

# Beat the Heat with This Cool Summer Meal!



## **Chilled Salmon with Mandarin Slaw**

*Serves: 4 | Serving Size: 1 plate*

### *Ingredients:*

4 3-ounce pieces of salmon, grilled and chilled  
1 tablespoon light mayonnaise  
1 tsp light soy sauce  
1 tablespoon rice wine vinegar  
1 tsp honey  
2 cups shredded cabbage  
1/2 cup mandarin oranges, drained  
1 cup cooked chopped spaghetti noodles, chilled  
2 tablespoons of chopped green onion  
Basil pesto sauce

### *Directions:*

Stir the mayonnaise, soy sauce, rice wine vinegar, and honey together in a bowl. Add the cabbage, oranges, spaghetti, and green onion and mix well.

Plate the dish with a little basil pesto sauce, salmon, and slaw.

### *Nutrition Information:*

Serves 4. Each serving has 622 calories, 36g fat, 8g saturated fat, 0g trans fat, 142mg cholesterol, 228mg sodium, 17g carbohydrate, 2g fiber, 5g sugars, and 55g protein.

Each serving also has 10% vitamin A, 51% vitamin C, 4% calcium and 11% iron.

### *Chef's Tips:*

This delicious chilled summer salmon dish looks so fancy but it is very easy to prepare.

Garnish with radish micro-greens.

**BROUGHT TO YOU BY:**

# Keep the Heat Out of Your Kitchen



## Thai BBQ Chicken

*Serves: 4 | Serving Size: 1 breast (2 pieces)*

### *Ingredients:*

4 chicken breasts, cut in half horizontally (8 pieces)  
2 tsp olive oil  
2 minced garlic cloves  
1 tsp chili pepper  
1 tsp black pepper  
1 tsp coriander  
1/2 tsp curry powder  
1 lemon, juiced  
1 tsp honey

### *Directions:*

Rub the chicken breasts with the oil, spices, lemon and honey. Marinate for 1-4 hours in the refrigerator or even overnight.

Heat a grill to medium (about 400 degrees F). Grill the chicken on oiled foil until it is done, turning over

halfway through to ensure even cooking.

### *Nutrition Information:*

Serves 4. Each serving has 108 calories, 4g fat, 1g saturated fat, 0g trans fat, 45mg cholesterol, 83mg sodium, 2g carbohydrate, 0g fiber, 2g sugars, and 15g protein.

Each serving also has 0% vitamin A, 10% vitamin C, 0% calcium and 0% iron.

### *Chef's Tips:*

Optional garnish: fresh lemongrass.

This dish goes great with grilled, diced vegetables and a fresh salad or slaw.

**BROUGHT TO YOU BY:**

# Nutrition 101: Carbohydrates

## What are Carbohydrates and Do We Need to Eat Them?

Carbohydrates are organic compounds found in our food in the form of starch and sugar. In their simplest form, carbohydrates break down to glucose. Carbohydrates are the main source of energy for our bodies, and glucose is the essential nutrient of fuel for our brains. We need to eat carbohydrates on a daily basis to support our brain and body's functions.

## Where do Carbohydrates Come From?

Carbohydrates are derived from grains, in addition to fruits, vegetables, beans, lentils, and dairy products. Carbohydrates come in two forms: simple and complex. The body easily breaks down simple carbohydrates because they are made up of only one or two sugar molecules. Complex carbohydrates are sugar molecules that are connected in long chains and therefore take longer to break down.

## Are All Carbohydrates Created Equal?

Carbohydrates can be nutrient-dense or contain empty calories. Whole grains, whole fruits and vegetables, beans, lentils, and dairy products contain nutrient-dense carbohydrates in both simple and complex forms. In



addition to carbohydrates, these whole foods contain vitamins, minerals, and fiber. Processed foods that contain added sugars, such as cookies, candy, sweetened yogurt, juices, and soft drinks also contain carbohydrates, but in a refined form. Refined carbohydrates contain empty calories because they are devoid of other essential nutrients.

## How Many Carbohydrates Should People Consume?

Since carbohydrates are the body's main source of energy, people should consume 50-55% of their daily caloric intake from carbohydrates. For the average person, that equals to 1000 Calories or 250 grams. A piece of fruit or a slice of bread contains 15 grams of carbohydrates, while a serving of vegetables typically contains 5 grams of carbohydrates. Processed foods contain a high concentration of refined carbohydrates per serving, so read package labels to determine the number of grams in those products.

