

# Nutrition Newsletter

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## Keep Moving!

Being active is very important and countless amounts of research attribute exercise to living a longer and healthier life. People who exercise more regularly have a decreased risk of type II diabetes, osteoporosis, cardiovascular disease, hypertension and some cancers.

Here are some tips on exercising more frequently:

- Find a recreational sport you enjoy (i.e. Soccer)
- Think of type of exercise you enjoyed as a kid (i.e. rollerblading)
- Find a gym buddy to help motivate you
- See if your health insurance or employment offer a discounted gym membership
- Try running with your dog instead of walking
- Join a recreational club (i.e. the outdoors club)
- Take the stairs more frequently
- Track your steps and make daily/weekly goals



## Phytochemicals

The word chemical usually is associated with poison and other harmful substances, however scientists have discovered there are very important and health promoting chemicals found in plant based foods. These chemicals are called, phytochemicals. Researches have discovered over 10,000 of these compounds and have attributed several to harboring the ability to reduce the risk of several diseases, including some cancers, due to their antioxidant properties. Continue reading to learn more about specific phytochemicals and what foods they are found in!



### Some Different Types of Phytochemicals

- **Carotenoids:** These types of phytochemicals are found in yellow, orange and red plants. The most common types are; a-carotene, b-carotene, b-cryptoxanthin, zeaxanthin, lycopene and lutein. Lycopene in particular has been seen to reduce the risk of prostate cancer. Lutein and zeaxanthin have been seen to reduce the risk of age-related macula degeneration. Good sources of carotenoids are tomatoes, carrots and watermelon.
- **Flavonoids:** This class of phytochemicals are found in fruit, chocolate, vegetables, wine and tea. The major subclasses are flavonols, flavan-3-ols, flavanones, isoflavons, flavones and anthocyanidins. These phytochemicals have been seen to be anti-inflammatory, antithrombogenic (preventing the formation of blood clots), antidiabetic, anticancer, and neuro-protective. Great sources of these phytochemicals are onions, berries, apples, tea, hot peppers, soybeans and citrus fruits.
- **Ellagic Acid:** Also known as a compound called a tannin, ellagic acid is a phytochemical found in several berries and other plant foods such as tea and walnuts. This relatively weak acid has been seen to reduce the risk of cancer in several animal studies through proposed mechanisms such as slowing tumor growth and helping the liver detoxify cancer causing chemicals. Great sources of ellagic acid are pomegranates, strawberries and raspberries.
- **Indols and Glucosinolates:** These phytochemicals are found in cruciferous vegetables and have been seen to induce detoxification of carcinogens, limit production of cancer-related hormones, block carcinogens and prevent tumor growth. Great sources of this nutrient include broccoli, kale, cauliflower, brussels sprouts and collard greens.

## Stuffed Peppers with Quinoa

### Makes 4 Servings, 2 peppers each

#### Ingredients:

8 bell peppers, tops removed and gutted  
 1/2 cup quinoa  
 1 can kidney beans, rinsed  
 1/2 medium onion, chopped  
 1 small zucchini, chopped  
 1 small squash, chopped  
 2 medium tomatoes, chopped  
 1 8oz can low sodium tomato sauce  
 4 cloves of garlic, minced  
 salt and pepper to taste  
 1 cup of water  
 1 cup of shredded cheddar cheese



#### Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

**Calories** **320**

% Daily Values\*

Total Fat 12g 15%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 880mg 38%

Total Carbohydrate 41g 15%

Dietary Fiber 9g 32%

Total Sugars 17g

Includes 3g Added Sugars 6%

Protein 16g 32%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### Directions:

Remove and discard the tops, seeds, and membranes of the bell peppers.

Place peppers in a 9 inch square baking dish. Cover with plastic wrap. Poke a few holes in the plastic wrap for ventilation, and heat in the microwave for 4 minutes or until tender.

Place the quinoa and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook onions, zucchini, and squash for 5 minutes or until soft. Add garlic and tomatoes, cook 2 more minutes on low heat.

Remove from heat and set aside.

In a bowl, mix cooked rice, tomato sauce, cooked vegetables, 1/2 cup of cheddar cheese, salt, and pepper. Spoon an equal amount of the mixture into each hollowed pepper.

Cover filled peppers in baking dish with plastic wrap. Poke a few holes again for ventilation. Heat in microwave for 4 minutes.

Remove and sprinkle each pepper with remaining 1/2 cup of cheese and let stand 1 to 2 minutes

## Spotlight on the Season

### Carrots

Carrots are a lovely root vegetable ranging in color and nutritional properties. They were domesticated from the wild carrot native to Europe and Southwestern Asia. The taproot is the most often consumed part of the vegetable, however the greens can be eaten as well. The root is a good source of vitamin K, vitamin B6 and fiber, but what carrots are most known for are their richness in beta-carotene. Beta-carotene is converted into vitamin A in the body and 100 grams of carrots contain over 100% of the daily value of Vitamin A. Vitamin A is important for skin health, night vision and your immune system. Carrots are also rich in the carotenoids, zeaxanthin and lutein, which are essential for eye health and can help reduce the risk of some diseases, such as age-related macular degeneration. Carrots can be enjoyed in several dishes including cooking methods of roasting, boiling and frying. Carrots are also a delicious snack and a great addition to a salad.



