

## DID YOU KNOW?

Most of the fiber in fruit is in the peel.

Soup is a great way to add vegetables to meals.

Oatmeal with fresh fruit is a good source of fiber.

Exercise gives you energy.

The best way to exercise your ♥ is by walking or jogging.

Most restaurant entrees are two servings.

Frozen or fresh fruits both are healthy ways to get more into your diet.

Breakfast helps maintain healthy weight.

Exercise boosts brainpower.

Saturated fat is the main dietary cause of high blood cholesterol.

Just 3 slices of cheddar cheese has more saturated fat than you should have in a full day.

Spring is coming! And on it's first day, we refer to it as Vernal Equinox, in which the length of night is the



Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

## Food Fight: Which one would you pick to win?

Resources: IDEA Fitness Journal, Nutrition

With March being National Nutrition Month, I thought it would be a good time to compare healthy food choices to see which one is the better choice. Many folks are really trying to make an effort to make the best possible choice when it comes to healthy foods. But the more nutritious choice is not always so obvious. Almonds or walnuts? Chicken breast or turkey breast? You see, it could be very tricky. So let's take some similar edibles, toss them into a "ring" and let them duke it out to crown nutrition's heavyweight champs.

### The Battle: Bison vs. Beef

Bison, or buffalo, as many call it, may be linked to fewer coronary woes than industrial beef. A 2013 study in *Nutrition Research* found that consuming bison 6 days a week for 7 weeks resulted in less of a rise in blood triglycerides, inflammation and other heart disease risk factors in volunteers than consuming beef (McDaniel et al. 2013).



Differences in rearing methods, including a greater likelihood of being pasture-raised than fed a grain-based diet in a feedlot, may improve the fat content (less saturated fat, more omega-3 fats) and overall nutritional profile of bison, resulting in a heart-healthier red meat. Grass-fed bison would also be a more sustainable meat option than conventional beef. **The champ: bison**

### The Battle: Almonds vs. Walnuts

There are plenty of reasons to go nuts. For instance, a Harvard School of Public Health study found that despite their higher calorie count, nuts are associated with lower weight gain (Jackson & Hu 2014). While walnuts harbor higher levels of omega-3 fatty acids, almonds reign supreme in a number of other nutritional elements, including protein, fiber, vitamin E, riboflavin, magnesium and phosphorus. This makes almonds a more nutrient-dense option from the bulk bins.

Daily almond consumption has also been shown to help quell the inflammation associated with chronic diseases like diabetes and heart disease (Sweazea et al. 2014).

**The champ: almonds**

### The Battle: Spinach vs. Kale

Looks like Popeye got it wrong. Compared with spinach, kale contains nearly twice as much immunity-boosting vitamin A and four times as much of the antioxidant vitamin C. An *American Journal of Clinical Nutrition* study found a link between higher intakes of vitamin C and healthier blood pressure numbers (Juraschek et al. 2012). Kale also provides 70% more bone-strengthening vitamin K and three times as much lutein and zeaxanthin, an antioxidant duo shown to bolster eye health (Huang et al. 2014).

**The champ: Kale**



### The Battle: Canned Salmon vs. Canned Tuna

Sorry, Charlie, when it comes to canned swimmers, it's worthwhile to reel in salmon. For starters, salmon, particularly canned sockeye, is higher in ultra-healthy omega-3 fats. A Virginia Polytechnic Institute and State University study found that beyond providing their famed heart-protective powers, omega-3s can reduce muscle soreness in response to training (DiLorenzo, Drager & Rankin 2014).

Salmon is also a richer source of vitamin D, and if you eat the softened bones, you'll reap the benefits of consuming about 20 times more bone-building calcium than you would by eating tuna. Need more convincing? Studies indicate that canned salmon can contain less of the toxin mercury than its tuna counterpart (Gerstenberger, Martinson & Kramer 2010; Storelli et al. 2010; Groth 2010; Shim et al. 2006). Canned white tuna often contains more mercury than canned light versions. **The champ: Canned Salmon**

### The Battle: Turkey Breast vs. Chicken Breast

Both cuts of poultry are virtually free of saturated fat, but ounce for ounce, turkey has more protein, zinc and selenium (a mineral). A study in *Diabetes Care* found that people with higher levels of selenium were less likely to develop type 2 diabetes (Park et al. 2012).

Another win for Team Turkey Breast: This protein powerhouse contains additional iron, a mineral necessary for delivering oxygen to working muscles to keep energy levels up during exercise.



**The champ: Turkey Breast**

Continued on next page.

