

Culinary Enlightenment

a newsletter about food and nutrition

Issue 6

January 9, 2008

Food Feature

Broccoli

These little emerald “trees” are packed with good nutrition. Broccoli is part of Crucifer vegetable family, which refers to the cross at the base of the florets. This group of vegetables contains many nutrients that may help reduce chronic disease risk and promote good health.

Broccoli can be found in markets year-round, but the winter months are the best time of year to enjoy it. Check out your local farmer’s market for the cream of the crop.

You can also find cut and washed broccoli florets in bags or produce bins at the grocery store. This makes broccoli a quick and easy side dish. Steam, stir-fry, or roast for a delicious vegetable full of healthy benefits.

Nutrition Facts:

1 cup broccoli florets
20 calories, high in
Vitamin C & Folate
Source: USDA Nutrient
Database

Nutrition in a Nutshell

Food Diary... a Tool for Healthy Change

Now that you have nutrition goals set for the New Year, it’s time to check your progress. A Food Diary is a great tool to determine how your diet changes over time. It will help you with accountability and therefore success.

Benefits

- You create a record of what you eat, how much, and how you are feeling.
- You can identify troublesome situations (“triggers”) or habits

that make healthy eating more difficult. For instance, many people engage in “mindless eating” while working or watching TV.

- You may learn something about “invisible calories”, such as beverages, mints or candies from a colleague’s desk.

How to

Keeping a food diary or nutrition journal is personal. Find what format or method works best for you. Several options include:

- Carry a small notepad
- Keep an online diary
- Take notes in your

PDA or organizer

- Use one of the Food Diaries in this packet
- Print a personalized worksheet from MyPyramid.gov
- Write down all the specifics you need:
 - * food & beverages
 - * quantity
 - * time or meal
 - * preparation method (grilled, steamed or fried)
 - * how you feel (hungry or bored?)

Keep track of everything

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Oven Roasted Broccoli



Ingredients:

2 Tablespoons olive oil
2 cloves garlic, sliced
4 cups broccoli florets (or cauliflower or a blend)
Pinch salt (or salt-free seasoning)
Fresh ground pepper
1-2 lemon wedges

Directions:

1. Preheat oven to 400°.
2. Combine oil and garlic in a medium bowl.
3. Add broccoli. Stir well to coat.
4. Sprinkle with salt & pepper while stirring.
5. Spread broccoli in a single layer over a foil

lined baking sheet.

6. Roast 15 minutes or until tender crisp.
7. Toss with juice from lemon wedges. Enjoy!

Nutrition Facts:

1 cup roasted broccoli
80 calories, excellent source of Vitamins A, C and Folate
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.

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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

562-481-5765

Special Announcement

Upcoming event:
Jamie Kivisto Art Show
Sunday, January 27th
7 to 10 pm

The Normandie Room
8737 Santa Monica Blvd
West Hollywood 90069

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jamie@jamiekivisto.com
562.508.1503

Note from Shannon:

Many of you have been to my home and noticed the painted artwork. This show features the gal that has painted everything in my home. Please enjoy her show, I know many of you have been asking.

Nutrition in a Nutshell

(Optimize Your Diet - Continued from page 1)

you eat and drink for at least two weekdays and one weekend day. Try to capture typical behavior.

Next Step: Analysis

Just keeping a food diary or journal will be a learning experience. However, you can take it to the next level by analyzing your diet. There are several ways to do this. Choose one that works for you and your goals.

- Enter the information from your food diary into MyPyramid's Tracker day by day (website listed on right). It will compare what you ate to your food group recommendations.
- Print out food group and calorie

recommendations from MyPyramid.gov and compare what you ate (using portion sizes) to their recommendations.

- If you are most concerned by total calories, keep track of the calories you consume and compare it to your goal or target.

Based on your food diary and analysis, identify one or two steps you can take to improve your diet. Work on these improvements for a week or two and then start the process over again!

Don't pass up this opportunity because it seems difficult or time consuming. This is a valuable process for anyone to try...and your health is worth the effort!

Food Diary Resources

MyPyramid

- www.mypyramid.gov
- www.mypyramidtracker.gov

Meals Matter

- www.mealsmatter.org

USDA Nutrient Database

- this website allows you to analyze each food in your diary
- www.nal.usda.gov/fnic/foodcomp/search/

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