

living

well

WITH ALADDIN FOOD
MANAGEMENT SERVICES, LLC

THE FOCUS TODAY IS ON A "HEALTHIER" YOU.

Nutrition and exercise are important parts in achieving and maintaining our ultimate goal "good" health. If done correctly and routinely, the end results will enable us to not only have good health, but more energy for activities throughout the day, be it work or play.

During the fall and winter months it becomes extremely difficult to adhere to a routine. It is during this time that commitment is even more important. To do this:

- Stay focused. Review the goals you set for yourself.
- Plan your meals and exercise for the day.
- Eat a variety of foods.
- Eat plenty of fruits, vegetables and whole grains.
- Cut down on saturated fat, cholesterol and total fats.
- Limit foods with a lot of sugar and sodium.

What are causes for concern?

- You have high fat calorie meals every day.
- You have high calorie desserts or snacks every night.
- Your fruit and vegetable consumption has decreased.
- You are eating more fast food & eating out more often.

Remember an occasional slip can be expected. If this happens, just review the goals you have set for yourself. Have a picture in your mind of a healthier and more energetic you.

Good luck and stay focused!

SOURCE: HEALTH ENHANCEMENT SYSTEMS



Serves 8-1 slice per serving

Ingredients

- Canola or corn oil for pie pan
- 2 large egg whites
- 1/2 tsp. vanilla extract
- 1/8 tsp. cream of tartar
- 1/8 tsp. salt
- 1/2 cup sugar
- 3/4 cup walnuts or pecans, finely chopped
- 1 small package fat-free, sugar-free instant lemon or vanilla pudding mix, prepared with 2 cups cold fat-free milk
- 12 ounces fresh berries or other fruit, sliced if needed
- 1/2 cup fat-free frozen whipped topping, thawed (optional)

Directions

Preheat the oven to 300°F. Pour a small amount of oil onto a paper towel and lightly wipe the bottom and side of an 8- or 9-inch pie pan.

In a large mixing bowl, using an electric mixer, beat the egg whites, vanilla, cream of tartar, and salt on medium speed until foamy. With the mixer still running, gradually add the sugar in a slow, steady stream, until stiff peaks form. (The peaks shouldn't fold over when the beater is lifted.) Very gently fold in 1/2 cup of the nuts.

Using a flexible spatula or rubber scraper, spread the meringue over the bottom and up the side of the pie pan and onto the lip of the pan, but not over the edge of the pan. Sprinkle the bottom of the pan with the remaining nuts.

Bake for 50 minutes, or until the meringue is firm and lightly browned. Transfer to a cooling rack and let cool completely, at least 2 hours. Using the package directions, prepare the pudding. Spread over the cooled crust. Arrange the fruit decoratively over the pudding. Top with the whipped topping.

Note: In warm weather, meringues will get gummy after a few days, so it's best to serve this dessert within 24 hours.

Nutrition Analysis (per serving)

Calories	169
Total Fat	6.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	1.0 g
Cholesterol	1 mg
Sodium	223 mg
Carbohydrates	25 g
Sugar	18 g
Fiber	3 g
Protein	5 g
Dietary Exchanges:	1/2 fruit, 1 other carbohydrate, 1 1/2 fat

Source: American Heart Association



Spotlight: Chef Dennis' Recipe Corner

Berry Topped Pudding Pie

Recipe Courtesy of
Alton Brown



next issue

Functional Foods

Green - What is it?

