

Nutrition Newsletter

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Tips to Eat More Whole Grains

- ✓ For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- ✓ Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- ✓ Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.
- ✓ Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- ✓ Add whole-grain flour or oatmeal when making cookies or other baked treats.



Resources: <https://www.choosemyplate.gov/>

Whole Grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, and tortillas, are examples of grain products. Grains are divided into 2 subgroups: whole grain and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. Most Americans consume enough grains, but few are whole grains. At least half of all the grains eaten should be whole grains.



- ❖ **Oats:** Oats contain more soluble fiber than any other grain. The soluble fiber in oats helps stabilize blood sugar, slow digestion, and create a feeling of fullness that keeps your appetite in check and provides sustained energy.
- ❖ **Barley:** Barley is particularly rich in beta-glucans, a type of fiber especially effective at lowering blood cholesterol by attaching to cholesterol-rich bile acids. Barley is cooked in water, similarly to rice, with presoaking reducing cooking time.
- ❖ **Brown rice:** Although enrichment of white rice restores the B vitamins and iron, brown rice remains a better source of fiber and minerals. Leftover brown rice makes a rich putting when combined with unsweetened almond, soy, rice, or coconut milk.
- ❖ **Buckwheat:** Buckwheat is high in gluten-free protein as well as soluble and insoluble fiber. Insoluble fiber provides fuel for “friendly” bacteria called probiotics, which compete with harmful bacteria in the bowel to promote colon health.
- ❖ **Quinoa:** Compared with other whole grains, quinoa provides nearly twice the protein and all the essential amino acids. It is also a rich source of vitamin E, calcium, and phytonutrients with antioxidant and anti-inflammatory effects. This easy-to-cook grain is ready in about 15 minutes and is excellent when paired with sautéed greens or tosses onto a salad.
- ❖ **Whole wheat:** Whole wheat boasts fiber, minerals, and phytonutrients. Finding whole wheat bread, crackers, and pasta is trickier than it seems. Don’t be misled at the grocery store: Check the ingredient list to ensure “whole wheat” is the first item.
- ❖ **Popcorn:** As popcorn is 100% unprocessed grain, it is a whole-grain food. Next time you hear and smell popcorn popping, it can actually be a healthy snack food. Just prepare correctly by air-popping, limit the salt, and avoid calorie-loaded toppings.

Apple Crisp with Oat Topping

Ingredients (Serves 4)

- 4 small apples - peeled, cored, and sliced
- ½ cup brown sugar
- ½ cup old-fashioned oats
- ½ cup whole-wheat flour
- 1 teaspoon ground cinnamon
- ¼ cup olive oil
- ½ cup low-fat yogurt
- 1 teaspoon raisin



Directions

1. Preheat oven to 350 degrees °F (175 degrees °C).
2. Toss apples with ½ cup brown sugar and ½ teaspoon cinnamon in a medium bowl to coat; pour into a 9-inch square baking dish.
3. Mix brown sugar, oats, flour, and ½ teaspoon cinnamon in a separate bowl. Use a pastry cutter or 2 forks
4. Add olive oil into the oats mixture until the mixture resembles coarse crumbs; spread over the apples to the edges of the baking dish. Pat the topping gently until even.
5. Bake in preheated oven until golden brown and sides are bubbling, about 40 minutes. Serve it with ½ cup of low-fat yogurt and 1 teaspoon of raisin on the top.

Nutritional Info: Per serving: 409 calories, 14g total fat, 2g saturated fat, 2mg cholesterol, 40mg sodium, 67g carbohydrates, 6.5g fiber, 40g sugar, 5g protein.

Recipe adapted from www.allrecipes.com

Spotlight on the Season

Apple

Will an apple a day really keep the doctor away? Population studies have indeed linked regular apple consumption to reduced risk of lung cancer, heart disease, asthma, and type 2 diabetes. Apples are a major source of flavonoids, phenolic acids, vitamin C (10% of the recommended daily allowance), and pectin, a soluble fiber that slows the absorption of sugar and cholesterol into blood stream. Although local apples bought in fall are especially tasty, apples store and ship well, holding their texture and nutritional value for months. There are many varieties available today outside the supermarket; ask the farmers at your local green market for suggestions.



