



**BANISTER
NUTRITION LLC**
CHANGING HABITS
CHANGING HEALTH
CHANGING LIVES

NUTRITION NOTES November 2018

- **CoQ10 (coenzyme Q10):** CoQ10 is also known as ubiquinone, a naturally occurring anti-oxidant used for energy production within cells. A review of 12 randomized placebo-controlled studies concluded 50mg twice daily of CoQ10 *improved* statin associated muscle symptoms. (J Am Heart Assoc, 2018) Supplements can be purchased in which CoQ10 is already in the active ubiquinol state which tends to have superior bioavailability to CoQ10. Absorption for CoQ10 is increased when taken with a meal that contains fats. Consumer Labs independent study identified top CoQ10 supplement choices including: 100 mg- Member Mark (Sam's Club), Swanson Ultra/ 200 mg-21st Century, Spring Valley (Wal-mart), Doctor's Best Absorption. Top Ubiquinol supplement choices included: 100 mg- Healthy Origins Natural, 200 mg- Vitacost
- **Oranges and Age Related Macular Degeneration (AMD):** Study indicates people who consume at least one orange daily have a 60% lower risk of developing AMD 15 years later compared with those who do not eat oranges. The benefit was larger when advanced AMD was considered, with 92% lower risk for late AMD.
- **Gastric Emptying and Personalized Management of Insulin Dependent Diabetes:** The strategy of normalizing fasting/pre-prandial blood glucose level with minimal attention to postprandial BG level is recognized as inappropriate. Most individuals spend most of their day in a postprandial state considering they are eating 3 meals plus snacks. Postprandial excursions make a major contribution to HbA1c. Research is indicating the *rate* of gastric emptying, thus carbohydrate delivery to the small intestine, affects postprandial glucose excursions much more than the total amount of carbohydrates in the meal. In patients treated with insulin, slow gastric emptying (not necessarily full-blown gastroparesis) will likely affect the potential for mismatch between intestinal absorption of ingested carbohydrates and action of exogenous prandial insulin, thus possibly delaying the timing of the postprandial insulin. (J. Clin Endocrinol Metab. 2018;103(9))
- **Banister Nutrition:** a group of five dietitians who know their stuff i.e. – always promoting the importance of including vegetables in your diet such as carrot cake, zucchini bread, and pumpkin pie! 🥕

Happy Thanksgiving - We are always thankful for your referrals!

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