## The Bottom Line for Carbohydrates:

Carbohydrates are essential to our well-being, to our brain function, and to the function of many cells within our body. Carbohydrates can be quickly digested in their simple form, and more slowly digested (due to the fiber) in their complex forms. Choosing carbohydrates from whole grains, whole fruits and vegetables, and minimally processed dairy products most often will provide us with the most nutrient-dense sources to support a healthy body. Although carbohydrates may be vilified by trendy diets, they should be consumed on a daily basis for optimal brain and body health.

*By Beth Rosen, MS, RD, CDN*

BROUGHT TO YOU BY:

# 5 Tips for a Cancer-Fighting Diet

By being more attentive to our diets, weight, and physical activity levels, we can prevent about 1/3 of the most common cancers! Fortunately, the recommendations for cancer prevention are quite similar to the guidelines we talk about for general wellness and for the prevention of diabetes and heart disease. Follow these five diet tips to fend against cancer.



**1. Eat Fruits and/or Vegetables with Every Meal and Snack.** Eating fruits and non-starchy vegetables is strongly linked to reduced risks of cancers of the mouth, pharynx, larynx, and esophagus. Additionally, fruits are strongly linked to lowered risk of developing lung cancer. Sadly, only 24% of Americans eat the recommended amounts of fruit and even fewer – 13% – eat the recommended amounts of vegetables.

**2. Sip Smartly.** Good news for coffee lovers! Coffee lowers the risk of both liver and endometrial cancers. Just be careful of the coffee add-ins. Sugar, syrups, cream and other flavorings add calories and pack on the pounds – and that boosts cancer risks. Tea is another good beverage option because of the health-boosting flavonoids. Drink freshly brewed hot or iced tea, but skip the bottled teas. They have little, if any, flavonoids. And don't forget to drink water, the most healthful, thirst-quenching beverage around.

**3. Be Moderate with Meats.** Both red meats (beef, lamb, pig, and goat) and processed meats are linked to colorectal cancer. Processed meats also increase the risk of stomach cancer. Examples of processed meats

are bacon, turkey bacon, hot dogs, salami, and ham.

**4. Season Smartly.** Not only do herbs and spices give us cancer-fighting phytochemicals, they enhance flavor so much that we can reduce salt in cooking and at the table. Reduce both your intake of salt and salt-preserved foods like pickles and salt-preserved fish. They are linked to stomach cancer.

**5. Make Every Meal Plant-Rich.** Eat ample fruits and vegetables, but think beyond them. Be sure to include whole grains like brown rice, wheat berries, corn, oats, and quinoa or legumes like lentils, chickpeas and black beans at most meals. Their fiber lowers the risk of colorectal cancer. Plus they have many other compounds studied for their cancer-fighting potential as well.

Aim to eat the amount of food that helps you achieve and maintain your healthy weight, and be physically active nearly every day. If we all did this, we could prevent 340,000 cancers every single year!

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

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## 3 Ways to 15 Minutes Per Day

There's big news from the EuroPREvent 2016 meeting in Istanbul! According to Dr. David Hupin, a physician in the Department of Clinical and Exercise Physiology, University Hospital of Saint-Etienne in Saint-Etienne, France, **"Fifteen minutes of daily exercise is associated with a 22% lower risk of death and may be a reasonable target for older adults."**

The European Association for Cardiovascular Prevention and Rehabilitation (EACPR)'s latest meeting reviewed the science from Hupin's study, and Hupin asserts, "These two studies show that the more physical activity older adults do, the greater the health benefit. The biggest jump in benefit was achieved at the low level of exercise, with the medium and high levels bringing smaller increments of benefit." Further, according to *Medical News Today*, which also reviewed the findings, "The risk of death reduced in a dose response relationship as the level of exercise increased. Compared to those who were inactive, older adults with low, medium and high activity levels had a 22%, 28% and 35% lower risk of death, respectively."

So how can you put this information to good use? Try these 3 different ways to squeeze in 15 minutes of exercise per day.

