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## A Nutritionist's Take on Imitation Meat

Lisa Drayer, a CNN contributing nutritionist states, "if you enjoy the taste of these faux meat burgers, and part of your food philosophy includes vegetarianism or eating to sustain the environment, then by all means, you should feel free to enjoy an Impossible Burger or Beyond Burger. But if you are choosing to eat these burgers solely for their health value, you may want to reconsider. For example, the Impossible Burger has 240 calories, and 8 grams of saturated fat, thanks to coconut oil. By comparison, an 80% lean beef burger has 280 calories and 9 grams of saturated fat. That's not a whole lot of difference. (The plant burgers are cholesterol free, however). The Beyond Burger has less saturated fat than the beef or Impossible Burger (6 grams), but a similar calorie count, with 250 calories per patty. But a turkey burger has only 4 to 5 grams of saturated fat, and 220 to 240 calories, depending on the brand. And a grain-based veggie burger that's not attempting to mimic meat has only 150 to 160 calories, and only about 1 gram of saturated fat, and is therefore healthiest overall from a fat standpoint. What's more, depending on the brand, these burgers are made with real veggies, like onions, carrots, mushrooms, zucchini, green and red bell peppers, quinoa and brown rice."



"The faux meat burgers also rank higher in sodium than the beef and turkey burgers, with the Impossible Burger containing 370 milligrams of sodium, and the Beyond Burger containing 390 milligrams. The beef patty contains only 65 to 75 milligrams of sodium, depending on the brand, and the turkey burger has 95 to 115 milligrams. The grain patties have over 400 milligrams, however, thanks to salt as an ingredient. At least one does have double the fiber -- 6 grams -- compared to the faux meat burgers, though."

The gist of the article is if you are eating the faux meat to save the animals and enjoy a vegetarian lifestyle, eat up. But if you think you are saving calories and "eating healthy" by devouring a Beyond Burger or an Impossible Burger, you may as well eat the meat!

## CONSTITUTION DAY



On Tuesday, September 17, 2019, BLG participated in its first "Constitution Day." Constitution Day occurs every year. This year the J. Franklyn Bourne Bar Association and the National Bar Association went into Prince George's County Middle Schools to share information through the social studies curriculum on the U.S. Constitution, including the right to vote and how the right to vote was extended to all Americans who are at least 18 years old.

## THINGS TO DO IN THE DMV IN OCTOBER

Weekends Through Oct. 20th: Renaissance Festival, Annapolis

6th: NE Patriots at Washington, Fed Ex Field

13th: Bengals at Ravens, M&T Stadium

19th: Capital Brewfest (Bullpen, Naval Yard)

20th: San Francisco 49ers at

Washington, Fed Ex Field

25th-28th: Boo at the Zoo

26th-27th: Taste of DC

31st: Halloween



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## Can A C-Section Prevent A Brain Injury?

by: Marcus B. Boston, Esq.

When a baby has a brain injury, for some parents the question becomes would a C-section have changed things. Add to that, for some mothers who did have a C-section and the baby has a brain injury, the question becomes, was the C-section performed in time? These questions hit on an important area of analysis when looking for answers following a birth injury. In this Maryland birth injury article, I am going to explain some of the areas of analysis from a medical/legal standpoint when a baby has a brain injury at birth and the role a C-section, or untimely C-section may have in cases such as these. As a reminder, all cases are not the same and the facts have to be assessed accordingly.

### WHY DOES THE FETAL HEART MONITOR MATTER?

When parents are told that their baby has suffered a brain injury at birth, the next question that may follow (after “is my baby going to be ok?”) is how did this happen, or how could this happen? There are multiple things which can cause a baby to have a brain injury at birth. For the purpose of this article, I am not assuming that the injury is due to genetics or some other developmental issue. This article will touch on the actions, or inaction of the medical providers during labor and delivery, which can contribute to when your baby has a brain injury. During labor and delivery, there is an important tool called the electronic fetal heart monitor that is used to help determine fetal well-being. When



a baby’s well-being is compromised, this could be possible evidence of fetal distress. The monitor is reviewing your baby’s heart rate, among other things. When the monitor reveals certain things, doctors and nurses must act accordingly. For example, if late decelerations are present, coupled with other factors such as a low heart rate (bradycardia), doctors need to be on alert for possible fetal distress. When helping a family find answers in cases like these, the actions based on the readings of the fetal heart monitor are always important for review. This is because the monitor results, and the medical records, can give a good feel of what may have been happening in the labor and delivery room at the time. Side note, if you are thinking of requesting the medical records follow your baby’s birth injury, be sure to have the hospital turn over the readings from the fetal heart monitor. In some instances, these records are not in the initial patient request (be sure to check to see if yours are included in your request).

The rest of the article can be found :<https://bostonlawllc.com/birth-injury-medical-malpractice-blog/>



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## Molten Chocolate Cake

### Ingredients

1 stick (4 ounces) unsalted  
butter  
6 ounces bittersweet  
chocolate  
2 eggs  
2 egg yolks  
1/4 cup sugar  
Pinch of salt  
2 tbs all-purpose flour



### Directions:

Preheat the oven to 450°. Butter and lightly flour four 6-ounce ramekins. Tap out the excess flour. Set the ramekins on a baking sheet.

In a double boiler, over simmering water, melt the butter with the chocolate. In a medium bowl, beat the eggs with the egg yolks, sugar and salt at high speed until thickened and pale.

Whisk the chocolate until smooth. Quickly fold it into the egg mixture along with the flour. Spoon the batter into the prepared ramekins and bake for 12 minutes, or until the sides of the cakes are firm but the centers are soft.

Let the cakes cool in the ramekins for 1 minute, then cover each with an inverted dessert plate. Carefully turn each one over, let stand for 10 seconds and then unmold. Serve immediately.



### Disclaimer:

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