

# Dear Dietitian

Dear Dietitian,

This past weekend, a friend encouraged me to try a meatless burger. I was pleasantly surprised to find that it was delicious and tasted like meat! Are these meatless substitutes better for you than meat?

Thanks,

Josh

Dear Josh,

When it comes to consumer satisfaction, burgers made with meat substitutes taste like meat, look like meat, and have a similar texture. Consumers are switching to plant-based diets for many reasons, including protecting animals, preserving the environment, and general health concerns. Sales of meat alternatives have risen 60% over the last two years, garnering \$922.2 million in 2020 alone (1).

Many of these meat alternatives are made of soy which contains isoflavones, a plant estrogen. At one time, this was a concern for the increased risk of breast cancer in women. However, research has shown there are not enough isoflavones in whole soy products to increase the risk of breast cancer. Caution should be taken, however, when taking soy supplements or consuming processed soy products, which contain larger amounts of isoflavones (2).

One advantage of a plant-based diet is it tends to be higher in fiber. A high fiber diet has been associated with lower rates of obesity, heart disease, type 2 diabetes, and possibly some types of cancer. One disadvantage of choosing meat substitutes is they are about twice the cost of meat per pound. Consumers can dodge this price hike by choosing whole foods, such as beans, lentils, and soy as their protein sources. Another disadvantage is the lack of vitamin B12 in a diet free of meat and animal products. If you choose to go vegan, consider a B12 supplement, as its function is vital in nerve function.

Are meatless alternatives better for you? My mantra is "Keep it simple." The same rules apply to meat substitutes as they apply to meat when assessing nutritional value. Is it high in fat? What about saturated fat? What is the sodium level? Is it a good source of protein?

When opting for a meat substitute, choose one made from whole foods. Look for items made from tofu, beans, vegetables, and quinoa. Choose a product seasoned with herbs and spices, and beware of fillers, which add calories but little or no nutrition. A rule of thumb is if you can't pronounce it or it contains more than four syllables, it may be a filler. Last but not least,

select a product that is low in saturated fat.

Until next time, be healthy!

Dear Dietitian

References

Growing Demand for Plant-based Proteins. Nielsen IQ (2021, Sept 9).

<https://nielseniq.com/global/en/insights/analysis/2021/examining-shopper-trends-in-plant-based-proteins-accelerating-growth-across-mainstream-channels/>

Zeratsky, K. Will Eating Soy Increase my Risk of Breast Cancer? Mayo Clinic (2018, Nov 21) <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/soy-breast-cancer-risk/fdq-20120377>



Leanne McCrate, RDN, LD, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [deardiitian411@gmail.com](mailto:deardiitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.



## Athletic Spirit Day

**ATHLETIC SPIRIT DAY will be Thursday, February 3rd at the Russell Shell Mart (across from BB & T and ACE Hardware) on gas pump #8. A percentage of sales from pump #8 will be donated to the Russell County Athletic Department. Tell all your friend, family and neighbors to bring their vehicles and gas cans and fill up our athletic department!**

**You are invited to the GRAND OPENING of the Russell Springs KFC on Friday, February 4th @ 9:00 am! They are located at 598 US 127.**

**Hope to see you there!**

## ELECTION,

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County Clerk Sue Popplewell Brockman/Kentucky Secretary of State Michael G. Adams include the following candidates:

(Local candidates are shown in the order in which they will appear on the ballot. Entries with only one name are assumed unopposed in the Primary Election. "R" indicates Republican, "D" denotes Democrat. Some races are "non-partisan.")

Russell County Circuit Judge  
Matthew Leveridge  
Sara Beth Gregory

Russell District Judge - 40th District/2nd Division  
James Michael Lawson

Family Court Judge  
Jennifer Upchurch  
Edwards

Russell District Judge - 40th District/1st Division  
Scarlett B. Latham  
Lee S. Whittenburg

Third District Court of Appeals  
Jacqueline Caldwell  
James H. Lambert

83rd Representative District  
Josh Branscum (R)

County Judge Executive  
Clarissa "Moochie" Hart (R)  
Patrick Loy (R)  
Benny Joe Smith (R)  
Brad Burch (R)  
Landon Helm (R)  
Randy Marcum (R)  
Clete McAninch (R)  
Brent West (D)

Russell County Clerk  
Sherita Medaris (R)  
Amy Riggins Melson (R)

Kennedy Coffey (R)  
Patti Glover (R)  
Kim Kempf Fenske (R)

Russell County PVA  
Tim Popplewell (R)

Russell County Jailer  
Bobby Dunbar (R)

Russell County Coroner  
Clifton Bunch (R)  
Mark Coots (R)

