

# Culinary Enlightenment

a newsletter about food and nutrition

Issue 6

January 9, 2008

## Food Feature

### Greens

The group of vegetables called "Greens" usually includes a mix of collard, kale, mustard and/or turnip greens. These rich green leaves hold a wealth of nutrients that are essential to good health.

Greens grow happily in the winter months. They are perfect for cold nights because they are best when stewed with flavorful liquids. Although bacon or ham is a traditional flavoring, canned tomatoes are another great addition.

Look for bags of washed and chopped greens at the grocery store (just like bagged salad). This eliminates the step of washing leaves thoroughly to remove sand and grit. Use in soups and stews, or try Savory Stewed Greens for a delicious winter treat.

#### Nutrition Facts:

1 cup cooked greens  
21 calories, high in  
Vitamin C & Calcium  
Source: USDA Nutrient  
Database

## Nutrition in a Nutshell

### Optimize Your Diet in 2008

#### Small Changes, Better Health

Don't overwhelm yourself with big, life altering New Year's resolutions. Break them down into bite sized pieces. It is important to achieve your goals, feel successful and reward yourself. Smaller, manageable goals will help achieve success faster.

Below you will find some small changes that can add up to better health. Pick one to work on at a time. Once you've mastered it, set a new goal.

### Go for Whole Grains

- Eat 3-4 servings of whole grains each day.
- Hot or cold whole grain cereal, whole wheat bread, brown rice, corn tortillas, and whole wheat pasta or couscous are good options.
- Pick two meals that will be easiest for you to consume whole grains and stick with it.
- Example: 1 cup Kashi Go Lean cereal at breakfast and a turkey sandwich on whole wheat bread at lunch (3 servings total). Whole Grain Bonus: 1/2 cup brown rice with dinner!

### Add More Color

Colorful fruits and vegetables not only add interest and beauty to your meals but also many vitamins, minerals, and powerful antioxidants.

- Choose from the colors of the rainbow! Different colored fruits and vegetables provide different nutrients so variety is the key.
- Example: add 1/4 cup dried blueberries to your oatmeal (blue/purple), eat 1/2 cup baby carrots for a snack (yellow/orange), add extra

*(Continued on page 2)*



## Savory Stewed Greens



#### Ingredients:

2 teaspoons olive oil  
1 medium onion, sliced  
3 cloves garlic, sliced  
1 cup reduced sodium vegetable broth  
15 ounce can diced tomatoes, no salt added  
16 ounce bag greens (turnip, mustard, collard)

#### Directions:

1. Heat oil in large sauté pan over medium.
2. Add onion and sauté until caramelized.
3. Add garlic, stir 1 min.
4. Pour vegetable broth and tomatoes with juice into the sauté pan. Bring to simmer.

5. Add greens. You may need to add and wilt to fit all the greens.
6. Cover and simmer 15-20 minutes. Enjoy!

#### Nutrition Facts:

1 cup stewed greens  
85 calories, 200 mg Calcium, 48 mg Vitamin C  
Source: ESHA Research Inc.

## 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.

562-481-5765

lsquier@gmail.com



562-225-4181

info@LongBeachBootCamp.com

Tell a friend!

## Fine Tune Your Nutrition

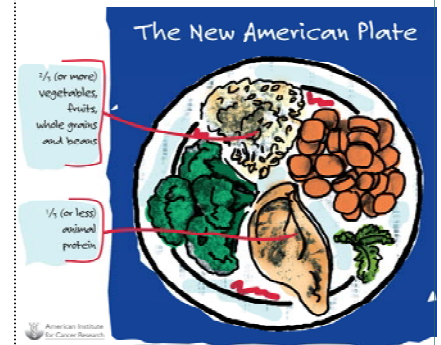
Ask Lauren about...

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

562-481-5765

## Healthy Changes

**American Institute of Cancer Research (AICR)** recommends the following plate splitting method. Fill 1/3 of your plate with lean protein such as chicken, turkey, fish, beans, and tofu. Fill the other 2/3 with fruit, vegetables, and whole grains.



[www.aicr.org](http://www.aicr.org)

## Nutrition in a Nutshell

(Optimize Your Diet - Continued from page 1)

tomato to your sandwich at lunchtime (red), and enjoy a side salad with dinner (green).

### Snack to Good Health

Eat 3 small meals with 2-3 snacks to keep your metabolic engine going. Identify food groups that are lacking in your diet and make them the focus of your snacking.

- Just can't get enough fruit (2-3 cups/day)? Keep an apple or orange on your desk for a mid-morning snack.
- Veggies getting the short shrift (2-3 cups/day)? Nibble on carrot and celery sticks or colorful bell pepper strips in the afternoon.

- Need a Calcium boost (2-3 servings dairy/day)? Enjoy a string cheese snack or a small carton of lowfat milk or soy milk.

### Portion Distortion

Our biggest dietary challenge seems to be eating too many calories. This is frequently caused by the large portions of food available to us. No more!

- Take control of portion distortion! You decide what and how much food to put in your body.
- Here are two suggestions for portion control: serving size estimates and the plate method.
- Use your fist to estimate a 1-cup portion of food. Choose more lower calorie items (fruit, veggies, whole grains, nonfat dairy)

and fewer higher calorie items (mixed dishes like pasta, casseroles, burgers, etc.). Use your thumb to estimate a 1 Tablespoon of oil, salad dressing and sauces.

- Use a standard dinner plate, and fill 2/3 with fruits, vegetables and whole grains while saving 1/3 for a lean protein like fish, chicken, beans or tofu.

Pick one goal at a time. Write it on your calendar, think about it every day, and succeed by planning meals and shopping smart. One small step at a time can add up to big changes in your health.

**Plan it, buy it, eat it! Make it happen in the New Year!**