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Nutrition

NEWSLETTER



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Brought to you by:



A chunky delicious split pea soup with a super nutritious collard green twist!

Green Goodness Soup

INGREDIENTS:

- 1 pound split peas
- Water to cover the peas
- 2 tablespoons of olive oil
- 1 cup diced onion
- 1 cup sliced carrots
- 1 cup sliced celery
- 2 tablespoons crispy bacon pieces
- 8 cups water
- 4 tablespoons no-salt-added bouillon
- 2 cups sliced collard greens
- 2 tsp Italian seasoning
- pinch red pepper flakes

enough water to cover by several inches. Bring to a boil, lower heat to a simmer, cover and cook, stirring occasionally for about 55 minutes.

2. Drain the peas.
3. Make the soup: add the olive oil to a large Dutch oven pan. Saute the onions, celery, and carrots until soft about 5 minutes. Add the bacon. Add the peas, water, and seasonings. Add the collard greens.
4. Cover and cook for 15 minutes.
5. Puree half of the soup or use a vertical blender and puree the middle lightly.
6. Season to taste and serve hot.

INSTRUCTIONS:

1. Place the split peas in a pot with

Serves 12. Each 1-1/4 cup serving: 167 calories, 3 g fat, .5 g saturated fat, 1 mg cholesterol, 0 mg trans fat, 83 mg sodium, 25 g carbohydrates, 10 g fiber, 4 g sugar, 10 g protein.



The red stems and garlic really give a great kick to the rainbow chard. This dish goes together quickly!

Sautéed Garlicky Rainbow Chard

Ingredients:

- 1 bunch rainbow chard or red chard
- 2 tsp minced garlic
- 1 tablespoon olive oil
- salt and pepper to taste
- red pepper flakes

1. Rinse the rainbow chard under running water. Pat dry.
2. Cut the stems away from the leaves and slice them up - set to the side.
3. Cut the leaves in bite-size chunks.
4. Saute the garlic in a pan with the olive oil. Add the chard stems. Saute briefly about 2 minutes.
5. Add the chard leaves and cover the pan. Cook for 3 minutes then stir.
6. Sprinkle with seasonings and serve hot

Directions:

Serves 4. Each 1/2 cup serving: 49 calories, 4 g fat, .5 g saturated fat, 0 mg cholesterol., 0 g trans fat, 216 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g protein.



Kale and Apple Salad

Ingredients:

- 1 bunch kale, rinsed, stems removed, sliced thin
 - 1 apple, diced
 - 1 cup mixed berries (raspberries, blueberries)
 - 2 tablespoons apple cider vinegar
 - 1 tablespoon olive oil
 - salt and pepper to taste
1. Prepare the kale, rinse under cold running water in colander, pat dry and reserve.
 2. Slice the apples.
 3. Make the dressing: smash the berries in a large mixing bowl with a potato masher or fork. Add the oil and vinegar and mix smooth.
 4. Toss the kale with the dressing, mixing well.
 5. Top with the apples.
 6. Season with salt and pepper to taste. Serve immediately or refrigerate up to a day.

Directions:

Serves 4. Each 1 cup serving: 87 calories, 4 g fat, .5 g saturated fat, 0 mg cholesterol., 0 g trans fat, 66 mg sodium, 12 g carbohydrate, 3.5 g fiber, 1 g protein.



This delicious salad with apples and shredded fresh kale uses smashed berries for the vinaigrette dressing.

Nutrition Benefits of Greens

Incorporating a variety of greens into your diet can significantly contribute to overall health and well-being. They provide essential vitamins, minerals, fiber, and antioxidants that support various bodily functions and help protect against chronic diseases.

Here is a list of nutritional benefits of greens:



1. High in Vitamins:

- **Vitamin K:** Essential for blood clotting and bone health.
- **Vitamin A:** Important for vision, immune function, and skin health.
- **Vitamin C:** An antioxidant that boosts the immune system, aids in wound healing, and promotes healthy skin.
- **Folate (Vitamin B9):** Crucial for DNA synthesis and repair, and important during pregnancy for fetal development.

