Unfortunately, Louisiana ANFP must inform you of the retirement of Mrs. Tamra Rutten former state president. Tami as we all know her by, retired from Reinhart Foodservice and her role as our state president on September 30th 2020. Tami and her wonderful husband John are retiring to Kansas and we want to wish them the best. We will miss Tami and her wonderful work as our President, we are extremely appreciative of all she has done for us as an association. Our Associations Former National Chair, Chef John Hickson has agreed to step in as our new state president for the next year, and until the membership can vote on a new president.

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Volunteer of the Year 2019 – 2020 Winner

Mrs. Carolyn Hill

The Louisiana Association of Nutrition & Foodservice Professionals Volunteer Service Award honors the true spirit of volunteerism by recognizing individuals, who make a significant contribution to our association through volunteer service. Louisiana Association of Nutrition & Foodservice Professionals is very fortunate to have volunteers that serve on our board to help make our association better. This year the Louisiana ANFP Executive board has presented the 2020 Louisiana Association of Nutrition & Foodservice Professionals Volunteer Service Award to Mrs. Carolyn Hill. Carolyn received a certificate, a plaque and a \$100-dollar American Express gift card from our association thanking her for her contributions to our association and State. It is volunteers like Carolyn that really make a difference. This year each recipient was mailed their awards due to COVID-19. Normally we would recognize them at our annual conference in April each year. Unfortunately, given the current situation this had to be done differently this year but that does not take away the honor that goes with this recognition. Please join us in congratulating Carolyn on this honor and Help us wish her the best in her retirement. Thank you, Carolyn, for all you do and have done for our Association, our Profession, and our State.



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Your Louisiana Chapter

Leaders

Executive Board

John Hickson – President
Reynold Landry – President Elect
Barrett Broussard – Secretary
Brenda Grant Kenly - Treasurer



Nutrition & Behavior Continued

Since I began my new Position within the states Juvenile Justice System, I decided to study how food choices influence behavior, mood, and academic performance. This is what I found out. It is important for Teens and Young Adults to know what to eat, what not to eat, and why some foods that seem healthy may not be healthy. While consumption of sugary foods has long been associated with hyperactivity, we now know that food selection also contributes to a teen's ability to focus attention, inhibit impulsive behaviors, analyze information, regulate emotional responses, and solve problems.

Food is one of the most important gifts we give our bodies. Choosing well is empowering and makes the body a healing machine. When we facilitate healthy eating, we equip Teens and Young Adults with the knowledge and skills needed to create a foundation of optimal health.

Eliminating Foods that Cause Bad Behavior and Adversely Affect Mood

Studies suggest that certain ingredients, particularly those found in processed foods, are triggering behavioral problems in Teens and Young Adults. With 90% of the average American's food budget going towards processed foods and the astounding spike in behavioral and mood disorders, changing the diet is the logical first step to addressing problem behaviors.

Artificial Colors

Over the past 50 years, chemical dyes in foods increased 500%. Three dyes (Red 40, Yellow 5 and Yellow 6) make up 90% of the market. These dyes are found in cereal, toothpaste, applesauce, cough syrup, candy, ice cream, drinks, and more. Food color consumption can lead to meltdowns, aggression, and mood swings. Studies dating to the seventies show that removing dyes from a Teen's diet has a profound effect. Read labels and remove all foods and drinks that contain artificial colors and flavors.

Artificial Sweeteners

Aspartame has been linked to an array of emotional and behavioral disorders. High levels of aspartame can alter serotonin levels, which can lead to behavioral problems, anxiety, and other emotional disorders.

MSG (monosodium glutamate) is an excitotoxin, a type of neurotoxin that over-stimulates brain cells. It has profound effects on the mood and behavior. MSG is found in most fast foods as well as processed meats, frozen meals, soup mixes, salad dressings, and many other processed foods. MSG may appear on ingredient labels as hydrolyzed protein, autolyzed yeast, or sodium caseinate.

