



TOPIC OF THE MONTH

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FRUIT - powerhouse superfood or sugar trap?

Hint? Eat it alone!

Many people (especially folks who like paleo meal plans) have cautioned against eating fruit due to sugar content. Fruit is more than just sugar.

Fruit is a nutrient dense and fiber rich food. Most americans need more fiber in the their diet, and fiber reduce negative effects of the sugar in the fruit.

We want to eat fruit in moderation (as with all things).

Fruit in days gone past

In the wild, we did not have buckets of fruit available to us; do you have a raspberry patch in your yard? or a blueberry bush? How much do you harvest at a time? Do you have to “be the early bird” to get to the fruit before the birds?

Most likely if you ever have harvested your own wild fruit; you have had the experience that we get about a handful or so at a time. That's it til the next day.

Fructose in fruit and fructose in drinks and processed foods behave very differently in the body.

Fruit juice is not a health food it is a sugar trap that over time can be problematic for your blood sugars.

High fructose corn syrups and concentrated fruit juices are a sugar bomb in your body. I do not recommend fruit juices mostly at all — except for pomegranate and an occasional juiced by yourself fresh fruit. Fruit juices are not a health food — they need to be labeled as the blood sugar bombs they are.

However whole fruit helps your body lose weight and balance your blood sugars.

Here is a study looking at what happens when we eat the whole fruit. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5084020/>

Eat the whole fruits! Including the skins if it is organic.

Eat Fruit by itself — mostly. It's how you eat fruit that can also make a difference.

Glucose and fructose are very different in your body. Glucose is available immediately for energy while fructose has to go to the liver to be processed — and your body prefers to use it as stored energy — aka fat.



When you eat fruit with other sugars and grains your body will burn the glucose from the simple sugars and grains for fuel and simply store the fructose as fat. When you eat fruit by itself — and even possibly it might be ok with a fat source and/or protein source like yogurt or nuts and seeds — it will not be stored as fat. When you eat fruit by itself the body will revert to slowly burning up the fructose for immediate energy.

Size of fruit makes a difference too.

Fruits are now bred to be bigger. In the wild fruit is smaller. Smaller fruit has more skin surface and less flesh. Flesh is where most of the sugar is stored in fruit so smaller fruits will have a lower sugar content.

Also eat the skins if the fruit is organic. Some of the most concentrated nutrients are in the skins.

If you are healthy with stable blood sugars (70-85 mg/dl) eating fruit will add nourishment to your body — however eat fruit mostly alone.

The best time to eat fruit is in the morning for breakfast. Just enough to hold you over to a nice big lunch.

Variety is important.

Many people fall into the habit of eating the same thing because it's "easier". For example blueberries are one of the most nutritious fruits, but we are not meant to eat blueberries year round. We get the nutrients we need from them when they are in season. When we keep variety in our diets we get overall better nutrition. This is easy if you eat seasonally.

Seasonally nature provides the best nutrients for our body, so rotating the fruits you eat by season is very beneficial. For example;

- ॐ In the **spring** we need less sugar than other times of year because we are burning off the couple pounds of winter fat. What fruit does nature give us in the spring? Berries :) ! The fruit with the lowest sugar content.
- ॐ In the **summer** we need fuel from fruits for the long days of work preparing to make foods to get us through the winters. Nature provides us a nice array of summer fruits with moderate amounts of sugars for energy for our long days. Like cherries, apricots, peaches, nectarines, plums, and melons (which are



also very cooling — and should always be eaten alone! Melons cool down the digestive fire and will make anything you eat with it hard to digest).

- ॐ In the **fall** we need to ramp up our fat storage a little for the long winter; what fruit does nature give us in the fall? Apples, grapes, pears, cranberries, and guava which have a higher sugar content but also come with extra fiber and other very beneficial nutrients.
- ॐ In the winter citrus fruits and bananas are in season — these fruits are warming and boosting to our immune system — a winter antidote! These are good to find in the winter even if they have to come from non local tropical locations.

I personally am not a fan of dried fruits, the fructose is quite concentrated — although it does come with a good dose of fiber and some nutrients, the sugar load is quite high.