Cauliflower

Cauliflower, which is composed of thousands of tiny flowers packed into larger buds, is an ancestor of a wild cabbage. Cauliflower gets its unique stark white color because leaves are closed over its heads to block sunlight and “blanch” the flower. Cauliflower may be enjoyed in dozens of ways, including steamed, grilled, or baked. If you’ve never tried it, roasted cauliflower is a revelation. Roast it whole or cut into florets in the oven at a high heat, after tossing with a little olive oil, salt, and pepper, to make it crispy and sweet. The color of cauliflower reflects its phytonutrients: the orange variety contains 25 times more beta-carotene than white cauliflower, and purple contains anthocyanins. 1 cup of raw green cauliflower provides 2% of recommended daily value of vitamin A compared to 0% from the same serving of white cauliflower.



Fresh vs. Canned vs. Frozen Which is better?

	Fresh	Canned	Frozen
Pros 	<ul style="list-style-type: none"> ✓ Taste better ✓ Greater variety ✓ Cost less if in season 	<ul style="list-style-type: none"> ✓ Canned at peak freshness ✓ Long shelf life (2-4 years) ✓ Available year-round ✓ Cost less compared to out-of-season produce ✓ Similar amount of nutrients 	<ul style="list-style-type: none"> ✓ Frozen at peak freshness ✓ Longer shelf life (up to 6 months) ✓ Available year-round ✓ Cost less compared to out-of-season produce ✓ Similar amount of nutrients 
Cons 	<ul style="list-style-type: none"> ○ Must be used quickly before spoiling ○ Need to learn about ripeness and storage ○ Can be expensive if not in season ○ More preparation needed when cooking 	<ul style="list-style-type: none"> ○ May have high amount of sodium, sugar, and/or fat ○ Texture changed with canning 	<ul style="list-style-type: none"> ○ May have high amount of sodium, sugar, and/or fat, additives, artificial sweeteners, etc. ○ Texture and taste changed with freezing 

Did you know... Serving Size in Your Hand

Hand Symbol	Equivalent	Foods
	A fist or cupped hand = 1 cup	Rice, pasta, cereal Fruit Vegetables 
	Palm = 3 oz. 	Lean meat: poultry, fish, shellfish, beef, etc.
	A thumb = 1 oz. 	Low-fat cheese, peanut butter 
	Thumb tip = 1 teaspoon 	Cooking oil, mayonnaise, butter, sugar, etc.
	Handful = 1-2 oz. 	1oz. of nuts, raisin, small candies; 2 oz. of chips, pretzels, popcorn, etc.

Healthy Holiday Tips



happy healthy holidays!

- ❑ **Try out healthier recipes**
 - Use fruits to make delicious desserts (e.g., Apple Crisp with Oat Topping)
 - Drink water or sparkling water with fruit slices or herbs instead of sugar-sweetened beverages
 - Fill half your plate with fruits and vegetables
 - Use spices and herbs to limit salt and sugar consumption
 - Skim the fat by choosing skim evaporated milk instead of heavy cream
- ❑ **Make “exercise” part of every event:**
 - Focus on activities to get people moving and enjoy being together
 - Dancing, playing active games, wiggling, and giggling add fun to any gathering.
- ❑ **Save money by offering foods that fits your budget.**
 - Buy in-season produce when it costs less and tastes better.
 - Try a combination of fresh, canned, frozen, dried, and 100% juice to save money, maximize nutrition and minimize waste.



What is the Chinese “My Plate”?

The new version of Chinese dietary guideline—Dietary Guideline for Chinese Residents (2016) revised by Chinese Nutrition Society (CNS) was launched in May this year. The core recommendations are as following:

- Eat a variety of foods, cereal based
- Be active to maintain a healthy body weight
- Eat plenty of vegetables, fruits, dairy products and soybeans
- Eat moderate amounts of fish, poultry, eggs, and lean meats
- Limit salt, cooking oil, added sugar and alcohol
- Develop healthy eating habits, avoid food waste



In total there were 3 figures (The Food Guide Pagoda, Chinese Food Guide Plate, and Food Guide Abacus) developed to further illustrate and understand the core recommendations and balanced dietary pattern of the Dietary Guideline (2016). The Food Guide Pagoda is the main figure for the core recommendations while the Chinese Food Guide Plate and Food Guide Abacus are supporting figures.

The Food Guide Plate, as shown in the picture here, is quite similar to the MyPlate tool in USA. Based on the principles of a balanced diet, it is a visual demonstration of food proportions represented for a person’s daily meal. Vegetables account for 34-38%, followed by cereals and tubers 26-28%, fruits 20-25%, and proteins 13-17%. It also recommends drinking a glass of milk equivalent to 300g every day.

