

Culinary Enlightenment

a newsletter about food and nutrition

Issue 9

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Food Feature

Cabbage

Cabbage is a delicious winter vegetable filled with good nutrition. It is a member of the Cruciferous vegetable family known for its potent cancer-fighting properties.

Cabbages come in a variety of colors, textures, and flavors. Tender green cabbages such as Napa and Savoy are often enjoyed cold in slaw-type salads. Bok Choy (Chinese cabbage) is commonly stir-fried. Red cabbage can be a colorful addition to salads or braised for a rich and hearty side dish (see recipe below).

Red cabbage is part of the blue/purple color spectrum of fruits and vegetables. This group contains powerful antioxidants that help improve memory function and healthy aging. Dig in!

Nutrition Facts:

1 cup cabbage (raw)
22 calories, 2 g fiber,
good source of vitamin C

Source: Wellness Foods
A to Z © 2002

Nutrition in a Nutshell

Fad Diets

Tired of trying to keep up with the latest diet trends? You're not the only one. Each year Americans spend billions of dollars desperately trying to slim down.

Characteristics of Fad Diets

These "magic recipes" for weight loss promise quick-fix solutions to frustrated dieters. Most rely on flashy books and associated diet products to lure in people hoping to lose weight. In general, fad diets:

- ✓ Make unrealistic promises of fast weight loss without

exercise.

- ✓ Propose a set of rules that must be followed in order to succeed (eat these foods, not those foods).
- ✓ Restrict calories (often to an unsafe level) without regard for adequate intake of vitamins and minerals.

Pros & Cons of Popular Fad Diets

It's nearly impossible not to notice some of the diet trends. How many have heard friends or family swear by these popular fad diets?

Dr. Atkins New Diet Revolution: low carb, high protein diet.

- Pro: lose weight fast while eating plenty of high protein (and high fat) foods.
- Cons: restricts whole food groups (ie: carbs & fruit), causes quick loss of water weight, and not sustainable as a lifestyle solution.

The Zone Diet: a "balanced approach" to nutrition based on 40% carbs, 30% protein, and 30% fat.

- Pro: closer to a real life way of eating.
- Cons: hard to follow without

(Continued on page 2)

Sweet & Sour Braised Red Cabbage

Serves 4

Ingredients:

1 pound red cabbage (about 1 small head)
1 red onion
2 teaspoons olive oil
1/4 cup water
1/4 cup balsamic vinegar
1/4 cup dried cranberries

Directions:

1. Cut cabbage into quarters. Remove stem and thinly slice.
2. Cut onion in half. Peel, trim, and thinly slice from pole to pole.
3. Heat large Dutch oven or other heavy pot over medium high.

4. Add oil, cabbage and onions. Sauté 10 min.
5. Add water, vinegar and cranberries. Cover and simmer 15-20 minutes.

Nutrition Facts:

1 cup braised cabbage
97 calories, 3 g fat & 3 g fiber
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 and Dietetic Internship 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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Recommended Nutrition Guides

1. *Eat, Drink & Be Healthy* by Dr. Walter Willett and the Harvard School of Public Health. A straightforward, easy-to-read overview of nutrition.
2. *Wellness Foods A to Z* by Dr. Sheldon Margen and the Editors of the UC Berkeley Wellness Letter. A food, nutrition and wellness encyclopedia packed with information, pictures and nutrition labels.
3. *The Nutrition Action Newsletter* by the Center for Science in the Public Interest. A newsletter designed to inform and protect consumers (think: the food police).

Nutrition in a Nutshell

(Calories Count - Continued from page 1)

reliance on nutrition bars or a Zone meal service.

South Beach Diet: a three-phased approach to reducing carbs.

- Pro: phases two and three emphasize whole grains, lean proteins, healthy fats, and fruits and veggies while promoting healthy weight loss.
- Cons: first phase bans carbs, restricts fruit, and promises unrealistic weight loss.

The Lifestyle Approach

The disappointing truth is that there are no quick fixes to weight loss. Weight loss is difficult and takes longer than anyone wants. So, what works, you ask?

The path to long-term weight loss is lifestyle change. A lifestyle that involves learning about nutrition, reading food labels, meal planning, cooking, eating out carefully, and exercising 60-90 minutes most days of the week.

The good news is that this lifestyle approach to weight loss is well supported. The **National Weight Control Registry** (www.nwcr.ws) has tracked over 5,000 individuals who have lost weight and kept it off for long periods of time. In fact, their website states that members on average have lost 66 pounds and kept it off for 5.5 years!

A closer look at the behavioral habits of these "successful losers" shows that most members follow a low calorie, low fat diet while

maintaining high levels of physical activity. In addition:

- ✓ **78% eat breakfast every day,**
- ✓ **75% weigh themselves at least once a week, and**
- ✓ **90% exercise about an hour each day.**

So instead of turning to a fad diet for help with weight loss, make an investment in yourself. Take the time and energy required to make healthy lifestyle changes. Start with small changes and make room for foods you love. The best part of it is that YOU define success, YOU create the "rules", and YOU decide what foods are part of your healthy eating plan.

Just remember, YOU are a worthwhile investment!