

## The Vander Veer Report 1.0

Welcome to “The Vander Veer Report” where you will find my latest blog post, information about what’s going on in the world of nutrition, links to my favorite articles, tips and guidelines, recipes, my personal opinion on some products and trends, and much much more!

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### Making Sens of the Nutrition Label

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#### The Purpose

Food labels are designed to help us make decisions when it comes to the foods we eat. The purpose of the nutrition label is to provide information that can help us make food choices that meet our dietary need or to compare the nutritional value of one food vs another. Food labels have the ability to tell us a lot about food in terms of calories, sources of those calories (carbs, protein, fat) but they don’t suggest what foods to eat.

#### So, what’s the point?

Nutrition Facts labels provide nutrition information in an easy-to-read format, (with the proper instruction) but the label can be confusing with all of the information staring back at you. My suggestion is don’t try to use all the information presented at once. Instead, choose a target area (example total fat grams) and make a choice based on that information. The Nutrition Facts label is meant to serve as a guide in order to help you make healthier food choices *for your individualized* nutrition plan.

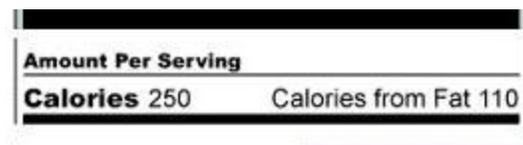
#### Inside the Label



#### *Serving size*

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. Similar serving sizes for similar foods help us to compare foods. The number of calories and nutrients listed on the Nutrition Facts label is based on one serving. First step is look at the serving size and the number of servings per container/package/bag/box to determine that size or portion that makes up 1 serving. Servings per container will help us to determine how many servings are actually available which helps with portion control.

#### Check the Calories



The second step when looking at the label is to check how many calories the serving provides. Remember, calories give us energy and we get that energy from carbohydrates or fat. These 2 macronutrients determine the role our hormones will play, whether that be weight loss, weight maintenance, or weight gain. The total amount of calories per serving will come from the 3 different sources of energy labeled carbohydrate, protein, and fat. All three sources of energy are measured in grams, each bringing a certain number of calories per gram. For instance, each gram of fat in the food

will account for 9 calories to the foods total calories per serving. Each gram of carbohydrate and protein will account for 4 calories to the foods total calories per serving.

### The Nutrients

	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

The next section of the nutrition facts label consists of specific grams of carbohydrate, protein, fat, as well as vitamins and minerals that make up our food choices. In most cases, the nutrients we want to limit include: carbohydrate (especially those sugars!), and in some cases people will need to watch fiber, grams of polyunsaturated fat and even vitamins such as vitamin K. Some of the nutrients that we need to rely more on in terms of overall health is protein and fat (yes, I said fat!). Eating enough of these nutrients is important for health and the ability to control our weight and lead us away from the diseases of the typical western diet. The reality is that the amounts and needs of each of these nutrients is based on the individual. Seeking the help of a registered dietitian can bridge the gap between confusion and achieving a healthy state of life.

Remember that just looking at a Nutrition Facts label doesn't always tell us what we're actually eating. All amounts listed on the label are for one serving – but what if you eat two –or even the whole package! A few simple calculations will help you figure out how many calories or grams of fat are in the servings that you actually consume. Remember, the nutrition facts label is meant to serve as a guide in order to help you make healthier food choices for your individualized nutrition plan.

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### This Week in Nutrition...

I was able to spend a few hours this week perusing my usual “go to” blogs, websites, etc. and came across an article with the following headline “Skipping breakfast associated with hardening of the arteries”. I simply couldn't resist and took the bait.

I should've stopped right there...Here are the first couple of sentences: Skipping breakfast is associated with an increased risk of atherosclerosis, or the hardening and narrowing of arteries due to a build-up of plaque. Eating a healthy breakfast has been shown to promote greater heart health, including healthier weight and cholesterol. That right there tells me everything I need to know about this untrue and fake news article that was put out by the Journal of the American College of Cardiology.

Why is this fake news? Because cholesterol is NOT a marker of heart health. Without cholesterol we would simply die, not exist, or however you want to describe it. Simply put, we need cholesterol, in fact our GI system produces 80-90% of the cholesterol our cells must use every day. The research also states that they used a computerized questionnaire to ESTIMATE the “usual” diet and patterns for breakfast. Basically, they created whatever information they wanted to get the final results they desired.

Long story short, cholesterol is not a marker of heart health. In fact, those who show cholesterol below 200 as we age have an inverse relationship with mortality. Or, the lower your cholesterol the greater your chance for death.

Why again are we throwing our money away with the use of statins?

Here is some of my favorite research on the subject

DIET, CHOLESTEROL AND HEART DISEASE: EPIDEMIOLOGICAL ILLUSION OR DELUSION?

