

# NUTRITION NEWSLETTER

Mission statement: To promote and communicate life long health and wellness habits through nutrition education and support

SPRING 2011

## WELCOMING SPRING IN GOOD HEALTH

The March equinox will occur on March 20 in 2011, marking the beginning of spring in the northern hemisphere. This creates nearly equal lengths of day and night. Additional benefit to added sunlight is from the conversion of vitamin D that takes place. Vitamin D is recognized as the sunshine vitamin. Vitamin D is taken for granted and is assumed to be plentiful in a healthy diet. Unfortunately, very few foods naturally contain vitamin D, and only a few foods are fortified with vitamin D.

For 500 million years phytoplankton and zooplankton in our oceans produced vitamin D when exposed to sunlight.

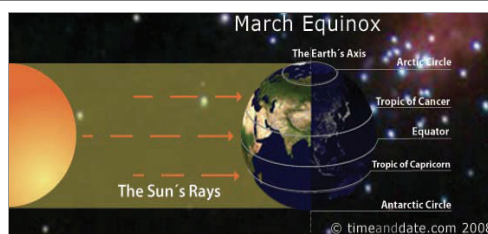
Today, the lack of vitamin D has been associated with increased risks of deadly cancers, cardiovascular disease, multiple sclerosis, rheumatoid arthritis, and type

1 diabetes mellitus.

Increased sunlight this spring could also put you in a better mood! Increased serotonin levels have been linked to the longer days of spring!

March is also the American Dietetic Association's allocated time to highlight the importance of making informed food choices, developing sound eating habits, and increasing physical activity.

The 2011 National Nutrition Month® theme *Eat Right with Color*, the ADA provides interactive games, nutrition messages and blogging materials to support their membership and nutrition professionals materials in an effort to communicate the theme to "Eat right with color".



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## FEED YOUR HEAD

**Boost mental alertness with sound nutritious choices to navigate through your busy day with success! The brain, which accounts for roughly 2% of our body weight ravages nearly 20% of our daily calories. A constant supply of glucose nourishes your brain from recently eaten fruits, vegetables and grains. To optimize brain power, Michael Green of Aston University in England suggests one tactic would be "more frequent but smaller meals."**

**The brain works best with about 25 grams of glucose circulating in the blood stream — about the amount found in a banana, said Gibson. Food affects everyone's brain a little differently. Thinking about brain food is wise. But overall nutritional habits are also important. Drink at least 8 glasses of healthy fluids to prevent fatigue, choose brain boosting snacks such as yogurt, nuts, fruit or whole grains and don't forget breakfast!**

## REALISTIC WEIGHT MANAGEMENT

**A hint of spring is in the air as the temperature outside allows us to shed our coats and think about short sleeves, resuming out door activities and packing away those heavy warm sweaters for a while. The warmer temperatures also send droves of people to consider phony weight loss scams and commercial diet programs to lose weight when we change our wardrobe.**

**If you have gained a few pounds over the winter months and want to focus on looking and feeling your best at a healthy weight there are a few realistic measures you can take to safely reach your weight management goals.**

- **Set a realistic goal-take genetics, age and regular activity level into account**

- **Control portions— most of us just eat too much. Cutting back on portion sizes without deprivation or skipping meals is the best approach.**
- **Increase your activity – some exercise is better than no exercise. Check with your physician before starting a new exercise program.**
- **Drink lots of healthy fluids. Avoid high calorie drinks without nutritional benefit.**
- **Be patient, chances are you didn't gain weight over night and it wont go away overnight either. Strive for a 1-2 pound reduction per week.**
- **Make changes for the long haul. Reaching realistic weight goals is about creating health and wellness habits for life.**

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## NOURISH- A REGULAR “EATING GREEN” FEATURE

The concept of “eating green” can be loosely defined as an attempt to eat more sustainable for the benefit of the environment or good health. In a recent article in Bon Appetit magazine they acknowledge “If only eating green were as simple as going to a farmers' market, buying organic, and reusing that shopping tote at the grocery store”. While all of those habits can make a difference toward improved environmental consciousness, there are many other habits we can adopt to help reach those more lofty goals with a meaningful impact such as: reducing landfills, pesticide use, over fishing, and the consumption of fossil fuels. Additionally to slow down the depletion of the ozone layer, encourage the humane treatment of livestock, improve the welfare of workers, reduce toxic chemicals in your home, and likely to be healthier along the way. An internet search for “eating green”

will provide countless articles on the general topic complete with countless points of view. Here are a few ideas from the Bon Appetit magazine article that you may not have thought of before:

- Eat chocolate, organic and fair trade of course
- Fill your freezer: a full freezer uses less energy than an empty one
- Buy a side of beef, if you are a carnivore you can purchase grass fed beef from a local farmer and support the local economy
- Use a coffee press, save money and space in the landfill, use fair-trade coffee
- Join a CSA- Community Supported Agriculture
- *More information can be found in the article 50 ways to eat green by High Garvey see back page for link to the webpage*

## NUTRITION QUIZ

ANSWERS ON PAGE 4

1. Which food contains the highest IU's of vitamin D?

- A. Mushrooms 1 cup
- B. Beef frankfurter- 1each
- C. Oysters- 1 cup
- D. Peaches-1 cup

2. What is the function of vitamin D in the body?

- A. Absorb calcium
- B. Helps to regulate the immune system
- C. Cellular life cycle
- D. All of the above

3. The Institute of medicine (IOM) recommends which amount of vitamin D daily between the ages of 9-71?

- A. 600 IU
- B. 1000 mg
- C. 300 IU
- D. 400 mg

## RECIPE OF THE MONTH

### Spring Vegetable and Quinoa Pilaf Bon Appétit | May 2010

by Lora Zarubin

Quinoa, a grain with a texture like that of couscous, is sold at natural food stores. Serve this side dish with lime wedges.

**Yield: Makes 4 servings**

1 3/4 cups low-salt chicken broth

1/2 teaspoon coarse sea salt plus additional for seasoning

1 cup quinoa, rinsed and drained 3 times

6 baby golden beets, peeled, cut into 1/3-inch cubes

3 tablespoons olive oil

2 garlic cloves, minced

1 cup 1/2-inch pieces orange bell peppers

1 cup 1/2-inch pieces red bell peppers

1/2 pound asparagus, trimmed, cut on diagonal into 3/4-inch pieces

1 cup 1/2-inch pieces trimmed baby zucchini (about 6 ounces)

Freshly ground black pepper

4 green onions, thinly sliced

1 tablespoon chopped fresh Italian parsley

Bring broth and 1/2 teaspoon sea salt to boil in medium saucepan; add quinoa. Cover, reduce heat to low, and simmer until quinoa is tender and broth is absorbed, about 15 minutes. Remove from heat; fluff with fork. Cover and reserve.

Meanwhile, bring 1 1/4 cups water to boil in large nonstick skillet over medium heat. Add beets. Cover and cook until beets are tender, about 8 minutes. Uncover; cook until any water in skillet evaporates. Increase heat to medium-high. Add olive oil and garlic; sauté 30 seconds. Add all bell peppers, asparagus, and zucchini. Sprinkle with sea salt and black pepper. Sauté until just tender, about 8 minutes. Add cooked quinoa, green onions, and parsley to vegetables in skillet; toss to combine. Season with sea salt and pepper.

Per serving: 304.4 kcal calories, 40.1 % calories from fat, 13.6 g fat, 2.1 g saturated fat, 2.2 mg cholesterol, 36.9 g carbohydrates, 6.4 g dietary fiber, 5.3 g total sugars, 30.5 g net carbohydrates, 9.9 g protein

Nutritional analysis provided by Bon Appétit

## REFERENCES AND CONTACT INFORMATION

Am J Clin Nutr December 2004 vol. 80 no. 6 1678S-1688S

[http://www.bonappetit.com/magazine/2009/02/fifty\\_easy\\_ways\\_to\\_eat\\_green](http://www.bonappetit.com/magazine/2009/02/fifty_easy_ways_to_eat_green)

National Nutrition Month information courtesy of [eatright.org](http://eatright.org)

[Epicurious.com](http://Epicurious.com)

### Questions or Comments

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*Helping Campuses Thrive!*

### Answers to nutrition quiz

1. C. Oysters
2. D. All of the above
3. A. 600 IU