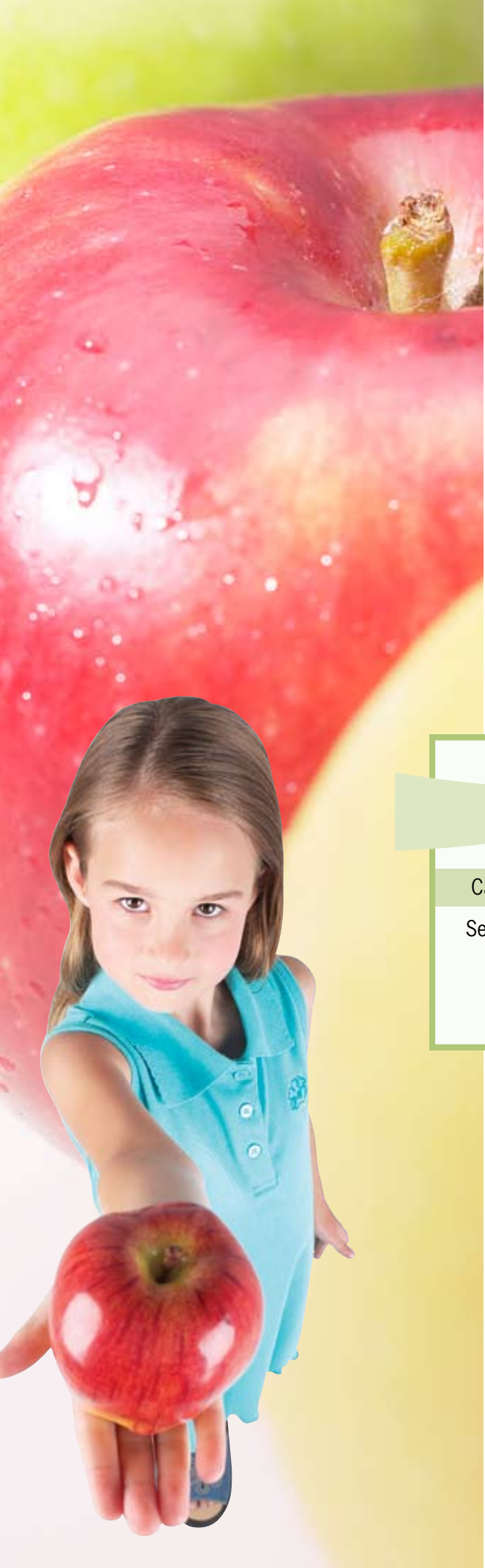
Which diet is best?

Beverages - Are they all equal?

inside this issue

- 2 Colorful Choices - The importance of Fruits and Vegetables
- 4 Whole Grain - Facts and Fallacies
- 6 Nutritious Snacks A-Z
- 8 Berry Topped Pudding Pie





COLORFUL CHOICES

WELLNESS INITIATIVE

A Feast for the Eyes to Make Healthy Eating Fun

By adding fruits and vegetables to every meal, you can reach a goal of 5, 7, or 9 fruits and vegetables a day. For breakfast, a glass of juice and berries or sliced banana on your cereal will start your day. For two or more servings at lunch, place 3 tomato slices and 2 lettuce leaves on your deli sandwich. Have a handful of carrot sticks and an apple as a side. During your afternoon break reach for dried fruit and vegetables. (Be sure to snack before you get hungry so you don't go to the candy machine.) Then end your day with a fruit salad or cold soup appetizer, half cup of cooked broccoli with dinner, and fruit or frozen yogurt for dessert.

Sizing up a Serving

The numbers may seem like a lot—5, 7 or 9—but a serving is easier to achieve than you think.

	Sedentary Women and Older Adults	Most Children, Teenage Girls, Active Women, and Sedentary Men	Teenage Boys, Active Men, and Very Active Women
Calories	1600	2200	2800
Servings			
Fruits	2	3	4
Vegetables	3	4	5
Total	5	7	9

“Because they’re good for you...”

Your mother had the right idea when she told you to eat your fruits and vegetables. They are good for you and full of nutrients :

- Vitamins A, C, Folate, and B6, along with minerals like potassium, magnesium, selenium and calcium.

Have a colorful day with your favorite fruits and vegetables. Check your *Nutrition Alive Center* for more information. ■

SOURCE: COLORFUL CHOICES, HEALTH ENHANCEMENT SYSTEMS



Nutritious snack ideas

Grain products

• Bread products:

Use whole-wheat products about half the time. Read the label to make sure the flour is enriched or is whole grain (the first listed ingredient should be whole wheat). Try a variety of yeast breads and quick breads, such as whole wheat, rye, oatmeal, mixed grains, and bran–plain or with dried fruit. Try rye crisps, whole-grain flat bread, and whole-grain crackers. Serve bread and crackers with cheese, peanut butter, or a glass of milk to give protein and fat.