## Food Fight: Which one would you pick to win? (continued)

### The Battle: Whole-wheat Bread vs. Sprouted Bread

We're starting to see more and more of the breads with sprouted ingredients like grains and seeds. And they may just have an advantage over their competitors. For starters, a recent study by Canadian researchers found that sprouted bread brought about a smaller spike in blood sugar in volunteers than the whole-grain breads that were tested (Mofidi et al. 2012). This could help in the fight against conditions associated with poor blood sugar control, like diabetes and obesity.

Sprouting items like wheat improves their overall nutritional profile, and sprouted breads are often richer in protein and fiber. Sprouting is also thought to make foods easier to digest.

**The champ: Sprouted Bread**



### The Battle: Quinoa vs. Brown Rice

Compared with humble brown rice, quinoa provides more generous doses of protein, fiber, energy-boosting iron, potassium, magnesium, zinc and folate. A University of North Carolina, Chapel Hill, study found that higher intakes of folate can help in the battle against hypertension (Xun et al. 2012).

Rare for a grain, quinoa contains a full complement of amino acids, making it a valuable protein source for building muscle. There have also been recent concerns about potentially troublesome arsenic levels in rice (FDA 2013). What's more, quinoa takes about half the time to cook, making it a go-to grain for harried cooks.

**The champ: Quinoa**

### The Battle: Cheddar Cheese vs. Swiss Cheese

When choosing a cheese to slap on your lunch sandwich, consider the one with the hole-y appearance. Per serving, Swiss cheese has a little less saturated fat and, more importantly, a third less sodium.

Despite sodium's association with an increased risk for hypertension and stroke, many Americans still consume well more than 2,300 milligrams per day, the recommended limit (Meyer et al. 2013). And Swiss cheese trumps its orange counterpart in the bone-building minerals calcium and phosphorus as well.



**The champ: Swiss Cheese**

### The Battle: Pink Grapefruit vs. Oranges

Although oranges provide about 35% more vitamin C than pink grapefruit, the tart fruit comes out ahead with 21% more vitamin A and way more lycopene. Higher intakes of lycopene, a potent carotenoid antioxidant, may improve cholesterol numbers, making it an ally in the battle against heart disease (Wang et al. 2014). For those who are worried about their sugar intake, take heart that grapefruit contains a little less of this simple carbohydrate.

**The champ: Pink Grapefruit**

### The Battle: Green Bell Peppers vs. Red Bell Peppers

This one is no contest. A star among its sweet-pepper brethren, red bell peppers, which are simply green bell peppers that have ripened further, have significantly more vitamin C and beta carotene. In the body, beta carotene is converted to vitamin A, which helps bolster eye health and immune defense.



**The champ: Red Bell Peppers**



### The Battle: Kidney Beans vs. Black Beans

When you need a legume to toss into your chili or soup, consider opening a can of kidney beans. Compared with black beans, kidneys provide 75% more dietary fiber, making each spoonful that much more filling. A study published in the *Archives of Internal Medicine* discovered that men and women with the highest intakes of fiber enjoyed a longer life span, being less likely to succumb to chronic illnesses such as cardiovascular disease (Park et al. 2011). The organ-shaped beans also have about twice as much iron as their black counterparts. Higher intakes of iron may boost performance in female exercisers, who often have poor iron status (Pasricha et al. 2014).

**The champ: Kidney Beans**

### The Battle: Tilapia vs. Halibut

There is a boatload of reasons why we should be eating more fish, but if you need to choose between these two species at the fishmonger, consider casting your line for halibut. While both have the same amount of protein, omega-3 fatty acids are twice as high in halibut.

Scientists recommended consuming an average of 250–500 mg of omega-3s from fish per day to safeguard against heart disease and mental decline (Harris et al. 2009). A 3-ounce serving of halibut delivers about 400 mg of these rock star fats. More nutrient-dense halibut also lets you load up on more niacin, vitamin B12, selenium, potassium, phosphorus and magnesium. **The champ: Halibut**



## Try Going Meatless Once a Week

Resource: [Eatright.org](http://Eatright.org)

Going vegetarian for one day a week for dietary or religious reasons is a small change in your diet that can improve your health and the environment. The Healthy People 2010 report from the United States Surgeon General recommends lowering meat consumption by 15 percent, specifically to cut down on saturated fat. This calculation works out to about one day a week without meat. Going light on meat was the norm a few generations ago when meat was often consumed in side dish portions, while nutrient-rich beans and lentils, vegetables and whole grains took center stage.

