

Foods Back in Favor

Have you been missing eating eggs? Are you limiting your coffee to one cup per day? Have you gone away from potatoes as a starch choice? Good news, you can welcome some of your old favorites back into your diet!



The 2015 Dietary Guidelines for Americans reports that drinking 3-5 cups of coffee a day (about 400 mg of caffeine) was associated with minimal health risks and may offer health benefit. In non-smokers, who drank 3-5 cups of coffee per day; a 15% reduction in mortality was demonstrated. This benefit is modest however; it allows those who enjoy coffee to have their beverage guilt free!

For years, people have reduced their intake of eggs to less than 4 per week. A new Swedish study suggests that eating up to 6 eggs per week does not increase the risk of cardiovascular disease. Eggs are a good source of protein, lutein and zeaxanthin as well as vitamins. The servings of eggs in the study were not accompanied by bacon or sausage. Eating eggs, prepared in a healthy recipe can be beneficial to your health.



Traditionally, the idea that all potatoes are high in carbohydrate and raise blood sugar quickly has been accepted. A recent study has proven that all potatoes are not created equal. The type of potatoes and method of preparation have a big impact on the glycemic index (rating of affect on blood sugar). Waxy potatoes like fingerling and red potatoes are better than starchy potatoes such as russet and Idaho. Boiling and roasting potatoes keep the nutritional value and do not cause blood sugar spikes like baked and instant mashed do. Adding potatoes to a meal that includes protein, such as meat slows digestion and reduces glycemic index. Enjoy your potatoes as a part of your healthy diet.

PLEASE POST FOR THOSE WITHOUT EMAIL