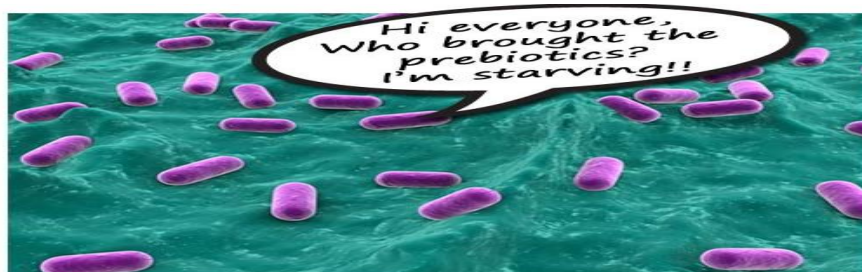
### Blueberries

This native berry is one of the most nutritious fruits out there. Blueberry season runs from April to late September, and with imports from South America, availability of this delicious berry lasts year round. Being a fruit, blueberries are rich in vitamin C, and fiber but also contain important disease preventing antioxidants in proanthocyanidins and anthocyanidins. Blueberries contain one of the highest antioxidant concentrations of any fruit. They are also rich in vitamin K, manganese and potassium. With 1 cup only containing roughly 80 calories, blueberries make for perfect health conscious snack and delicious ingredient to many dishes.



## What are Gut Bacteria?

You may have heard of probiotics, prebiotics and the term “healthy gut bacteria”. Being subject of more recent research, the gut bacteria environment, also known as the microbiome, has been of increasing interest to the scientific community. Within the intestine of humans (the gut), there is a complex environment of roughly 100 trillion different bacteria strands. These different types of bacteria are living cultures that line the lumen of the intestinal tract and are very chemically active. A healthy gut microbiome is important for several metabolic functions, prevention of the growth of pathogens in the body, and boosting the immune system. However, diet is very important in maintaining a healthy gut, and if the appropriate prebiotics (food for good bacteria to eat) and in the case of a depleted and unhealthy gut -probiotics (foods containing live cultures of good bacteria such as yogurt)- are not consumed through the diet, bad bacteria can take over. An unhealthy microbiome colonized by bad bacteria is associated with reduced immune function, increased risk of infection, increased risk of irritable bowel disease and other adverse effects such as bloating. That is of the many reasons why consuming a diet high in fruits, vegetables, whole grains and other healthy gut promoting foods are so important.



## Healthy Cooking Tips

- **Try blending** such as smoothies to try and get your daily fruits and vegetables in. They are easy to make and perfect if you are on the run!
- **Cook in bulk** and freeze or refrigerate leftovers to have as breakfast, lunch or dinner in the following days. This way you will not have to worry about a lengthy cooking process for each meal of the week or feel the need to have to buy out at a restaurant or fast food joint.
- **Make half your plate vegetables** at meal time to increase the nutritional value of your plate of food and reduce your risk of developing several chronic diseases such as type II diabetes.
- **Consume less than 10%** of your calories from saturated fat by choosing foods low in saturated fat and higher in healthy fats such as omega-3 and omega-6 fatty acids. Reducing your saturated fat intake will reduce your risk of cardiovascular disease.
- **Choose low-fat and healthy** cooking fats such as olive oil, canola oil, vegetable oil blends and butter substitutes.
- **Choose baking and grilling** your vegetables and meats over frying to reduce the amount of calories at each meal and help promote healthy weight.
- **Save the broth** when boiling vegetables and add to soups, rice or chili's to not let all of the water soluble vitamins lost by the cooking method of boiling go to waste.

Did you know that planning your meals for the week before going to the grocery store can help you eat a more healthy and balanced diet? Going into the grocery store blind can increase the chance of choosing more unhealthy foods through impulse purchasing.

## Safety First

Cooking your meats to the right temperature is very important and can be ignored during summer grilling and heating leftovers. Use a thermometer to make sure your meats reach the right temperature and reduce your risk of food borne illness.

	STEAK	REST TIME: AND ALLOW TO REST FOR AT LEAST 3 MINUTES	145 °F
	POULTRY	(BREASTS, WHOLE BIRD, LEGS, THIGHS, AND WINGS, GROUND POULTRY AND STUFFING)	165 °F
	PORK		145 °F
	GROUND MEAT		160 °F
	FISH AND SHELLFISH		145 °F
	FULLY COOKED HAM		165 °F
	LEFTOVERS		165 °F
	CASSEROLES		165 °F