Cutting back on meat intake offers many protective benefits. Red and processed meat consumption is associated with increased risk of death from chronic disease, and reducing intake can help fight the nation's top killer — heart disease. Fatty red meats and many processed meats are high in saturated fat which raises harmful or "bad" LDL cholesterol. Consuming red meat can also raise the susceptibility for certain cancers, including colon cancer. Studies suggest people who eat less meat tend to be leaner and less likely to gain weight than people with higher meat intakes.

### Don't Just Cut Back, Add to Your Diet

Losing meat one day a week is not only about subtracting from your diet, but adding to it. Eating more whole grains, beans and lentils and vegetables on your meatless day offers many health benefits.

Whole-grain, unprocessed carbohydrates — such as whole-wheat bread, whole-grain pasta, brown rice, oats, buckwheat, quinoa and millet — can help prevent heart disease, certain cancers and diabetes. Experimenting with a new grain choice on your next meatless day can provide fiber for normal bowel function, along with a variety of vitamins and minerals that contribute to the nutrient density of your diet.

Americans regularly eat more than enough protein, but adding beans or lentils to your meat-free meal also maintains an adequate protein intake. Providing about 16 grams of protein per cup cooked, beans and lentils are also a great source of fiber, folic acid, iron and potassium. These nutrient-rich foods are also good sources of manganese, magnesium, copper, riboflavin and vitamin B6.

Vegetables are also nutrient powerhouses and add color and texture to your meals. Try leafy greens such as kale, collards, bok choy and broccoli for good plant sources of calcium.

### Good for the Environment

The practice of consuming a plant-based diet can benefit the environment. According to the Food and Agricultural Organization, livestock was estimated to contribute to 18 percent of greenhouse gas emissions (GHG), with other estimates ranging from a 10- to 51-percent contribution. Going meatless one day a week, eating less meat and choosing organic or grass-fed

## Sticky Banana Bread Quinoa Breakfast Bowl

The Banana Bread Cereal topping is perfect for spooning onto hot cereal like oatmeal, quinoa or cream of wheat or rice. You can even add this stuff to cold cereal, pancakes, toaster waffles, a bowl of soy yogurt or even spread it on a piece of peanut or almond butter slathered toast or bagel. If you can't eat bananas or just don't like them, any fruit will do: blueberries, peaches, apples, and more.

Recipe  
Corner

### Quinoa

(pronounced  
keen-wa)

It is high in protein (for a grain/seed), is gluten free, rich in fiber, magnesium, iron and more.

It can get super fluffy in texture even more so than rice or couscous.

### Sticky Banana Bread Quinoa Breakfast Bowl—makes two bowls + leftover topping

3 cups fluffy quinoa \*unflavored, cooked in salted water  
1 cup vanilla soy milk  
warm spices of your choosing (cinnamon, nutmeg, cayenne)  
almond butter

### Bowl of the Sticky Banana Bread Cereal Topping

#### To Make:

1. Spoon your fluffy quinoa into serving bowls. Add however much vanilla soy milk you would like. Add more for a thinner bowl and less for a thick bowl. Heat in microwave on high for about 1-2 minutes just to warm and thicken the creamy quinoa (the same way you would for oatmeal - only the quinoa is fully cooked already).
2. Prepare your Sticky Banana Bread Topping on your stove top. this should take about 6 minutes. Very easy. And this is what makes the entire house smell like warm banana bread.
3. Add an optional dollop of almond butter to your quinoa, some cinnamon, and then a few scoops of the warm topping. Enjoy!

### Sticky Banana Bread Cereal Topping - makes about 3 cups

- 1 1/4 cups raw walnuts, roughly chopped/some left whole
- 2 bananas, diced into chunky cubes
- 2-3 Tbsp agave or maple syrup
- 1/4 tsp cinnamon
- 1/8 tsp vanilla extract (opt'l)
- 1 Tbsp butter
- optional: dash of cayenne for those who like it with some heat!



#### To Make:

1. Warm up a nonstick skillet. And prep your fruit and nuts. Add the oil or butter – wait until sizzling hot.
2. Toss your bananas and walnuts with the sweetener, spices and vanilla. Add to hot skillet.
3. Allow to saute for about 5 minutes over med-high heat. Stir a bit so that the nuts don't burn.
4. Remove from heat. Cool slightly. Add to cereal or store in the fridge until ready to be used. The mixture will become sticky in the fridge.

