

# Culinary Enlightenment

a newsletter about food and nutrition

Issue 4

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## Food Feature

### Cranberries

These delightful little globes of goodness are packed with vitamins and minerals as well as powerful phytochemicals (plant nutrients) that help protect our bodies from a few chronic diseases.

Research shows that the high levels of phytochemicals in cranberries may help protect against heart disease, certain cancers, and several other illnesses.

Fresh cranberries contain the most of these powerful nutrients. You can find fresh cranberries from October through December. For year-round benefits, Enjoy as dried, frozen and juice blends the rest of the year.

Did you know? The cranberry is a cousin of the blueberry...no wonder it's packed with good nutrition!

#### Nutrition Facts:

1/2 cup fresh cranberries  
23 calories, high in  
Vitamin C & 2 g fiber

1/4 cup dried cranberries,  
sweetened: 80 calories

## Nutrition in a Nutshell

### Meal Planning for Good Nutrition

Let's be honest... healthy eating can be a challenge. We are surrounded by high fat, salt, and sugar fast foods. Although convenient, these foods do not help our bodies become fit and healthy. One way to improve your nutrition AND support your fitness goals is meal planning. Simply put, planning is the key!

Instead of scrambling to feed yourself when you are feeling ravenous, do some prep

work to make healthy choices at and between meal times.

### Plan easy, well balanced meals.

- Emphasize colorful fruits and vegetables, lean protein, and whole grains when meal planning. Spend time once a week to plan meals and make a grocery list.
- Use short cuts. Skinless boneless poultry, bagged salads, frozen vegetable mixes, and quick cook grains can help you get

dinner on the table fast. Look for these items on sale to reduce the impact on your wallet.

- Double the recipe. Cook for today and "tomorrow". Make dinner for tonight and package some to put in the freezer for later in the week. Pull out a ready made dinner when you are having a busy day.
- Become a recipe hunter. Spend a few minutes online looking for quick

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## Homemade Cranberry Orange Sauce



#### Directions:

#### Ingredients:

12 oz bag fresh cranberries  
1/2 cup water  
1 orange  
1 golden delicious apple,  
peeled, cored & diced  
1 cinnamon stick  
1/2 cup sugar

- 1) Wash cranberries; remove any shriveled or squashed ones.
- 2) Zest orange with a microplane or zester. Cut orange in half and juice. Set aside.
- 3) Combine cranberries, water, orange zest and juice, apple, cinnamon stick, and sugar in a non-reactive pot.
- 4) Heat over medium low until cranberries have popped (10-15 min).
- 5) Remove cinnamon stick. Cool to room temperature. Serve.

## 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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Tell a friend!

## Fine Tune Your Nutrition

Ask Lauren about...

- Basic Nutrition
- Nutrient Analysis on a 3-Day Diet Record
- Nutrition Counseling
- In-home Cooking Classes
- Recipe Makeovers
- Nutrition Talks for Groups

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## Healthy Choices

**The Center for Science in the Public Interest (CSPI)** uses the following nutrition criteria to evaluate frozen and prepared meals:

### Best Bites

- Low in Saturated Fat:  $\leq 3$  grams per serving
- Lower in Sodium:  $\leq 400$  mg per serving

### Honorable Mentions

- Low in Saturated Fat:  $\leq 3$  grams per serving
- Lower in Sodium:  $\leq 600$  mg per serving

Use the Google's online search to find many more CSPI resources or visit [www.cspinet.org](http://www.cspinet.org) for more helpful nutrition information.

## Nutrition in a Nutshell

(Meal Planning - Continued from page 1)

and easy recipes. There are many websites featuring healthy family favorites. Start with [myrecipes.com](http://myrecipes.com) and [eatingwell.com](http://eatingwell.com).

### Stock your kitchen with nutritious foods.

- Keep healthy breakfast options on hand that feature whole grains. Breakfast is the easiest meal to consume whole grains. For instance, oatmeal, multigrain cereals, and whole wheat bread are good choices.
- Have healthy heat and eat meals ready for hectic days.

Instead of grabbing fast food at lunch, bring good choices with you. Pull one of your homemade frozen dinners out of the freezer or find a few frozen entrees that are low in saturated fat and sodium at the grocery store instead of eating out. Check out the "Healthy Choices" box above.

- Choose snacks wisely. Think of snack time as an opportunity to "fill in the blanks" nutritionally. For instance, snacking on an apple, canned fruit packed in juice, baby carrots, or celery and peanut butter may help you eat enough fruits and

vegetables. Reduced fat string cheese or light yogurt will increase your calcium intake.

- If you don't buy it, you won't eat it. Try not to keep tempting foods at home. It will help you limit impulsive not-so-healthy eating. If the rest of your family is not on board, move these items to a location where you don't see them. Out of sight, out of mind...and mouth!

The key to healthy eating is planning ahead. Spend a little time to ensure good choices are available when you need them. Your wallet and your waistline will thank you!