



CHIP CHAT

FOR ALUMNI & FRIENDS - MARCH 5, 2004

Getting Clear on Cooking Oils

Within a tiny seed, there lie secret treasures essential to our health. They are so fragile that, after removing them from the seeds, exposing them to light, oxygen and/or heat, it may damage their molecular structure, and turn them rancid. To protect these fats and oils from going rancid and make them more spreadable, industry developed the special process of “partial hydrogenation.” This process changes the molecular structure of oils, which hardens them and makes them more universally useful. These so-called “**trans-fats**,” however, may cause several significant health problems.

“Only one type of dietary fat is worse for you than saturated fat—the increasingly common **trans** fat.” –Walter C. Willett, MD, Chairman of Dept. of Nutrition, Harvard University, School of Public Health

TRANS FAT

In 1911, Crisco marketed the first shortening made through hydrogenation. Hydrogenation quickly became a big success because it kept oils and fats from going rancid. For the first time, manufacturers could make oil or fat that could stay on the shelf at room temperature for months.

Over the next 90 years, the growing number of hydrogenated and partially hydrogenated oil products has risen to make up 10% of the North American caloric intake. It now appears that partially hydrogenated oils may actually be worse on the body than fully hydrogenated oils. These hydrogenated and partially hydrogenated oils are now found in almost everything processed... in donuts, muffins, cakes, salad dressing, candy, soups, breads, margarine, potato chips, fried foods, mayonnaise, cheese spreads and peanut butter. Even some raisins have been coated with a layer of hydrogenated oil.

Trans fats cause a host of problems. They increase LDL, decrease HDL, increase Lipoprotein (a), block long-chain fatty acid synthesis, and decrease muscle mass. It was after CHIP guest speaker Brenda Davis taught us about hydrogenated oils that my wife came home, went through our fridge reading labels and tossed more than a dozen items into the garbage can. –SG

Letters to the Editor

I'm confused about Canola oil. There is a lot of information being circulated on the Internet about how Canola is genetically modified and dangerous, and yet I see it being used in your recipes. –LC

I sent this question to some of my scientific advisors. Here was their quick response.

Some of these websites are filled with misinformation. Canola is genetically modified in the same way the differing varieties of roses are genetically modified... by careful breeding. The gene for the harmful substance has been removed in this way. The rest hardly bears discussing as it is emotion and hearsay and much of it has no rational basis in fact. –George Guthrie, MD, MPH

A quick “heads up” on Canola Oil: Much of the alarming information you've heard about Canola is simply a scam. Loma Linda University, as well as respected public policy advocates such as Brenda Davis, Dr. Hans Diehl, my husband George, and our very conservative PhD in nutrition at the Lifestyle Center of America... they all agree: Canola oil is safe... but like all oil, it should be used sparingly. –Dena Guthrie

Misleading Label Lingo

- “Light” doesn't mean low fat or low in calories. Light means that the oil has been refined and purified, so it's neutral in flavor and may tolerate higher temperatures. All oils deliver 9 calories per gram, that's 120 calories per tablespoon, or 14 grams of fat.
- “Fully hydrogenated oil” = saturated fat... but the fact that it is fully saturated, allows the label to carry the message “*trans* fat free.”
- “Cholesterol free = it may be free of cholesterol, but the product could be loaded with saturated fat or with “*trans* fats” from a partially hydrogenated vegetable oil.
- “Cooked in vegetable oil” = it may contain plenty of *trans* fat from a partially hydrogenated vegetable oil.

Recommendations

- Lower saturated fat intake as much as possible—use plant based diet
- Avoid *trans* fats as much as possible
- When you use vegetable fats, use them sparingly like all fats, but use them in their natural, unhydrogenated state
- If you are a vegetarian with high cholesterol and/or triglycerides levels: try eliminating all *trans* fats from the diet.

Quotable Quotes

“Remember, use fats and oils sparingly. Just because some oil may say “heart-healthy” doesn't mean that you should use lots of it. It's still fat... lots of empty concentrated calories!” –*Dr. Hans Diehl, founder of CHIP*

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“**Knowledge speaks, but wisdom listens.**” –*Jimi Hendrix*

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“You don't get ulcers from what you eat. You get them from what's eating you.”
–*Vicki Baum (1888-1960) Austrian-USA novelist*

Cool Websites & Articles

How we eat–Who's behind the food

<http://www.msnbc.msn.com/id/4355394/>

Kid's menus... a Fatty Feast. Parents trying to keep their kids healthy aren't getting much help from the nations restaurant chains.