How I eat fruit? I eat it first thing after my practice; most days I just have it with some nuts, seeds, and 70% or higher dark chocolate. If I need a little more staying power with it; I will add some full fat yogurt, NOT pasteurized, and from grass fed happy cows

www.applevalleycreamery.com

And of course I eat the fruits that are seasonal ... and since I winter in Maui I get to eat the local in season citrus fruits too ;)

I included a fruit sugars chart for you to see the comparison of sugars in fruit, when in doubt — or if you have a blood sugar issue — stick with the fruits with the lowest

Fruit	Total sugars	Glucose	Galactose	Fructose	Sucrose	Lactose	Maltose	Tot. met. fructose
Apples	13.3	2.3		7.6	3.3			9.3
Apricots	9.3	1.6		0.7	5.2		3.1	3.3
Avocado, California	0.9	0.5		0.2	0.1			0.3
Avocado, Florida	0.9	0.5		0.2	0.1			0.3
Banana	15.6	4.2		2.7	6.5			6
Blackberries	8.1	3.1		4.1	0.4			4.3
Blueberries	7.3	3.5		3.6	0.2			3.7
Cantaloupe	8.7	1.2		1.8	5.4			4.5
Casaba melon	4.7						0.3	0
Cherries, sweet	14.6	8.1		6.2	0.2		1.3	6.3
Cherries, sour	8.1	4.2		3.3	0.5			3.6
Elderberries	7							
Figs	6.9	3.7		2.8	0.4			3
Grapefruit, pink	6.2	1.3		1.2	3.4			2.9
Grapefruit, white	6.2	1.3		1.2	3.4			2.9
Grapes	18.1	6.5	0.4	7.6			0.1	7.6
Guava	6	1.2		1.9	1		0.7	2.4
Guava, strawberry	6	1.2		1.9	1			2.4
Honeydew melon	8.2							
Jackfruit	8.4	1.4		1.4	5.4			4.1
Kiwi fruit	10.5	5		4.3	1.1			4.9
Lemon	2.5	1		0.8	0.6			1.1
Lime	0.4	0.2		0.2				0.2
Mamey Apple	6.5	1.1		3.7	1.6			4.5
Mango	14.8	0.7		2.9	9.9			7.9
Nectarine	8.5	1.2			6.2			3.1
Orange	9.2	2.2		2.5	4.2			4.6
Papaya	5.9	1.4		2.7	1.8		0.4	3.6
Peach	8.7	1.2		1.3	5.6			4.1
Pear	10.5	1.9		6.4	1.8			7.3
Pear, Bosc	10.5	1.9		6.4	1.8			7.3
Pear, D'Anjou	10.5	1.9		6.4	1.8			7.3
Pineapple	11.9	2.9		2.1	3.1			3.7
Plum	7.5	2.7		1.8	3			3.3
Pomegranate	10.1	5		4.7	0.4			4.9
Purple Passion Fruit or Granadilla	11.2	4		3.1	3.3			4.8
Raspberries	9.5	3.5		3.2	2.8		1	4.6
Starfruit	7.1	3.1		3.2	0.8		0.1	3.6
Strawberries	5.8	2.2		2.5	1			3
Tangerine	7.7							
Tomato	2.8	1.1		1.4				1.4
Watermelon	9	1.6		3.3	3.6			5.1
Dried Fruit								
Dates	64.2				44.6			22.3
Dried apricots	38.9	20.3		12.2	6.4			15.4
Dried figs	62.3	26.9	3.9	24.4	6.1			27.5
Dried mango	73							
Dried papaya	53.5							
Dried peaches	44.6	15.8		15.6	13.2			22.2
Dried pears	49							
Dried prunes	44	28.7		14.8	0.5			15.1
Raisins	65	31.2		33.8				33.8
Raisins, Golden	70.6	32.7		37.1	0.8			37.5
Zante currants	70.6	32.7		37.1	0.8			37.5

And the other side of fruit ;) Wine! Want to hear some of the latest good news on Red Wine?

Sometimes, somethings get wrongfully vilified ... for example cholesterol, saturated fat, and bacteria to name a few ...

And in some cases all alcohol has been vilified, but there is a difference in alcohols that are fermented vs. distilled. Before I go further I want to say ...