Russell County Attorney  
Kevin Shearer (R)

Russell County Sheriff  
Nick Bertam (R)  
Derek Polston (R)

Russell County Magistrate, District 1  
Terry Waddell (R)  
Greg Popplewell (R)

Russell County Constable, District 1  
Jeffrey Aaron (R)  
Keith Scholl (R)

Russell County Magistrate, District 2  
Phillip Aaron (R)  
Mickey Garner (R)

Russell County Constable, District 2  
Paula Glover Mann (R)

Russell County Magistrate, District 3  
Darry Flatt (R)  
Zachary Wilson (R)  
Barry Flatt (R)  
Chase Antle (R)

Russell County Constable, District 3  
Kenny Luttrell (R)

Russell County Magistrate, District 4  
Travis Dixon (R)  
Robert Curtis Coppage (R)  
Steve Richardson (R)

Russell County Constable, District 4  
John Wayne Grimsley (R)

Dustin Posey (R)  
Greg Hammond (R)

Russell County Magistrate, District 5  
Vince P. White (R)  
Larry D. Skaggs (R)  
Ryan Vaughan (R)

Russell County Constable, District 5  
Jeffrey T. Wilson (R)  
Richard Wooldridge (R)

Russell County School Board, District 4  
Richard "Dick" Kazsuk (R)

Russell County Surveyor  
Robert "Bobby" Smith (R)

Mayor of Jamestown  
Richard Bennett (R)  
Barry Coffey (R)

First Congressional District  
James Comer (R)  
David L. Sharp (R) - WITHDRAWN, 1/20/2022  
Jimmy C. Ausbrooks (D)

State Senator, 16th District  
Max Wise (R)  
Justy Engle (D)

EDITOR'S NOTE:  
Any errors or omissions are unintentional. Please notify us of any incorrect information.)

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## DANCE,

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Turner said. "This meant no competition, no Nationals, and it meant heartbreak for the Laker Dance team."

The "up and down roller coaster" of the 2020-2021 season made it impossible for the dance team to compete and practice safely, so they sat the season out.

But the door has opened again...

The Laker Dance team recently competed at the regional level in Corbin, and again in Jeffersonville, IN.

The talented team of athletes scored big at both events - landing them in first place numerous times, and crowned Grand Champions twice at two different events.

The team, made up of student athletes from Russell County Middle and High Schools, features the talented roster of: Morgan Taylor, Olivia Thomas, Mia Keen, Lilly Williams, Abby Fox, Alexis Fox, Audrey Popplewell, Nikita Walker, Brooklyn Walker, and Madison Caldwell, and is led by head coach Amanda Turner - with assistance from Alissa Thomas.

In December, Laker Dance competed at the Crown Dance Championship in Corbin.

The team earned top honors including first place in both routines, Best Choreography, and Grand Champions.

Their amazing performances and high scores also earned them a "bid" to compete on the national level in Florida this Spring.

"National competitions are not something you can buy your way into," Coach Turner said. "Teams must earn bids or invitations to attend".

At Nationals, athletes have the opportunity to compete against other teams from across the southeast.

Receiving a bid to compete nationally is very special for the Laker Dance team, Turner said.

The eventful but unrealized year of 2020 was the first time in the team's history they received a full, paid bid to compete at the national level.

After winning Ultimate Grand Champions at a regional competition in Corbin, the team immediately went to work improving and tweaking their routine - only to have their dreams thwarted by COVID.

"This left them hungry for a new season, and a new shot at competing," Turner said. "So, to say the chance to compete Nationally means a lot to the team would be quite the understatement."

The Laker Dance team is asking the community for their support to get the team to the upcoming national competition

in Louisville.

"The team will be spending the night, and we are all so excited for this opportunity for them," Coach Turner said. "We are so grateful to live in a community where sports and the opportunity that sports provide are valued."

"From the start of our season, this community has rallied behind us," she said, "from visiting our booth at the Russell County Fair to buying items we sold. We are asking for that support to come in big one more time for this group of kids."

"They have worked so hard, and deserve this shot," Turner said. "The team has a goal to raise \$300 for each dancer to cover travel, competition, and food expenses."

Anyone wishing to donate to help the Laker Dance team reach their goals can contact head coach Amanda Turner at (606) 448-1638, or email [amanda.turner@russell.kyschools.us](mailto:amanda.turner@russell.kyschools.us).

The public can also send donations directly to Russell County High School - in care of the Dance Team Nationals Donation.

"There is no way we could be successful without our amazing community," Coach Turner said. "From each of us on the Laker Dance team, we say THANK YOU for your continued faith and support!"