2. Rich in Minerals:

- **Calcium:** Supports bone health and muscle function.
- **Iron:** Essential for the production of hemoglobin and red blood cells.
- **Magnesium:** Important for muscle and nerve function, blood glucose control, and bone health.
- **Potassium:** Helps maintain normal fluid balance, muscle contractions, and nerve signals.

3. High in Fiber:

- Promotes digestive health by aiding in regular bowel movements and preventing constipation.
- Helps maintain a healthy weight by increasing the feeling of fullness and reducing overall calorie intake.
- Supports a healthy gut microbiome.

4. Rich in Antioxidants:

- **Flavonoids, carotenoids, and other phytonutrients:** Protect cells from oxidative damage, reduce inflammation, and lower the risk of chronic diseases such as heart disease, cancer, and diabetes.

5. Low in Calories:

- Ideal for weight management due to their low-calorie content and high nutrient density.

Preparing Greens 101

Preparing greens is versatile and can be tailored to various recipes and tastes. Here are quick and easy tips to store, prepare, and cook greens in your kitchen.

Storage and rinsing:

Wrap the greens in wet paper towels or place in plastic bags or storage containers. Keep refrigerated until ready to use.

Basic preparation: rinse the leaves under running water until all of the dirt is gone. Alternately you can use a lettuce spinner to soak them, rinse them, and spin dry.

Cooking Methods

Sautéing:

- Heat a tablespoon of oil (olive, canola, or vegetable) in a large pan.
- Add minced garlic or onions and cook until fragrant.
- Add the greens and cook, stirring frequently, until wilted and tender (10 minutes).
- Season to taste or use lemon juice or red pepper flakes.

Steaming:

- Place a steamer basket in a pot with a small amount of water.
- Bring the water to a boil.
- Add the greens to the steamer basket, cover, and steam until tender (5-7 minutes).
- Season with salt, pepper, and a drizzle of olive oil or a splash of vinegar.

Boiling:

- Bring a large pot of salted water to a boil.
- Add the greens and cook until tender (about 2-5 minutes, depending on the type of green).
- Drain and cool under cold running water to stop the cooking process.
- Squeeze out excess water and season as desired.

Blanching:

- Bring a large pot of salted water to a boil.
- Prepare a bowl of ice water.
- Add the greens to the boiling water and cook for 1-2 minutes.
- Transfer the greens to the ice water to stop the cooking. Drain and squeeze out excess water. Use the blanched greens in salads, soups, or other dishes.

Braising:

- Heat a tablespoon of oil in a large pot over medium heat.
- Add diced onions, garlic, or other aromatics and cook until softened.
- Add the greens and a small amount of liquid (broth, water, or wine).
- Cover and simmer on low heat until the greens are tender (about 20-30 minutes for collards, less for more tender greens).
- Season to taste and serve.

Serving Suggestions

- **Salads:** Use raw or lightly blanched greens.
- **Soups and Stews:** Add chopped greens towards the end of cooking.
- **Smoothies:** Blend raw greens with fruits and liquid.
- **Stir-Fries:** Add greens towards the end of cooking to maintain some texture.
- **Pasta and Grains:** Toss cooked greens with pasta, rice, or quinoa.
- These methods can be mixed and matched depending on your taste preferences and the specific dish you're preparing.

Tips for Buying Greens on a Budget

Yes, greens can be a cost-effective option for those on a budget, and they offer numerous health benefits. Here are some reasons why greens are budget-friendly:

Cost-Effective Aspects of Greens

1. High Nutrient Density:

- Greens provide a lot of nutrients relative to their cost, making them a highly efficient choice for meeting dietary needs.

2. Versatility:

- Greens can be used in various dishes such as salads, soups, smoothies, stir-fries, and side dishes. This versatility helps stretch your grocery budget as you can use them in multiple meals.

3. Long Shelf Life:

- Many greens, especially those that are heartier like kale and collard greens, have a longer shelf life compared to other vegetables, reducing waste and saving money over time.

4. Easy to Grow:

- Greens are relatively easy to grow at home, even in small spaces or containers. Growing your own greens can significantly cut down on grocery costs.

5. Frequent Sales and Discounts:

- Greens are often on sale or available at a discount at grocers or farmers' markets, especially when they are in season. Buying in bulk or during peak seasons can save money.

Tips for Buying Greens on a Budget

1. Buy in Season:

- Greens are cheaper and fresher when they are in season. Plan your meals around seasonal produce to take advantage of lower prices.