Gluten is a protein found in wheat, barley, rye and oats. Gluten tends to be poorly digested in the gut, causing an inflammatory response that influences brain function. Gluten breaks down into peptides that can pass through imperfections in damaged intestinal tracts (leaky guts) and affect the brain. The shape of gliadinomorphin (the peptide resulting from the breakdown of gluten) fits into receptors in the brain that trigger abnormal moods and behaviors. These receptors are referred to as opiate receptors because they are the same receptors that interact with opioids like morphine.

Eating for Better Behavior and Brain Balance

There is no one diet that is best for everyone, but a real-food, nutrient-dense paleo diet is an excellent place to start to ensure teens get the right nutrition. Teens and Young Adults need to eat plenty of vegetables, clean protein, healthy fat, and some fruit for optimal brain health.

When you plan meals, aim to make 75% of the plate vegetables. If necessary, sneak veggies into foods. Chopped spinach or kale can be mixed into meatballs or meatloaf. Soups prepared with homemade bone broth make excellent lunches and dinners.

5 Ways to Get Your 5 a Day

You may have heard that you should eat 5 servings of fruit and vegetables a day. This works out to a total of about 2½ cups. But experts actually recommend getting even more than that amount. There are no limits on the quantities of tasty fruits and veggies you can enjoy, unless, of course, you load them up with butter or dressing, or deep-fry them! But many of us still find it hard to fit fruit and veggies into our meals.

Here are some ideas to help you get into the 5-a-day (or more!) habit:

Start with the first meal of the day. Plan to eat a serving or two of fruit with breakfast every day. Mix it up so you don't get bored. Half a grapefruit, an apple, or a handful of berries on your cereal are all good choices. Continue this pattern by eating vegetables at lunch and at dinner. Get extra energy from fruit or vegetable snacks. The carbohydrates in fruit and vegetables are great sources of energy. Combine them with a serving of protein — such as a piece of cheese, a cup of yogurt, or a tablespoon of peanut butter, and you get staying power too. Ants on a log, anyone?

Double up on fruit and veggie servings. Recommended servings of fruit and veggies can be small. Unlike other foods, it's OK to double the serving size of fruit or vegetables. Serve yourself a 1-cup portion of broccoli or tomatoes instead of the standard serving of ½ cup. Use fruit and vegetables as ingredients. Enjoy bread? Bake up a batch of zucchini bread and get your veggies along with your grains! Use applesauce instead of oil in your baked goods. Chop up veggies (peppers, carrots, celery) and toss them into your favorite chili recipe. If you don't like vegetables much, sneak them into foods you do enjoy (like grating carrots into tomato sauce or, again, zucchini into bread). It's a great way to get your veggies without having to taste them!

Try a new fruit, vegetable, or recipe each week. Our bodies like variety. So set a goal to try something different each week. You may find a new favorite. One good way to get variety is to eat the fruit and veggies that are in season in your area.



2019 – 2020 Louisiana ANFP CDM of the Year Award

This year's winner is Mrs. Tamra Rutten.



Louisiana ANFP recognizes an outstanding chapter volunteer that serves as a positive example to others, and whose dedicated service, time, and efforts to the foodservice industry help to advance the mission of ANFP at the state level. This year the Louisiana ANFP Executive board has presented the 2019 - 2020 Louisiana Association of Nutrition & Foodservice Professionals CDM of the Year award to Mrs. Tamra Rutten. Tamra has been our state president for many years and has always put our members first. Tamra has made an outstanding contribution to the association through her volunteer service, she has served as chapter leader/volunteer for over ten years. Tamra actively seeks out others to engage in volunteer activities, she supports and upholds the aims and goals of ANFP, and Tamra has always demonstrated exceptional commitment, service, creativity, and cooperation when working with our members and the foodservice industry. Please help us congratulate Tamra on her award and help us wish her much success in her retirement. Thank you Tamra we Love and will Miss you dearly. Tamra received a certificate, a plaque and a \$200-dollar American Express gift card from our association thanking her for her contributions to our association and State. It is volunteers like Tamra that really make a difference. This year each recipient was mailed their awards due to COVID-19. Normally we would recognize them at our annual conference in April each year. Unfortunately, given the current situation this had to be done differently this year but that does not take away the honor that goes with this recognition. Please join us in congratulating Tamra on this honor and Help us wish her the best in her retirement. Thank you Tamra for all you do and have done for our Association, our Profession, and our State.