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3303886/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3899519/>

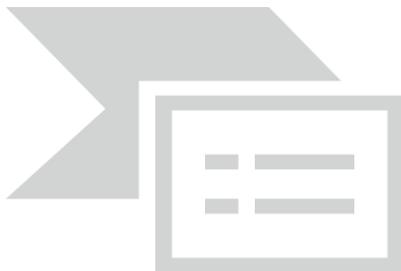
Low Cholesterol is Associated With Mortality From Stroke, Heart Disease, and Cancer: The Jichi Medical School Cohort Study

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### Articles of the Week

TIME had an article titled... The Surprising Reason You Should Stop Skipping Breakfast!

Hmm...to eat or not to eat breakfast...confusing isn't it? ☹️



[The Surprising Reason You Should Stop Skipping Breakfast](#)

The Chalkboard has a great article out on the importance of keeping our mitochondria (power plants within our cells) healthy.

<http://thechalkboardmag.com/mitochondria-health-tips-dr-mark-hyman?platform=hootsuite>

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### Tips & Guidelines

Cooking – When cooking those vegetables, use the quick steam or roasting method to ensure nutrient loss is kept to a minimum. If you do boil or stew, try to save the juice and combine it into the meal or reduce to a sauce to be included.

Sports Nutrition – For those endurance athletes who may be struggling with cramping, have you figured out your sweat rate? If not, look into this procedure with a dietitian and don't forget to test at different temperatures, time of day, rain, sun, hot, warm, cold, etc...

Diabetes Management – Talking tests...I would recommend getting a fasted C-Peptide test. C Peptide is a protein that is produced by the beta cells of our pancreas whenever we make insulin. The level of C-Peptide in the blood is a great “marker” of the amount of insulin your making. The level is typically zero in type 1 diabetes like myself and within normal or above normal in type 2 diabetics.



What to make of the measurement? If your C-Peptide is elevated this is a sign that your probably able to control your blood sugars by diet, weight loss, and exercise. If your C-Peptide is below normal or below ability to measure then you may have to control blood sugar via insulin injections.

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## Products & Trends

### BarNana Organic Chewy Bites

There are only so many bananas that the typical endurance athlete can fit into their pocket, so BarNana created these dried chips that are loaded with potassium that are easily portable and travel well. For more information check them out at [BarNana.com](http://BarNana.com)

### SuperBeets

I love this product. Working with my endurance athletes, I'm always stressing the importance of getting some beets into the diet to increase the body's ability to pump nutrients into the working cells. Who likes the taste of beets though? SuperBeets gets it done right, as they incorporate multiple flavors into their product. SuperBeets is highly concentrated and scientifically formulated to provide optimum levels of essential Nitric Oxide. Just one teaspoon of SuperBeets, the recommended daily serving, is verified to provide the Nitric Oxide equivalent of three whole beets !



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## Recipes

### Low Carb Pumpkin Muffins & Bread

5 Eggs

1 cup of pumpkin puree (homemade) See instructions below...super easy!

1/4 cup coconut oil or butter (softened)

1/2 cup Almond flour

1 tsp baking soda

1 tsp vanilla

1-2 Tablespoons of pumpkin pie spice or cinnamon

A few drops of stevia extract

### Instructions

- 1) Preheat oven to 400 degrees
- 2) Put all ingredients in medium sized bowl

- 3) Using strong whisk or immersion blender (recommend!), mix until smooth and well incorporated. If batter is too thick, add a little half n half or water to thin, but don't let it get runny at all.
- 4) Put into greased muffin tins or an 8x8 baking dish (a regular loaf pan doesn't work well)- For muffins, I use a 1/4 cup measure to make pretty even sized. Batter will be somewhat thick.
- 5) Bake for 13-18 minutes (muffins) or 20-25 minutes (bread) until lightly browned and set in middle.
- 6) Optional topping: finely grind almonds or pecans and mix with butter or coconut oil to make a crumble topping.

### Homemade Pumpkin Puree

- 1) 1 large or 3 medium winter or summer squashes

Which squash to use?

The sweeter the squash is, the more carbs it has! In general, winter squash has more carbs than summer squash (net carbs per 100 g / 3.5 oz):

Butternut - 9.7 g  
 Coquina - 9.7 g  
 Acorn - 8.9 g  
 Hokkaido - 7.1 g  
 Onion / Ambercup - 7.1 g  
 Harlequin / Carnival - 7 g  
 Spaghetti - 5.4 g  
 Hubbard - 4.8 g  
 Pattypan - 2.6 g  
 Zucchini - 2.3 g  
 Indian - 1.7 g  
 Scallop - 1.4 g



- 2) Preheat the oven to 150 C / 300 F. Cut the squash in half.
  - 3) Place the halves face down on a baking tray lined with parchment paper. Transfer into the oven and slowly bake for 1-1.5 hour until soft. Using a fork, pierce the skin to make sure it's cooked.
  - 4) Remove from the oven and let the squash cool down. Using a spoon, remove the seeds.
  - 5) Scoop the pumpkin meat out into a bowl.
  - 6) Place some of the squash onto a cheesecloth and squeeze the excess juices out.
  - 7) Repeat for the remaining squash.
  - 8) Place the squash into a bowl and blend until smooth.
  - 9) Store in a glass jar for immediate use (up to one week) and the remaining in freezer-friendly containers you can keep in the freezer.
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