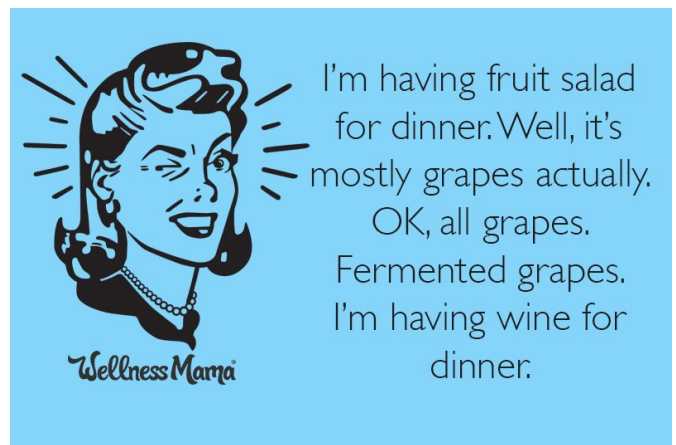
I am NOT promoting alcohol if you know you have addiction problems or a family history of addictions then the benefits moderate alcohol consumption provide may not be for you. Most people who have addiction problems may start with wine or beer and then progress to the 'hard stuff' . . . if this is your habit as well then again the benefits of alcohol may not apply to you.

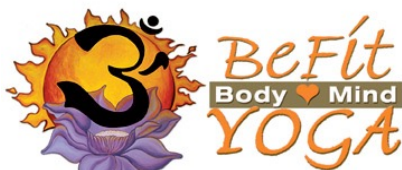
Red Wine :)

I am a fan of red wine and have done some research on this; turns out it is quite different in our body than distilled alcohols and even beer. This is good news, however we do have to know our winemakers . . . just like we need to know our farmers! **Many wines have added sugar, additives, yeasts, pesticides and herbicides.**

Here is some research I did a year ago on the difference between fermented and distilled alcohol ... realizing red wine and Jack Daniels behave very differently in the body.

Much of the research done on alcohol was done in a petri dish by taking pure alcohol and mixing it with brain cells or other human materials to see what would happen (and of course the brain cells died). While this type of science may give us some insight as to what can happen; it rarely mimics what really happens in the body. Lifestyle, genes, gut micro-biome, and how well we digest and detox are just a few of the factors that change what happens when a substance is inside our body vs. in a petri dish.





And whole foods provide other enzymes to help us digest (burn up) what is toxic, or the whole food provides buffers to absorb the toxic components and escort it out of our body. While a petri dish experiment may prove worthy in some experiments; with food or medications and a human body there are too many other factors to draw any conclusions.

Distillation vs. fermenting alcohols

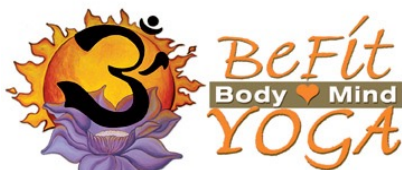
Distillation involves boiling a substance, collecting its vapors, cooling the vapors, and letting it return back to its liquid state. Distillation can be useful as it is cleansing, and it kills bacteria. For example if you distilled salt water, the salt would be left behind and the vapors collected and cooled back into water would be clean, pure drinking water — albeit void of all minerals and nutrients as well.

Distillation of alcohol begins from a fermented product which catches the alcohol in its vapors leaving behind a variety of substances from the fermentation process such as yeast, unfermented sugar, plant parts that were fermented, and water. This concentrates the alcohol giving the remaining beverage a higher alcohol content. Since distillation kills bacteria due to boiling the water, it will also kill the pro-biotic bacteria of the original fermented material, rendering distilled drinks more disrupting to our guts and microbiome.

Not all alcohol is the same in the body ! This is what many nutritionists and doctors who say all alcohol is bad is missing. Again I want to re-iterate red wine and Jack Daniels each behave very differently in the body!