Top Ten Fitness Trends for 2004

http://my.webmd.com/content/article/77/95418.htm?z=1676_00000_0000_fl_04

Experts predict "faster-quicker" workouts and exercise programs that incorporate mind and body techniques will be among the top fitness trends in 2004.

USDA Turns to Fast-Food Giants to Fight Obesity

http://www.dental.am/eng/more_news.php?subaction=showfull&id=1077360545&archive=&start_from=&ucat=10&

Dream on! We might as well put the fox in charge of the hen house.

Pritikin VS. Atkins

<http://www.pritikin.com/eperspective/specialissues/pritikinatkins/>

A decades long battle whose resolution could save millions of lives.

Disclaimer: Links to websites referred to in this newsletter do not necessarily constitute endorsement by the Adventist Chip Association for all of the content therein.

Questions & Answers

What about Margarine?

Margarines were first thought to be beneficial because they had a higher polyunsaturated fat content than butter. Most margarines, however, are not natural products. These popular spreads are typically made from vegetable oil, such as corn oil. They are heated under pressure to partially hydrogenate (saturate) them, so as to make them more spreadable and solid at room temperature.

- In margarine *trans*-fatty acid levels are the problem, aside from the empty, concentrated calories.
- Women who ate 4 or more teaspoonfuls of margarine a day had a 66% greater risk of heart disease than women who had margarine once a month.
- Vegetable oils should be used sparingly and in their natural state.

CHIP Happenings

- Mar 1 **Auburn –Academy, WA** starting first CHIP–DeEtta & John Chen, *Director*
Dalton, GA starting 2nd CHIP–George Lee, *Director*
Omaha –Golden Hills, NE starting 2nd CHIP–Marilyn Sabata, *Director*
Sedgewick, AB starting 3rd CHIP–Patsy Trefz, *Director*
- 7 **Denver, CO** starting 4th CHIP–Jim Row, *Director*
- 8 **Fredericton, NB** starting first CHIP–Tim Hawkins, *Director*
Knoxville, TN starting first CHIP–Ruth Wiehn, *Director*
Phoenix, AZ starting first CHIP–Sherry Root, *Director*
Waukesha, WI starting 2nd CHIP–Carol Mertins, *Director*
- 15 **Lapeer, MI** starting first CHIP–David Rau, *Director*
Richmond, BC starting first CHIP–Branka Sremac, *Director*
Surrey, BC starting 4th CHIP–Ketti Goudey, *Director*
Walla Walla, WA starting 2nd CHIP–Dan Neisner, *Director*
- 22 **Middlebury, VT** starting 2nd CHIP–Paula Roeloffs, *Director*
- 28 **Oshawa, ON** starting first CHIP–Robert Putts –*Director*
Sarnia, ON starting 4th CHIP–Don Horricks, –*Director*
- 29 **Armstrong, BC** starting 6th CHIP–Barry Johnson, *Director*
Prince George, BC starting 7th CHIP–Irena Lipovsky, *Director*
Puyallup, WA starting 4th CHIP–Diane Meharry, *Director*
- 30 **Ellensburg, WA** starting first CHIP–Ruth & Chuck Stafford, *Directors*

What's happening in your area? Why not drop me a note so I can share it?

Let us know when your next CHIP program is scheduled so we can post it on our web site. –Sherwin Goerlitz: chipchat@sdachip.org

Looking for a CHIP Program?

Check out the CHIP Website to find the location and date of the next CHIP closest to you and share it with your friend or family member.

<http://sdachip.org/locations/>

Recipe of the Day

Pumpkin-Date Corn Bread

Try not to eat more than just one slice of this when it's still warm from the oven. It's hard not too! My excuse is that I have to taste test every recipe before putting it in the newsletter. This is really quick to make... less than ten minutes hands on, and 50 minutes on the oven.

- 2 cups whole wheat pastry flour**
- 1 cup of cornmeal**
- ¼ cup brown sugar**
- 2 tsp no aluminum baking powder**
- 2 tsp baking soda**
- 1 tsp ground cinnamon**
- ½ tsp salt**
- 4 tsp dry egg replacer**
- 1 cup of chopped and pitted dates**
- 1 cup canned pumpkin**
- ¼ cup soy milk**
- 1-300 gm package soft tofu**
- ¼ cup organic canola oil**

Heat oven to 350° F.

