

Bright and Tasty Salad



Fresh Bean Salad

Serves: 8 | Serving Size: 1 cup

Ingredients:

1 cup lima beans
3/4 pound green beans, trimmed
3/4 pound wax beans, trimmed
1 teaspoon minced garlic
1/4 cup minced red onion
3 tablespoons red wine vinegar
2 teaspoons olive oil
1/2 teaspoon thyme
2 teaspoons Parmesan cheese
Black pepper to taste

Directions:

Bring a large pot of water to a boil on high heat. Add lima beans and cook for 15 minutes. Add green beans and wax beans to the water with the lima beans; cook for 5 more minutes or until crisp-tender. Drain, rinse with cold water, and then drain again.

Combine remaining ingredients in a large mixing bowl. Add beans and toss everything together.

Serve at room temperature or refrigerate for later use.

Nutrition Information:

Serves 8. Each serving has 50 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 51 mg sodium, 8 g carbohydrate, 3 g dietary fiber, 1 g sugar, and 2 g protein.

Each serving also has 6% DV vitamin A, 20% DV vitamin C, 4% DV calcium, and 5% DV iron.

Chef's Tips:

This bean salad looks very nice when placed on a bed of leaf lettuce and garnished with fresh wedges of lemon. You can also top it with sliced shallot, as pictured above.

Rinsing the beans in cold water will help them stop cooking, making it much easier to ensure that you don't have mushy beans in this salad.

Feel free to sub in your favorite vinegar in this dish — it's very versatile.

BROUGHT TO YOU BY:

Phytochemical Salad Booster



Asian Broccoli Salad

Serves: 6 | Serving Size: 1 cup

Ingredients:

1 tablespoon light soy sauce
2 tablespoons flavored vinegar
1 teaspoon sugar
2 tablespoons nonfat plain yogurt
2 carrots, peeled & sliced
2 cups broccoli florets
2 cups shredded cabbage

Directions:

Steam broccoli florets until just crisp-tender.

Combine first four ingredients in a large mixing bowl. Add the rest of the ingredients and mix well. Chill for several hours and mix again.

Serve on a platter or 6 small plates.

Nutrition Information:

Serves 6. Each serving has 42 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 205 mg sodium, 9 g carbohydrate, 2 g dietary fiber, 5 g sugar, and 2 g protein.

Each serving also has 84% DV vitamin A, 61% DV vitamin C, 4% DV calcium, and 5% DV iron.

Chef's Tips:

This recipe works best with fresh broccoli.

Spicy and/or fruity vinegars are a real treat in this dish.

BROUGHT TO YOU BY:

Healthy Snacking: Energy Bites

Snack choices for kids may not always be nutritious ones. The supermarket shelves are flooded with boxes and bags of irresistible treats loaded with refined grains, added sugars, and saturated fat. In our busy culture, there are times when snacks are used as a substitute for a well-balanced meal. Providing our kids with nutritious options is important for their growth, but finding something tasty that's also easy to prepare can be a challenge. The new trend of making and eating energy bites is a perfect solution to this snacking dilemma.

Energy bites are a homemade combination of whole grains, nuts and seeds, dried fruit, and other ingredients rolled together into a little ball of deliciousness. They require no cooking, so making them is a terrific activity in which to have kids participate. Not only is it fun, but research has shown that when children have a hand in the food preparation process, they are more likely to eat what they make.

Start with this basic formula to create your own energy bites, or try one of the sample recipes featured in this chart.

When making your own energy bites, you can choose a binder ingredient such as nut butter

or Nutella, and real maple syrup, agave, or honey as sources of sweeteners. The add-in list is never-ending with ingredients such as flax seeds, chia seeds, dried cranberries, raisins, chopped nuts, cocoa powder, chocolate chips (for a treat), shredded coconut, and chopped dates. You can choose more than one add-in by making the total amount of add-ins equal to $\frac{3}{4}$ of a cup. For an extra kick of flavor, experiment with adding a pinch of spice, such as cinnamon, nutmeg, or cayenne pepper.

Once you have your ingredients selected, place them all in a large bowl and mix until blended. Using your hands, roll one tablespoon of the mixture into a ball and place it onto a cookie sheet lined with waxed paper. Repeat with the rest of the mixture. Place the tray in the freezer for one hour. Remove and enjoy. Save the leftovers in a sealable container, either in your refrigerator or freezer, depending on the texture you prefer.