**Take a Walk!** A 15 minute walk is a great place to start when it comes to getting enough exercise. Explore your neighborhood after dinner, or start your day with a brisk trek around the block. Adding a walk to your lunch break is a great way to squeeze in a stroll as well.

**Go for a Swim!** Many rec centers have pools these days, as do community neighborhoods and various gyms. Find a pool you like and go for a quick dunk when you're out and about. It's great for your health!

**Hop on a Bike!** Whether it's on a recumbent bike in your home or gym or a spin around the block on your own set of wheels, biking is an easy and quick way to get some exercise. If you've got a stationary bike at home, try pedaling for the first 15 minutes of a TV show you like. If you're riding around in your neighborhood, hop on your bike as a break between 2 different activities in your day.

Hupin advises, "Older adults should progressively increase physical activity in their daily lives rather than dramatically changing their habits to meet recommendations. Fifteen minutes a day could be a reasonable target for older adults. Small increases in physical activity may enable some older adults to incorporate more moderate activity and get closer to the recommended 150 minutes per week." How will you put this advice into action?

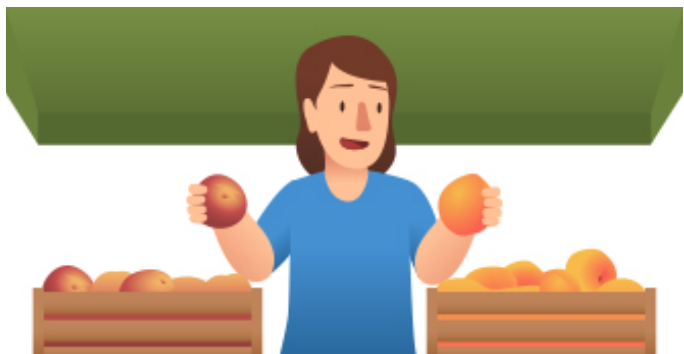
*By Judy Doherty, PC II, AOS, BS*



BROUGHT TO YOU BY:



# Picking Perfect Fruit: Peaches and Nectarines



Here's a handy guide to selecting the perfect peaches and nectarines, along with a look at their health impact and nutrient profile...

## Nutrient Profiles:

In terms of genes, peaches and nectarines are practically identical. The only variant is that peaches have a dominant allele which gives them their fuzzy skin, while nectarines feature a recessive gene that gives them a smooth exterior. Both are great for your health!

A single large peach or nectarine contains 19% of the vitamin C you need in a day. That amount is also known as a daily value, which is abbreviated to DV. That same large peach or nectarine also has 11% DV vitamin A, 10% DV fiber, 10% DV potassium, and 7% DV niacin— all in a single 68-calorie serving!

## Peaches, Nectarines, and Your Health:

According to a peach study published in the *Journal of Clinical Biochemistry and Nutrition*, “Fresh peach pulps and Peel demonstrated high antioxidant and anti-inflammatory effects preventing against induced damage.” Further, the study “Intake of specific fruits and veg-

etables in relation to risk of estrogen receptor-negative breast cancer among post-menopausal women” concludes that “higher intake of berries and peaches was associated with lower risk of [...] breast cancer among post-menopausal women.”

## Choosing Your Fruit:

Peaches and nectarines that have been ripened on the tree will have bright hues of yellow, orange and red on their skins. If they are light in color, they will be light on flavor.

Ripe peaches and nectarines have a fragrance, but don't choose your fruit based on smell alone. To test for ripeness, give a little squeeze between the shoulder (where the fruit attached to the tree) and the tip. If it has some give, it's ripe; if it's firm, it is not yet ripe and may ripen on the counter for a few days more. Peaches and nectarines should have some weight to them. If their skin is wrinkled, or wrinkles when you give a squeeze, then chances are good that you are holding a fruit past its prime. Once the fruit is past ripeness, the water from the juice begins to evaporate, leaving behind a dry and mealy peach or nectarine. When you find ripe peaches and nectarines, eat them within a day or two, or store them in the refrigerator to get a few more days of enjoyment.

When possible, buy local summer fruit; local fruit spends less time traveling and tends to last longer in your home. Wherever you buy your fruit, make sure to store it in the fridge so it lasts as long as it can.

*By Beth Rosen, MS, RD, CDN*

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