National Nutrition Month® 2015

eat right. Academy of Nutrition and Dietetics

# Nutrition Sudoku for Adults

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters N through W to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Orange		Turkey	Veggies		Walnuts	Pepper		Quince
	Noodles		Orange	Turkey	Pepper	Rice		Veggies
Veggies		Squash		Noodles	Rice		Walnuts	Turkey
Quince	Veggies		Rice			Noodles		
			Pepper		Noodles		Quince	Squash
Squash	Walnuts	Noodles		Quince			Rice	Pepper
						Turkey		
		Veggies	Noodles			Squash		Walnuts
Rice		Walnuts		Orange		Quince		Noodles

N – Noodles  
O – Orange  
P – Pepper  
Q – Quince  
R – Rice  
S – Squash  
T – Turkey  
V – Veggies  
W – Walnuts



**What is a Quince?** A fruit resembling a pear but cannot be eaten as such until baked or frozen to eliminate their acidity. The seeds can be poisonous. The core is very hard but using a sharp paring knife will divest it of both unusable core and seeds. Interior is white when raw but after cooking turns deep red. It contains pectin so is frequently used for jams and jellies.



**Don't Look Yet!  
These Are the  
Sudoku Answers:**

N	d	O	A	O	S	M	L	R
M	O	S	L	R	N	A	O	d
R	A	L	O	d	M	O	S	N
d	R	A	O	d	L	N	M	S
S	O	M	N	A	d	R	O	L
O	L	N	S	M	R	d	A	O
L	M	O	R	N	O	S	d	A
A	S	R	d	L	O	d	N	M
O	N	d	M	S	A	L	R	O



## Eating Healthy on the Run

Do you like to eat out? Do you sometimes, due to work or time restraints, feel you have no other choice? Are you just not a "brown bagger"? Well regardless of your reasoning for eating out, there are smart choices everywhere that you can still make. One of the key things to remember is to think ahead and plan where you will eat. Become familiar with their menu choices so you can make one that is healthy. Here are some other tips to help you eat healthy when eating out.

1. Read the menu carefully for clues to fat and calorie content. Terms that can mean LESS fat and calories include: baked, braised, broiled, grilled, poached, roasted, steamed.
2. Try to stay away from foods saying: batter-fried, pan-fried, buttered, creamed, crispy, breaded. These sparingly and in small portions are okay.
3. Order the regular or child-size portion. Or for a lighter meal, order an appetizer in place of a main course.
4. It's OK to make special requests just keep it simple. Ask for a side salad or fruit cup in place of French Fries; no mayo or bacon on your sandwich; sauces and dressings on the side.
5. Ask the waiter to hold the bread basket before your meal.
6. Split your order. Share an extra large sandwich or main course with a friend or box half of it as soon as you get it so you can take it home.
7. Add tomato, lettuce, peppers, and other vegetables to your sandwiches to boost their nutritional value.
8. A baked potato offers more fiber, fewer calories and less fat than fries if you skip the sour cream and butter. Try topping it with broccoli and a sprinkle of cheese or salsa.
9. When ordering a sandwich at the local WaWa or deli, choose lean beef, low sodium ham, turkey or chicken on whole grain breads. Ask for mustard, ketchup salsa or lowfat spreads (remember on the side). And don't forget the veggies.
10. At the salad bar, pile on the dark leafy greens, carrots, peppers and fresh vegetables. Lighten up on mayo-based salads and high fat toppings. Enjoy fresh fruit as your dessert (tip: fruit is also great on your salad especially grapes, strawberries, blueberries, apple, pear or orange slices)
11. Eat your lower calorie food first. Soup (avoid the cream based) or salad is a good choice. If you like Chinese, edamame is a great choice and high in protein.
12. Pass up on all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much. If you do choose the buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate.
13. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
14. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the fat and calories of the regular size.
15. Try a smoothie made with unsweetened, natural juice or unsweetened almond milk or yogurt, fruit and vegetables such as baby spinach or kale. Fruits can be high in natural sugar so be careful not to do too much: Ratio should be 2 cups veggies to 1 cup fruit.
16. Refrigerated carry-out or leftovers can make for great lunches the next day.
17. Grabbing dinner at the supermarket? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or try sliced lean roast beef.
18. Always eating on the go? Pack portable, nonperishable foods for an on-the-run meal. Some suggestions are peanut butter and crackers, a piece of fresh fruit, homemade trail mix with 20 almonds, miniature box of raisins and 1/4 cup of sunflower seeds (great source of protein to keep you full longer), single serve packages of whole grain cereal or crackers.

**Make Healthy Choices  
and  
Be Prepared!**



"Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive."

*The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.*

**Debby Schiffer, Wellness Director for BURLCO & TRICO JIF**  
Home Office: 856-322-1220 Cell: 856-520-9908

***When you do what you fear most, then you can do anything!***