Energy bites can be eaten in place of granola bars, cookies or any other snack, and they provide an array of vitamins, minerals, and fiber in each delicious morsel!

By Beth Rosen, MS, RD, CDN

Energy Bites Formula	Sample Recipe	Sample Recipe
1 cup quick oats	1 cup quick oats	1 cup quick oats
1/2 cup binder	1/2 cup sunflower butter	1/2 cup peanut butter
3/4 cup add-ins	1/2 cup chia seeds	1/2 cup mini chocolate chips
	1/4 cup dried cherries	1/4 cup ground flax seed
1/3 cup sweetener	1/3 cup honey	1/3 cup maple syrup

BROUGHT TO YOU BY:

5 Foods People with Diabetes Shouldn't Fear

Diabetes shouldn't have you fearing your food! Too many people give up delicious, nutritious foods because they have some vague idea that blood sugars go wonky when they eat certain things. Have no fear! While it's a good idea to limit baked goods and greasy fast food, you can nearly always find room for nutrient-dense foods like these.

Whole-Grain Pasta. This inexpensive, quick-to-prepare dinner staple can stay on the menu. Just be cautious with your portion. Piling on the pasta is what spikes blood glucose. It's not the pasta itself; it's the *amount* of pasta. A full cup of spaghetti provides nearly 45 grams of carbohydrate. If that's more than your meal plan allows or if you're eating other carb-rich foods at the same meal, cut back to ½ cup or even less. Mix it with non-starchy vegetables to bulk up the portion without overloading the carbs.

White Potatoes. There's no reason to shun this nutrient-rich food. Again, watch your portion. About ½ cup potato provides 15 grams carbohydrate, about the same as a slice of bread or small piece of fruit. Potatoes also give us blood pressure-friendly potassium, vitamin C, dietary fiber, & magnesium, a mineral that may help with blood sugar control.

Bananas. Just because they're white and have a high glycemic index, many people think bananas are bad for blood sugar control. But the banana is also packed with nutrition. A medium fruit has about 30 grams of carbohydrate, twice the amount of a small apple or peach or a full cup of blackberries. If that's what worries you, eat just ½ banana, or eat the whole banana and count it as two



pieces of fruit. To get slightly fewer carbs, eat bananas that are a bit green.

Avocados. They're high in calories, but they also give us heart-healthy fats. Replacing unhealthy saturated and trans fats with good-for-you unsaturated fats is a boon to the heart and might even improve insulin resistance. Avocados also provide potassium, vitamin E, and more.

Fruit Juice. Tossing a glass of juice down your throat in one giant swallow will likely raise blood sugar more than slowly eating a small piece of fruit. But 100% fruit juice is also nutrient-dense and most likely doesn't need to be avoided. Measure out 3 to 4 ounces (equivalent to a fruit serving) and drink it at a reasonable pace. Learn the carb counts of your favorite juices and count them toward your meal allowance.

Measure Blood Sugar in Pairs. Learn for yourself how various foods and different amounts of food affect you. Measure your blood sugar right before eating and two hours after your first bite. The difference between the two numbers is largely the result of your food choices and the amounts you ate. Measuring only the after-meal blood glucose tells only part of the story.

By Jill Weisenberger, MS, RDN, CDE, FAND, CHWC

BROUGHT TO YOU BY:

Make Small Dietary Shifts

People need to shift to healthier food and drink choices. Today, let's look at exactly what that means for the dietary components that can put your health at risk.

Small Shifts in Sugar:

What We Eat in America (WWEIA): We get about 13 percent of our daily calories from added sugars. Children, adolescents, and young adults consume even more. Most comes from sugar-sweetened drinks, snacks, and sweets.

Shift: The new Dietary Guidelines for Americans (DGA) say to get less than 10 percent of our calories from added sugars. This means we need to shift away from sugary foods.

Examples of Shifts:

- Fruit punch to water with lemon
- Cookies to apple slices with peanut butter

Small Shifts in Saturated Fat:

WWEIA: More than two-thirds of Americans consume too much saturated fat. Much of this comes from mixed dishes that contain meat and/or cheese — think burgers, tacos, and pizza.