Recipe of the Quarter

Shrimp & Corn Chowder

1 lbs. Diced Yellow Onion

1/2 lb. Diced Green Bell Pepper

1/2 lb. Diced Celery

1 cup Diced Tomato

1/2 lb. butter/margarine

1/2 lb. all-purpose flour

2 lbs. 90/110 count Shrimp

1 tsp liquid crab boil

1 1/2 gallons shrimp stock

1 Tbs Seafood magic seasoning

1 lb. Chuck wagon corn

1 lbs. Diced Potatoes


1 cup white wine

1-pint heavy cream



Melt butter in large pot add flour and cook until blond roux forms. Add diced vegetables and seasoning and cook for 5 min. Add diced vegetables and seasoning and cook for 5 min. Add seafood stock, and wine and bring to a slow boil. Reduce heat and cook for 15 min. Add Shrimp and simmer over low heat for additional 20 min until shrimp are cooked and potatoes are tender. Finally add heavy cream and serve. Enjoy

Note: you might need to make additional roux if soup is too thin for your taste. Remember that the potatoes will help thicken this soup.



Every lunch should include fruits as well as vegetables. Only ½ of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.

Louisiana ANFP Financial Statement

ACCOUNTSUMMARY

Previous Balance 09/30/20	\$27,446.25	Number of Days in Cycle	30
1 Deposits/Credits	\$865.00	Minimum Balance This Cycle	\$27,446.25
3 Checks/Debits	(\$431.81)	Average Collected Balance	\$28,023.25
Service Charges	\$0.00		
Ending Balance 10/30/20	\$27,879.44		

ACCOUNTDETAIL

Date	Description	Deposits/Credits	Withdrawals/Debits	Resulting Balance
10/02	ACH deposit ANFP Remittance 100220 Louisiana ANFP-ACH CCD VEN0000530	\$865.00		\$28,311.25
10/05	Check 1492		\$200.00	\$28,111.25
10/14	Check 1491		\$106.01	\$28,005.24
10/26	Check 1493		\$125.80	\$27,879.44
Total		\$865.00	\$431.81	

* designates gap in check sequence

Check No.	Date	Amount	Check No.	Date	Amount	Check No.	Date	Amount
1491	10/14	\$106.01	1492	10/05	\$200.00	1493	10/26	\$125.80



The Healthiest Thanksgiving Sides, Ranked by Nutritionists

By Caroline Bologna

While turkey has its fans, many people see the side dishes as the real stars of the Thanksgiving meal. But when it comes to nutrition, not all sides are created equal. Plenty of Thanksgiving favorites are drowning in butter, sugar and other unhealthy ingredients — even those that seem “healthy” due to their vegetable content. That’s no reason to avoid partaking in the festivities or feel shame for eating an indulgent meal, however.

“It’s great if you can lighten up some of those decadent Thanksgiving dishes and cut out some of the excessive sodium, sugar and fat without sacrificing flavor,” said Stefani Sassos, a registered dietitian for the Good Housekeeping Institute. “But my cardinal rule with Thanksgiving and holidays in general is to eat what you want but listen to your body and respect your fullness.”

“Some of these foods only come around once a year and are just too good to pass up!” she added. “As a registered dietitian, of course I try to choose healthy items, but I know that if you restrict too much, it may ultimately backfire and you’ll wind up eating more than you would have in the first place.”