Lightly coat a 5 by 9 inch loaf pan with olive oil cooking spray.

Combine the flour, cornmeal, sugar, baking powder, baking soda, cinnamon, egg replacer and salt in a large bowl. Stir in the dates, then the pumpkin, milk, tofu, and oil until well blended. Pour into pan. Bake 50 minutes or until a toothpick inserted in the center of the loaf comes out clean. Turn onto a wire rack.

NutritionFacts

per serving
makes 16 servings

Amount per serving

Calories 189

Calories from fat 47

% Daily Value *

Total Fat 5.3g 8%

Saturated Fat 0.4g 2%

Cholesterol 0mg 0%

Sodium 285mg 12%

Total Carbohydrate 30.4g 10%

Dietary Fiber 4g 16%

Protein 5g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

24.9% of calories from Fat
64.5% from Carbohydrates
10.6% from Protein

Did You Know?

Thanks to the popularity of **low-carb diets** such as Atkins, a lot of people think carbs are Public Enemy Number One. Tragically, people don't distinguish between bad carbs, refined sugars and starches, and the good carbs, which are unrefined.

Here are some numbers you should know:

- Carbohydrates have 4 calories per gram.
- Proteins have 4 calories per gram.
- Fats have 9 calories per gram.

Unrefined foods high in starch and fiber are inexpensive, nutritionally laden and low in caloric density. The real culprit is fat, nutritionally empty and packed with calories, (refined sugars and refined starches). Good carbohydrates, the unrefined starch-rich foods, such as beans and grains, should be the chief source of energy and good nutrition.

In the News

OREOS: THE DEVIL'S SNACK

It looks like there's an attempt to ban Oreos in California. While it's enough to make you chuckle at the concept, when you read the actual story, it's very interesting stuff. This may be old news, but click on the link for more details:

http://www.cfif.org/htdocs/legislative_issues/federal_issues/hot_issues_in_congress/legal_reform/oreo_cookies_relief.html

SAN FRANCISCO, California (Reuters) -- A lawyer who has spent much of his life enjoying Oreo cookies has sued Kraft Foods Inc. seeking to ban the much-loved cookies in California because they contain **trans fat**, an ingredient he calls inedible.

Kraft boasts that people have eaten 450 billion Oreo cookies since they introduced the chocolate wafer sandwich cookies with a creamy filling in 1912.

But if British-born attorney Stephen Joseph has his way, that culinary love affair will come to an end, at least until Kraft stops using **hydrogenated or partially hydrogenated oils** to make the cookies.

*California activist attorney Stephen Joseph, who filed suit last week to ban Oreo cookies due to the potential health dangers associated with the trans fat used in making them, has dropped his case "After three days of incredible national publicity, everyone knows about **trans fat**," Joseph announced upon withdrawing his lawsuit. He believes he has educated the nation on the dangers of trans fat, and rendered his own lawsuit baseless...*

http://www.cfif.org/htdocs/legislative_issues/federal_issues/hot_issues_in_congress/legal_reform/oreo_cookies_saved.html

Laugh a Little

Wise Cooking Tip



This weekend, I discovered a cooking tip I haven't seen listed in any cookbooks.

While you are preparing the food, and after the guests have arrived, you contrive to fill the house up with smoke, preferably enough to get the smoke detectors going.

Then you go rushing about the house, opening all the windows, setting up fans, and generally doing everything short of calling the fire department.

Let the guests sit for about 1/2 hour at 50 degrees (as a result of opening the windows) and serve the food.

By this point, you have established expectations in your guests' minds that you can't fail to exceed!

Closing Thought

**“The best years of your life are the ones in which
you decide your problems are your own.
You do not blame them on your mother,
the ecology or the president.
You realize that you control your own destiny.”**

–Albert Ellis

**“Everyone thinks of changing the world,
but no one thinks of changing himself.”**

–Leo Tolstoy (1828 - 1910)

What is CHIP? CHIP stands for **Coronary Health Improvement Project**. The Adventist CHIP Association is an international, non-profit, grassroots and volunteer-driven organization whose mission is: *To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.* To find out more about CHIP or the next CHIP program nearest you check out Adventist CHIP Online at <http://www.sdachip.org>

CHIPCHAT is published bi-weekly by the Adventist CHIP Association for CHIP Directors, team members and alumni & friends. We encourage you to **forward this newsletter to anyone who you think would appreciate this message.**

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