Wine and beer are fermented, other alcohols involve distillation . . . so wine and beer are better choices. This is not only due to the lower alcohol content, but the fact that they are fermented — the fermentation byproducts protect our gut from the damages of alcohol . . . the shame is most of the benefit of the fermentation is ruined by the addition of sulfites to kill bacteria in most wines in the US . . . **and since we totally screwed up the germ theory we ruin what could be the most beneficial ingredient of wine and beer — probiotics.**

Probiotics do help us digest and protect the gut lining (among many other important bodily functions), therefore natural wines that are truly fermented (and made without sulfites) would be more protective to our gut. On the other hand distilled alcohols have had all the good probiotics killed in it . . . meaning that distilled alcohols could kill the good and bad bacteria in our bodies interfering with our immune and digestive systems much like mild antibiotics.



And one of the reason wine (and beer) has some nutritional value is due to the polyphenols in wine like resveratrol and hops in beer.

Polyphenols in wine are anti-inflammatory and anti-aging and neuro-protective — and good for heart health!

Excerpts from blog by Dr. Axe (www.draxe.com):

Red wine is **loaded with antioxidants**, particularly flavonoids like quercetin and resveratrol. These antioxidants boost many of the body's processes but are particularly revered for improving heart health.

Resveratrol is another polyphenolic bioflavonoid antioxidant found in red wine. It's classified as a **phytoestrogen** because it interacts with estrogen receptors in a positive way. It's believed to be one of the most **potent polyphenols and strongest protectors against free radical damage, cognitive decline, obesity and cardiovascular disease**. Plants actually produce resveratrol partly as a protective mechanism and response to stressors within their environments, like radiation, injury and fungal infections.

Bioflavonoids are a large family of polyphenolic compounds that carry out key functions in plants, such as fighting environmental stresses and modulating cell growth. One of the best-known flavonoids that's present in red wine is quercetin. (14) **Quercetin** is one of the most abundant antioxidants in the human diet, and it **plays an important role in fighting free radical damage, the effects of aging and inflammation**. Research shows that quercetin can help to manage a number of inflammatory health conditions, including: (15) The presence of quercetin is at least partly responsible for the benefits of red wine.

Other flavonoids found in red wine are procyanidins, which are also present in high amounts in chocolate and **apples**. Research shows that procyanidins have potent antioxidant activity and the ability to boost immune function. (16)

There is some debate about taking food with alcohol. One side says, if you eat food while drinking alcohol it seems your body will burn off the alcohol while storing your food as fat; much like your body does with fruit sugars. Now there may be other factors that come into play here, for example, if the alcohol is truly fermented. I can see distilled alcohol possibly being problematic in this case.

Wine on the other hand seems to support digestion due to its probiotic effect.



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Old European saying: “Never have wine without food or food without wine.”

We have hundreds of years of cultures like Italy and France who take wine with their meals and tout improved health. Enjoy your red wine; how to make it the most beneficial?

- ☯ Choose DRY RED wines — the drier the wine the lower the sugar content. White wine has a higher sugar content and less nutrients (white wine is made without skins — in most fruits the skin is where the most nutrition is).
- ☯ Try to get sulfite free or organic whenever possible.
- ☯ Make sure there are NO added sugars!
- ☯ Spanish Italian or French wines are more likely to meet these criteria than American wines. California wines seem to have higher sulfite levels — at least the ones in my price range.
- ☯ Buy the most aged wines you can afford and try to get wines that are aged in oak barrels. These types of wines have higher polyphenol content due to the oak barrels (they increase vanillin and give wine the vanilla scent) and sometimes the aging process.
- ☯ Choose lower alcohol wines — I try to stay below 12.5%.

In my experience it seems the lower alcohol wines are younger wines; although supposedly that does not make a difference ...

Good news! I found a company that does research into the winemakers and their methods — Dry Farm Wines. Here is a link for you to check them out — If you try an order you get an extra bottle for 1 penny: <https://www.dryfarmwines.com/befityoga>

By Bobbi Misiti

Here is a link to a really good article on wine: http://www.marksdailyapple.com/the-definitive-guide-to-wine/?utm_campaign=Sisson+%28DGJVaj%29&utm_medium=email&_ke=Ym9iYmIAmVmaXR5b2dhLmNvbQ%3D%3D&utm_source=Lead+Nurture+2.0



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*"Lord, give me green tea to change the things I can,
and red wine to help me accept the things I can not
change."*