Shift: The DGA says to consume less than 10 percent of our calories from saturated fat. We need to shift away from full-fat dairy products, fatty meats, solid fats, and hydrogenated vegetable oils and shift toward healthier monounsaturated and polyunsaturated fats.

Examples of Shifts:

- Meat-lovers pizza with extra cheese to a veggie pie, light on the cheese

- Burrito with beef and cheese to a burrito with less beef and cheese and extra onions, peppers, and beans.

Small Shifts in Sodium:

WWEIA: American adults consume about 50% more sodium than what's recommended. Most comes from sodium added during commercial food processing and preparation. Mixed dishes like burgers, sandwiches, soups, and rice, pasta, and grain dishes are the main culprits.

Shift: A healthy eating pattern contains less than 2300mg of sodium a day. We need to shift away from convenience and prepared foods to less processed and packaged items.

Examples of Shifts:

- Boxed flavored rice to plain rice, add your favorite herbs and spices
- Burger and fries out to make your own at home, where you control the amount of salt

Remember, you don't have to make changes all at once. One by one, small shifts in what you eat can help you maintain a healthy body weight, meet nutrient needs, and decrease your risk for chronic disease.

By Hollis Bass, MEd, RD, LD



BROUGHT TO YOU BY:

Introduction to Diverticular Disease

Have you ever heard of diverticular disease? This sheet features a quick rundown of all the basics you need to know.

Diverticular disease affects the colon, which is part of the large intestine. People get diverticular disease when small sacs are created in weak spots in the colon. These sacs push outward and are usually found in the lower colon, which is also known as the sigmoid colon. These pouches are called diverticula, and they are at the heart of diverticular disease.

Diverticular disease occurs when the diverticula become irritated, swollen, or inflamed, which in turn leads to infection (diverticulitis) or prompts a blood vessel in a diverticulum to burst (diverticular bleeding). When the diverticula cause neither diverticulitis nor diverticular bleeding, the condition is called diverticulosis.

The symptoms of diverticulosis include bloating, cramps in the lower abdomen, or pain in the lower abdomen. The symptoms of diver-

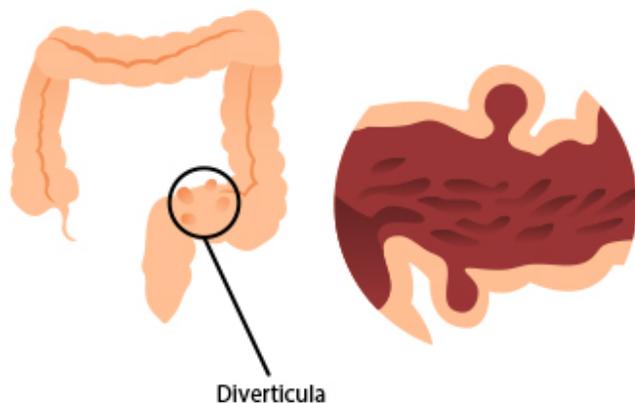
tical disease can be more severe. According to the National Institute of Diabetes and Digestive and Kidney Diseases, "People with diverticulitis may have many symptoms, the most common of which is pain in the lower left side of the abdomen. The pain is usually severe and comes on suddenly, though it can also be mild and then worsen over several days. The intensity of the pain can fluctuate." Other symptoms can include constipation, fever, diarrhea, chills, and diverticular bleeding. Diverticular bleeding can lead to red or maroon-colored blood in the stool and can also prompt cramps, dizziness, light-headedness, and/or weakness.

The cause of diverticular disease is unknown. A low-fiber diet has been linked to incidences of diverticular disease, but a concrete causal relationship has not been established. The National Institute of Diabetes and Digestive and Kidney Diseases maintains, "Studies have also found links between diverticular disease and obesity, lack of exercise, smoking, and certain medications including non steroidal anti-inflammatory drugs, such as aspirin, and steroids."

Diverticular disease generally occurs in older adults above age 50, but has recently been cropping up in younger men as well.

To learn more about diverticular disease, check out the home pages for the National Institute of Diabetes and Digestive and Kidney Diseases, the United States National Library of Medicine, or the National Center for Biotechnology Information.

By Judy Doherty, PC II



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