

Culinary Enlightenment

a newsletter about food and nutrition

Issue 2

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Food Feature

Pomegranates

Hail to the King...the king of exotic fruits! The pomegranate has been called the king of exotic fruits because of its dainty crown. Beside this subtle hint, its modest exterior doesn't due justice to the tart and juicy little jewels inside.

Once you break into the tough leathery skin, this brilliant ruby fruit provides plenty of good nutrition. It is high in vitamin C and potassium, low in calories, and rich in three types of powerful antioxidants that get a lot of attention for their cancer fighting properties.

Try a delicious holiday spritzer featuring antioxidant rich pomegranate juice. Use 1 cup berry sparkling mineral water with 1/2 cup pomegranate juice or 100% juice blend. Serve over ice. Throw in a few pomegranate seeds for an unexpected twist!

Nutrition Facts:

1/2 cup pomegranate seeds
80 calories & 5 g fiber
1/2 cup pomegranate juice
75 calories

Nutrition in a Nutshell

The Volumetrics Eating Plan

None of us like the "eat less" message...so let's put that aside and discuss Volumetrics. Nutritionist and researcher, Dr. Barbara Rolls, developed an eating plan that takes the deprivation out of diet. **The concept is this: feel full on fewer calories.**

Instead of focusing on deprivation, Dr. Rolls encourages people to choose foods that will help them feel satisfied while eating fewer calories.

Here are the basics:

- **Eat foods low in energy density ***
- **Choose foods high in fiber**
- **Eat adequate amounts of lean protein**
- **Reduce fat intake**

These guidelines are designed to help you eat fewer calories while maintaining a lifestyle approach to food...no more "diets".

For instance, take a bowl of minestrone soup. It's low in calories, high in fiber (all those veggies!), has

lean protein (beans), and is low in fat.

* The key to understanding Volumetrics is the energy density (ED) part. The way you determine energy density is by dividing calories by the weight in grams (found on the Nutrition Facts Label). Consider a reduced fat mozzarella cheese stick: 60 calories ÷ 28 grams (weight of 1 stick) = 2.1.

Basically, foods that have an energy density of ≤ 1 are the ones you should eat most.

Foods that have an ED
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Pork Medallions with Pomegranate Glaze

Ingredients:

2 Tbs chopped shallots
1 cup + 2 Tbs pomegranate juice, divided
1 tsp Herbs de Provence
1 1/4 lb pork tenderloin
2 tsp olive oil
1/2 tsp cornstarch
pepper to taste

Directions:

1) Combine shallots, 1 cup pomegranate juice, and Herbs in a small saucepan. Simmer about 20 minutes or until reduced by half.
2) Trim fat and silverskin from pork tenderloin. Cut into 12 - 1 inch thick medallions.

3) Heat olive oil in large sauce pan over medium high. Sear pork until a brown crust forms (3-4 minutes per side.

4) Combine 2 Tbs juice with cornstarch. Whisk into sauce and simmer to thicken. Pour over pork and let flavors mix. Enjoy!

Culinary Enlightenment

is a small business owned by Lauren Squier, MPH, RD. Lauren enjoys teaching nutrition and healthy cooking to children, adults and families.

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Tell a friend!

The Volumetrics Eating Plan... take a closer look

Low ED Foods (≤ 1)

Most fruits & veggies
Vegetable soup
Chicken & rice soup
Unsweetened apple sauce
Fat-free Italian dressing
Plain non-fat & low-fat yogurt
Light yogurt
Milk (NF, LF & whole)
Beans and tofu
Instant Oatmeal
Broiled fish
Boiled Shrimp
Non-fat frozen yogurt
Cottage cheese

Medium ED Foods (1-2)

Olives
Bran flakes with 1% milk
Baked potato with skin
Tuna canned in water
Long grain white rice

Medium ED Foods (1-2)

Chili
Fat-free Ranch dressing
Pasta
Avocado
Spaghetti with meat sauce
Hard-boiled egg
Skinless chicken/turkey breast
Veggie burger
Grilled sirloin steak (lean)

High ED Foods (≥ 2)

Fried egg
Mozzarella cheese stick
Ground beef, lean, broiled
Bean & cheese burrito
French fries
Cheese ravioli
Pumpkin pie
Ice cream
Plain bagel
Cheese Pizza

Nutrition in a Nutshell

(Volumetrics - Continued from page 1)

of 1-2, you should start using portion control. Foods that are > 2 should be eaten in limited portions.

Although this appears complicated at first, you quickly get a sense of which foods fit into these three categories. (More information is included above.)

Let's take another example. One of my favorite meals is Pasta with Broccoli & Sundried Tomatoes. Pasta is a medium ED food (1.4), broccoli is a low energy density food (< 1), and sundried tomatoes packed in oil are a high ED food (2.7). With this information, you can reduce

the amount of calories in your meals by tweaking the amounts of each ingredient. Now when I make my favorite pasta, I double the amount of broccoli while cutting in half the amount of pasta and sundried tomatoes. I feel satisfied by eating the same portion, but I get fewer calories.

Now take a step back from the nitty-gritty details. Think of ways you can use this concept in your life. For instance, try a grilled chicken sandwich with $1/2$ a bun and twice as much lettuce and tomato. Or start dinner with a cup of minestrone soup or green salad and split that pasta entrée with a friend. Or reach for a pomegranate

spritzer (see page 1) instead of sitting down with the whole bottle of juice.

Think about your upcoming Thanksgiving meal. How could you apply the Volumetrics approach to your plate?

- Generous helping of white meat turkey, salad, veggies
- Light on the gravy, mashed potatoes, and pumpkin pie

Without getting out your calculator, you should be able to think of ways to put this concept into practice. Eat more low calorie foods, eat fewer high calorie foods and lose weight or at least keep it steady through the holiday season.