• Dry cereals:

Choose varieties of cereals with less than 5 grams of sucrose or other sugar per serving. Serve with milk to give protein and fat. Add dried fruits, nuts, and seeds for variety and increased nutrients.

• Popcorn:

Try using grated cheese on the popcorn instead of salt and butter. Serve with milk or cocoa to give protein and fat. Be cautious offering popcorn to young children as they may choke on it.

• Cookies:

Bake your own cookies, substituting whole wheat flour for half of the white flour. Try oatmeal, peanut butter, or molasses cookies. Experiment with cutting down on sugar in recipes. Often you can decrease the amount of sugar by one third to one half. Serve cookies with milk to give protein.

Beverages

Use fruit juices and vegetable juices rather than powdered or canned fruit-flavored drinks. Fruit drinks lack folate, fiber, and other nutrients provided by real juice.

Serve milk with bread, crackers, cereal, etc. Mix milk in a blender with a banana or other fruit or mix it with orange juice for a healthy milkshake. Try adding vanilla extract, honey, molasses, or even a little sugar. Use chocolate or strawberry flavorings for a treat sometimes.

Vegetable snacks

Cut up fresh raw vegetables. Be careful about serving broccoli, carrots, and cauliflower because young children could choke on them. Serve the vegetables with peanut butter, cheese, cottage cheese, or milk to provide protein and fat. (Use 2% or whole milk to give fat.) Add crackers or fruit juice for carbohydrates. Good vegetables include:

- * broccoli
- * green beans
- * carrots
- * green peas
- * cauliflower
- * turnip sticks
- * celery
- * zucchini
- * cucumber

Fresh fruit snacks

Slice the fruit or serve it whole. Serve it with peanut butter, cottage cheese, yogurt, ricotta cheese, or milk to give protein and fat. Good fruits include:

- * apples
- * grapefruit
- * oranges
- * apricots
- * grapes
- * peaches
- * bananas
- * melons
- * pears
- * berries
- * nectarines
- * pineapple

Dried fruit snacks, nuts, and seeds

Serve dried fruit with nuts (almonds, cashews, peanuts) or seeds (pumpkin, squash, sunflower) to give protein and fat. Be very cautious about giving seeds and nuts to young children because they could choke on them.

Nutritious dried fruits include:

- * apples
- * dates
- * pears
- * apricots
- * figs
- * prunes
- * bananas
- * peaches
- * raisins

PROTEIN

An organic compound present in human cells, which is useful for many processes in the body.

CARBOHYDRATE

The main energy source for the body. Sugars and starches are carbohydrates.

SOURCE: ABOUT KIDS HEALTH, THE HOSPITAL FOR SICK CHILDREN, TORONTO, CANADA

Whole Grains

What are Whole Grains?

From pasta to breads to wheat berries and wild rice, emphasis has been placed on whole grains. Both the American Dietary Guidelines 2005 and MyPyramid encourage us to reap the benefits of whole grains and include 3 servings in our diet each day.

What are whole grains?

Whole grains are seeds of grasses (such as wheat, oat, rye and corn) that consist of the entire grain seed, unchanged and complete.

What are the key benefits of whole grains?

Nutritionally whole grains contain important vitamins, minerals, antioxidants and dietary fiber. Physically, people who regularly consume whole grains have a lower risk of obesity as well as lowers levels of cholesterol.

Whole grains reduce the risk of several chronic diseases including:

- Heart Disease and High Blood Pressure
- Obesity and Metabolic Syndrome
- Certain Cancers
- High Cholesterol
- Type 2 Diabetes
- Stroke

How do you find Whole Grains?

- A whole grain listed first in the ingredient list such as whole oats, whole wheat, rye, barley, bulgur, etc.
- A whole grain flag
- A “Made with Whole Grain” Banner
- Whole Grain Stamp ■



EAT 48g OR MORE OF WHOLE GRAINS DAILY

Whole Grain Stamp

For products offering a half-serving or more of whole grain.
Contains **at least 8g** whole grain per serving.
8g = 1/2 a MyPyramid serving



EAT 48g OR MORE OF WHOLE GRAINS DAILY

100% Whole Grain Stamp

For products where ALL of the grain is whole grain.
Contains **at least 16g** whole grain per serving.
16g = a full MyPyramid serving

What are the daily recommendations: At least 3 ounce equivalents for most adults: at least 48 grams of whole grains recommended daily. (A minimum of 3 servings of whole grains per day for all but very young inactive children.)

