

Culinary Enlightenment

a newsletter about food and nutrition

Issue 4

November 26, 2007

Farmer's Market Feature



Asian Pear

For those of you who have not had the pleasure of tasting an Asian Pear, let me tell you that it is one of the most amazing fruit choices this time of year. Juicier than an apple, the Asian pear delivers a similar crispy crunch along with a sweet and refreshing taste.

Touted as the longest storable fruit, the Asian pear will last 10-12 days at room temp and a couple of months in the refrigerator. This sweet treat can be pricey, but it is because this delicate fruit requires hand picking and careful packing.

The Asian pear looks like an apple but is genetically related to a pear. Over 25 varieties are grown in California and hundreds in Asia.

Nutrition Facts:

65 calories, 88% water & 148 mg Potassium

Nutrition in a Nutshell

If you feel like you are lost in a nutrition maze some days, you are not alone. It seems like each new day comes with new lists of "good" and "bad" foods. Let's face it...food is feeling less fun these days.

The good news is that science-based nutrition recommendations really haven't changed much over the years. Here are the key points to remember:

- **Eat more fruits and vegetables.** The current recommendations for most

adults is about 5 cups a day. If you just blurted "yikes", try to increase your intake a fruit or vegetable at a time...grab a delicious Asian pear! Fruits and vegetables are low calorie, high fiber foods to be enjoyed all day!

- **Concentrate on whole grains** when choosing carbs. Less processed = more nutrients. Do your blood sugar and bowels a favor and choose whole wheat, whole grain and multi-grain foods. Aim for six

servings per day of bread, pasta, rice and cereals. Make most of them whole grain choices.

- **Choose non-fat and low-fat (1%) dairy** and dairy alternatives. Two to three servings are recommended; examples include 1 cup milk, 6 oz yogurt, 1 cup cottage cheese, 1.5 oz cheese, and/or a Calcium + Vitamin D supplement. Look for a Calcium Citrate supplement; the body absorbs it best.

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10-Minute Autumn Harvest Salad

Ingredients:

4 cups mixed greens
1 Asian pear, cored & diced
2 Tbs dried cranberries
2 Tbs light feta cheese
2 Tbs slivered almonds

Dressing:

2 Tbs extra virgin olive oil
2 Tbs red wine vinegar
2 Tbs reduced sugar strawberry preserves
Salt & pepper to taste

Layer salad ingredients in a medium bowl. Place dressing ingredients in a jar with a tight fitting lid. Shake vigorously. Dress salad a little bit at a time. Mix gently.
Serves 4

Culinary Enlightenment

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

Lauren graduated from Cal State Long Beach with a degree in Dietetics & Food Administration, completed a Master of Public Health at UC Berkeley, and finished culinary school at Laguna Culinary Arts.

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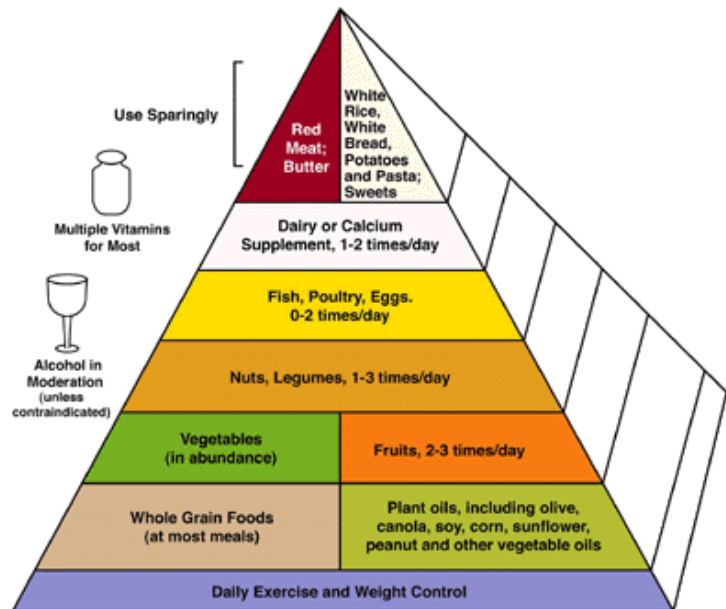
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Chew on this!

A Healthy Eating Pyramid



This is an alternative food guide pyramid presented by nutrition researcher Walter Willett & the Harvard School of Public Health. It represents current nutrition science and offers dietary guidance for good health.

Nutrition in a Nutshell

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- **Choose lean protein.** Try squeezing in a few more plant-based sources like beans, nuts and tofu. Two to three palm-sized portions of protein foods per day should be adequate.
- **Reduce saturated fat, cholesterol, sodium, and added sugars in you diet. Avoid trans-fats.** Check the Nutrition Facts panel and ingredient lists before buying foods. In general, animal-based foods contain more saturated fat than plant based foods. Cholesterol is only found in animal based foods. So, add-

ing more plant foods to your diet will be healthful in many ways. Sodium is added to most processed foods; look for foods with less than 5% Daily Value for Sodium on the Nutrition label. Added sugars (especially High Fructose Corn Syrup) are found in most processed foods as well. *Check the grams of sugar on the Nutrition Facts; divide that number by 4 to figure out how many teaspoons of sugar you will get per serving.* Wow! Now trans-fats are a part of the Nutrition Facts panel as well. Avoid these man-made artery clogging fats! They are commonly found in margarines, baked goods and

fried foods.

- **Take a multi-vitamin/mineral supplement.** It's like an insurance policy...you may not need it, but you should have one just in case. Look for one with near 100% RDA for vitamins and minerals. You don't need megadoses, high potency or any mystery ingredients. Generics and store brands are fine.

If you are feeling stressed about food all over again, don't! Just 1) concentrate on whole foods while limiting processed foods, 2) make more plant based choices and 3) ENJOY what you are eating!