



nutrition nuggets

DIETITIAN'S E-NEWSLETTER



March is National Nutrition Month

Every year the Academy of Nutrition and Dietetics hosts National Nutrition Month, which focuses on increasing the public's awareness on the importance of good nutrition.

What are some ways that you can practice good nutrition?

1. Eat small portions
2. Get daily exercise
3. Read nutrition facts labels
4. Eat foods like fresh fruits and vegetables, lean protein sources, low-fat dairy products and whole grains
5. Cook meals from scratch
6. Read this newsletter for more ideas

Source: eatright.org

Nutrition Therapy

Do you need help with a recipe or snack idea? Want to see something on the next E-Newsletter? Please write to us with any questions or concerns that you may have.



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It Only Takes 30 Seconds

Where are you finding your fruit in the store? In the cereal aisle? Or in the yogurt aisle perhaps? You can find fruit there, correct? No, not at all. Here is why that is not possible and the truth behind these so-called healthy foods with “fruits”.

- ❖ **Quaker Instant Strawberries and Cream:** strawberry-flavored apples colored with red dye instead of dried strawberries.
- ❖ **Quaker Instant Blueberries and Cream:** dyed blueberry-flavored figs
- ❖ **Pop-Tarts Frosted Strawberry:** contains less than 2% strawberries
- ❖ **Gerber Graduates Juice Treats Fruit Medley:** made with 2% raspberry juice and contains no elements of a fruit medley
- ❖ **Annie's Homegrown Bunny Fruit Snacks, Tropical or Berry:** first 3 ingredients are sugar (equal to a half pack of Starbursts) and then organic white grape juice concentrate, which means no real fruit here
- ❖ **Yoplait Strawberry Banana Burst GoGurt:** contains no strawberries or bananas

It only takes 30 seconds to choose fruit in the produce section or canned fruit aisle!

Source: *Nutrition Action Health Letter, January 2019*

What's NEW To Eat?

Data: Made in Nature Dried Organic Mangoes

Nutrition Information for 1/4 cup serving:

70 calories, 0 g total fat, 0 mg sodium,
17 g carbohydrate, 1 g fiber, and 175 mg potassium

Ingredients: Organic Mangoes (no sugar or preservatives added)

Conclusion: Dried mangoes are an easy way to add more fruit to your diet and to satisfy a sweet craving without the added sugar. BUT remember dried fruit is 3.5 times more condensed than fresh so you do not need to eat as much of it.

Option: Chop them up and add them to an oatmeal cookie recipe. Enjoy!



Review Corner



Producer/ Funding Source

John Curry is the creator and executive producer of the documentary called “Forks Over Knives”.

Date Released

May 6, 2011.

Central Message

How a plant-based, whole-foods, low fat diet can prevent and/or cure diseases such as cancer & heart disease (forks=diet, knives=surgery).

Point of View or Biased

Dr. T. Colin Campbell admits bias towards eliminating all animal products from the diet.

Strength

Points out the health benefits of a plant-based, low fat diet. One of the participants points out that she now eats to live instead of living to eat.

Weakness

Correlation is not causation. Research presented is 1 sided & skewed. Example: it relies heavily on discounted research from the China study. It does not take other research into account, i.e. the effect weight loss by any means and/or the effect increased physical activity can have on health status.

Conclusion

A plant-based diet that eliminates fast food, highly processed foods, and sugar-laden drinks can provide many health benefits. However this film presents that a plant-based whole foods diet that eliminates all animal products and vegetable oils is the only type of plant-based diet.

Reference: Nutrition Therapy Department (2018).



Classic, Italian, and Delizioso

Winter Panzanella Breakfast Salad

Yields 4 servings PREP 10 m COOK 20 m TOTAL 30 m

- 4 medium sweet potatoes
- 2 small red onions
- 1 Tbsp extra-virgin olive oil
- 1/8 tsp sea salt
- 1/4 tsp ground black pepper
- 4 cups raw kale
- 2 slice 7 Grain Sourdough Whole Wheat Bread
- 4 large eggs
- 1/2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1/8 tsp sea salt
- 1/8 tsp ground black pepper

DIRECTIONS

1. Preheat your oven to 450 degrees.
2. Spread your sweet potatoes and red onions on a baking sheet. Coat with olive oil and sprinkle with salt and pepper. Roast for 20 minutes, flipping halfway.
3. While the vegetables are roasting, whisk all of your dressing ingredients (olive oil, lemon juice, salt, and pepper) together. Pour over kale and massage gently with your hands for 3-5 minutes.
4. Lightly toast your bread and cut into bite sized cubes.
5. Add the roasted veggies and toasted bread with the kale and toss gently. Divide into 4 portions and top each portion with a poached or fried egg.

NUTRITION FACTS: Per Serving

303 calories, 10 g protein, 18 g carbohydrate, 7 g fiber, 110 mg sodium, 8 g total fat, and 1.5 g saturated fat

Resource: *livestrong_recipes*

Did you know... that Americans stop eating when they're full, whereas those in leaner cultures stop eating when they're no longer hungry?

Source: “Mindless Eating: Why We Eat More Than We Think”
by Brian Wansink,