“Pick and choose your absolute favorite items, portion out a serving, and sensibly indulge,” she added. “You can still enjoy your favorite foods in moderation and avoid that Thanksgiving food coma.”

Still, for those who would like to learn about the dietary properties of different Thanksgiving sides, HuffPost asked nutritionists to rank these dishes from healthiest to least healthy and to share their tips for upping the nutritional value of each option.

It’s important to note that nutritional rankings can be subjective and based on an individual’s current health goals, and that preparation plays a major role in how healthy a side dish can be. The list on the following pages reflects an average of each nutritionist’s individual rankings.



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Brussels sprouts may not be a showstopping Thanksgiving side dish, but these cruciferous vegetables can bring some real nutrient value to the table. They're a great source of vitamins A, C and K, and researchers tout their anti-inflammatory and anti-cancer properties.

Preparation style can limit their health impact, however.

"Brussels sprouts themselves are rich in fiber and nutrients, but if they're sautéed in duck fat and loaded with salt (that's how they are commonly prepared in many restaurants), it kind of defeats the purpose," Sassos said. "Air frying Brussels sprouts is my favorite way to prepare them and substantially cuts down on the calories and fat."

Consider roasting them with a small amount of olive oil and balsamic vinegar, or preparing a shaved Brussels sprouts salad. Cooking Brussels sprouts with bacon can add extra fat and increase your intake of animal fat and red meat, but some experts believe a little bit of bacon isn't the worst option, as it may help your body absorb fat-soluble vitamins and keep you satiated.

Butternut squash doesn't just make for a lovely fall display. It also packs a serious nutritional punch.

"Butternut squash is a great source of vitamin A, B, C and E, as well as calcium, magnesium and zinc," said Brianna Bernard, a nutrition coach and Isopure spokesperson. "This is great roasted in a little olive oil and also makes a delicious soup!" Filled with immune-boosting nutrients, butternut squash is tasty without unhealthy add-ons, so it's not necessary to use a super buttery or sugary recipe. It's possible to make a good butternut squash soup with little to no milk and cream as well. Still, caramelizing it with just a little bit of butter can add some extra sweetness.

"Green beans are loaded with vitamins A, C and K, as well as fiber, but this dish can be high in sodium due to the cream of mushroom soup, soy sauce and fried onions," said Bernard. She advised replacing these ingredients with a low-sodium soup and coconut aminos. Consider substituting caramelized onions or whole-grain bread crumbs for the crispy fried onions and skipping the can of cream of mushroom soup. Instead, add mushrooms and some milk or Greek yogurt to your dish for the same creamy richness.

"Mix in some sautéed mushrooms, onion, garlic, and celery," suggested Kimberley Rose-Francis, a registered dietitian nutritionist. "Then add a pinch of flour, salt and pepper with a splash of low-sodium vegetable broth for a cream-of-mushroom soup flavor." You can also make a simple roasted green bean recipe or green beans almondine instead of the casserole.

Sweet potatoes are a great source of fiber, beta-carotene, vitamins A, B and C, and more. But sweet potato casseroles tend to be loaded with butter and sugar. "It's really more of a dessert than a side dish once you count up the sugar content," Sassos said, pointing to the marshmallows and brown sugar in many classic recipes. "Roasting sweet potatoes and adding a touch of maple syrup would be a far healthier option that tastes great, too." Another healthier alternative would be preparing sweet potatoes with cinnamon, which "has been tied to reducing inflammation, increasing insulin sensitivity and lower blood sugar levels," said Tracy Lockwood Beckerman, registered dietitian and author of "The Better Period Food Solution." You can also incorporate nuts, raisins, nutmeg and cardamom, or consider coconut swaps like coconut sugar or coconut oil.