Whole Grain Ounce Equivalents are:

- 1 Cup Ready-to-Eat Cereal Made with Whole Grain
- 1 Slice Whole Grain Bread
- 1/2 Cup Cooked Brown Rice, Whole Wheat Pasta, Oatmeal
- 5 Crackers Made with Whole Grain
- 1 Small Whole Grain Waffle
- 1 Small Whole Grain Muffin (2 1/2" diameter)

Including whole grains in your diet can be simple and beneficial. Start today! ■



COLORFUL CHOICES



Fruits and Vegetables Provide Outstanding Health Benefits

Vitamin A protects you from infection, promotes cell growth, and helps you see normally in the dark. Fruits and vegetables have beta carotene which is converted to Vitamin A in your body. Think orange and green –apricots, cantaloupe, carrots, squash, sweet potatoes, kale, swiss chard, spinach, and bok choy.

Vitamin C helps produce collagen, the substance that holds together muscles, bones, and other tissues. It plays a role in healing of wounds, resistance to infection and metabolism of some amino acids and folic acid. Vitamin C is found in asparagus, broccoli, brussels sprouts, cauliflower, grapefruit, honeydew, kiwi, oranges, papaya, lemon, raspberries, strawberries, tomato juice, and watermelon.

Folic acid is needed for DNA metabolism, cell division, tissue growth and the formation of oxygen carrying hemoglobin in red blood cells. Fruits and vegetables include avocado, broccoli, peas, green and red leaf lettuce, oranges and turnip greens.

Magnesium serves as a component of bones and helps maintain cells in your nerves and muscles. Sources include acorn squash, bananas, baked potato with skin, lima beans, parsnips, peas and spinach.

Potassium rich fruits and vegetables include apricots, bananas, bell peppers, peas, okra, oranges, potatoes, prune juice, spinach, squash, sweet potatoes, and tomatoes. ■

SOURCE: COLORFUL CHOICES, HEALTH ENHANCEMENT SYSTEMS



Snacks for Children

Snacking worries parents and they often try to prevent eating between meals. That isn't necessary or even helpful. Children's energy needs are high, and they usually can't eat a lot at any one time, so they need to eat about every 3 hours. What's important is that you have control over the time of the snacks and the type of food.

Timing of snacks

Offer snacks midway between meals. Give snacks long enough after the meal that your children know they'll have to wait a while to eat again if they refuse the meal. That keeps children from refusing meals and then asking for food a short time later. It will be easier for you to refuse their begging if you know a snack is coming up. If children have an early lunch and late dinner, they may need 2 snacks. Try having a snack with protein, fat, and carbohydrate in it 2 or 3 hours after lunch. Then offer a lighter carbohydrate snack, such as fruit juice or crackers, later in the afternoon.

Regulating snacks

Plan a reasonable snack time and get the food on the table. Then you will be in charge of the timing, location, and selection of food. If you wait for your children to request the snack, they may have made up their minds about what they want and you may have a struggle over food.

Selecting snacks

In general, snacks should be nutritious. Any food appropriate for a meal is okay for a snack. Snacks that you want to last a while should have some protein, fat, and carbohydrate, the same as a nutritious meal. Snacks should be big and substantial enough to be filling for a hungry child.



Sassy Salads

Tired of the same old salad? Try something new and different. Just about any vegetable and/or fruit with a light vinaigrette or yogurt dressing can be served up as a salad. Or pair fruits and vegetables with contrasting colors, shapes, and tastes. Try these tasty combinations:

- Cooked red potato and yam cubes with dried cranberries
- Tomato and cucumber slices
- Papaya and black beans
- Spinach, mushroom, and orange sections
- Diced honeydew with raspberries
- Mushroom caps and cherry tomatoes
- Cubes of cooked potatoes, yams, and peas
- Arugula, watercress, pear, and walnut