"Mashed potatoes may have a bad rap, but the spud has plenty to brag about: potassium, fiber, even a bit of vitamin C," said registered dietitian nutritionist Jill Wiesenberger. "One excellent way to up the fiber and nutrient content of mashed potatoes is to leave on the skin of the potatoes, where many of the vitamins and much of the fiber is found," said nutritionist Alyssa Northrop. "Many people actually prefer the taste of skin-on mashed potatoes once they've tried it. Try roasting a head of garlic and smashing it along with your potatoes for even more nutritional benefits." And of course, you could always go the cauliflower route — either as a replacement or a supplement. "Mashed cauliflower can be mixed into your mashed potatoes," suggested Stephanie Snell, a registered dietitian at UCHHealth. "If you are looking for one less starch on your table, you could prepare mashed cauliflower in place of mashed potatoes."

Indeed, classic white bread dinner rolls don't offer much nutritional value, though the whole grain versions are healthier.

"Whole grains contain B vitamins which are needed for energy production, as well as fat and protein metabolism," Rose-Francis said. "One should be careful of how much butter is added to their bread. Whether your rolls are made of whole grains or refined grains, extra butter can make them unhealthy."

"Cranberries are an excellent source of antioxidants like polyphenols that help repair cell damage and have been shown to help reduce heart disease risk factors such as high cholesterol and high blood pressure," Beckerman said. Research has also shown that cranberries are rich in vitamin C, promote urinary tract health and reduce inflammation. "Cranberries are a superfruit, but all the sugar in the canned stuff and traditional recipes undoes their greatness," said registered dietitian nutritionist Dawn Jackson Blatner. "Make cranberry sauce with 50% less sugar, and it will still taste great. Or use just a little honey and some fresh-squeezed oranges and you can ditch white sugar altogether."

A little maple syrup and orange zest can also serve as good sugar replacements. Northrop noted that homemade cranberry sauce made with the actual cranberries with their skins also contains more fiber and other nutrients.

While stuffing is a fan favorite, it's the source of many hidden Thanksgiving calories due to its high sodium, carbohydrate and fat content. The dish is often prepared with refined breads, lots of butter and high-fat proteins like sausage and bacon.

"Traditionally, we choose our more processed grains for the bread in stuffing," Snell said. "Choosing whole grain bread can reduce your intake of processed grains and increase your intake of fiber."

Sassos suggested making stuffing with cauliflower rice or whole wheat bread — or portioning it out into muffin tins and baking "stuffins." Bernard recommended low-sodium chicken broth. But the biggest tip from multiple nutritionists: Load up on veggies.

"Spinach or mushrooms could be an ingredient in your stuffing," Snell said. "When possible, we want to increase the use of vegetables throughout our sides."

Celery, onion carrots, kale and sweet potatoes can also increase the fiber and nutrients and decrease the calories in a serving of stuffing. Traditional macaroni and cheese doesn't offer much in terms of nutrition, between the refined grains, butter and cheese.

"You can get decent amounts of protein from the cheese, but the fat and carbohydrate content is very high, which means the dish ends up being very calorie-dense," said Jonathan Valdez, owner of Genki Nutrition and spokesperson for the New York State Academy of Nutrition and Dietetics. He suggested adding vegetables to the dish, using a fat-free or reduced-fat cheese and choosing a whole wheat, lentil or chickpea pasta to increase the fiber and protein content while reducing calories. Keeping portions smaller can also be helpful.

"Turkey gravy is often made from grease drippings and the neck and giblets from the Thanksgiving turkey," Bernard explained. "These fatty ingredients make it taste delicious, but are not very healthy — especially when coupled with more high-sodium chicken broth and butter." The high saturated fat and sodium content mean it's best to be mindful of portion sizes when ladling out the gravy. There are also ways to make it a bit healthier.

"Instead, create a roux using a lighter fat, like a plant-based butter, and flour," Rose-Francis advised. "Try using less meat drippings and adding vegetable stock to enhance the flavors even more. Stir and simmer, simmer and stir ... and voila! Your savory 'silky sauce' is served."