2. Purchase Frozen Greens:

- Frozen greens are often less expensive than fresh ones

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Food Sources of B Vitamins

Vitamin B consists of a group of water-soluble vitamins that play important roles in cell metabolism. Here's a list of different types of B vitamins and their common food sources:

Vitamin B1 (Thiamine)

- **Whole grains:** brown rice, whole wheat
- **Meat:** pork, beef
- **Fish:** trout, tuna
- **Legumes:** lentils, black beans
- Nuts and seeds: sunflower seeds

Vitamin B2 (Riboflavin)

- **Dairy products:** milk, cheese, yogurt
- Eggs
- Lean meats: beef, lamb
- Green vegetables: spinach, broccoli
- Enriched cereals and grains

Vitamin B3 (Niacin)

- **Meat:** chicken, turkey, beef
- **Fish:** tuna, salmon
- **Whole grains:** brown rice, barley
- Legumes: peanuts
- **Vegetables:** mushrooms, potatoes

Vitamin B5 (Pantothenic Acid)

- **Meat:** chicken, beef, pork
- **Fish:** salmon, trout
- Dairy products: milk, cheese
- Eggs
- **Vegetables:** broccoli, avocados, sweet potatoes

Vitamin B6 (Pyridoxine)

- **Meat:** chicken, turkey,

- **Fish:** tuna, salmon
- **Whole grains:** oats, brown rice
- **Legumes:** chickpeas, soybeans
- **Vegetables and fruits:** bananas, potatoes, spinach

Vitamin B7 (Biotin)

- **Eggs:** especially egg yolks
- Nuts and seeds: almonds, peanuts
- **Legumes:** soybeans, peanuts
- Whole grains
- **Vegetables:** sweet potatoes, spinach

Vitamin B9 (Folate/Folic Acid)

- Leafy greens: spinach, kale
- **Legumes:** lentils, chickpeas



based milk, cereals

A balanced diet that includes a variety of these foods will help ensure adequate intake of the B vitamins

Slow over Fast Meals

Intermittent fasting has been gaining popularity as a weight loss method over the past few years. I never thought cramming all your calories for the day in 8 hours was such a good idea and now research has backed me up. An observational study by the American Heart Association found that this time-restricted eating (TRE) method may not be so great for your heart.

The observational study included over 20,000 US adults and found that people who consumed most of their meals in under an 8-hour window had the highest risk for cardiovascular deaths compared to people who ate meals in a typical 12 to 16-hour day. Cardiovascular mortality was seen in those with or without cardiovascular disease or cancer.

"These findings require replication and we cannot demonstrate 8-hour TRE causes cardiovascular death in this observational study", notes Victor Wenzel Zhong, PhD, the lead study author.

Zhong, professor and chair of the Department of Epidemiology and Biostatistics, School of Public Health, Shanghai Jiao Tong University School of Medicine, Shanghai, China also states that patients, especially those that have cancer or existing heart conditions, should be aware of the link between the risk of cardiovascular death when using an 8-hour feeding window.

Scary Results

Short-term studies of 8-hour time-restricted eating (TRE) find that it may help improve some cardiometabolic risks like high blood sugar. But, the long-term effect of TRE is unknown.

Professor of Medicine at Stanford University in California, Christopher Gardner, PhD claims that despite the short-term benefits of TRE, long-term effects should be studied more.

The study included diet patterns in over 20,000 subjects who were part of the 2003-2018 National Health and Nutrition Examination Surveys (NHANES). During the initial enrollment year, all subjects provided two 24-hour diet recalls. The National Death Index was used to determine deaths through the end of 2019.

Deaths that occurred from any cause were 2797 in the average follow-up of 8 years while 840 were related to cardiovascular disease and 643 were from cancer.

Subjects using an 8-hour feeding window had a significantly higher risk of cardiovascular mortality compared with those with eating patterns that were typically 12 to 16 hours. This association was also seen in those with cardiovascular disease and cancer. This connection was also observed in subjects with cardiovascular disease who had a feeding window of 8 to under 10 hours each day.

Significant links were not observed in eating duration and all-cause or cancer deaths in the overall sample and CVD/cancer sub-samples with the exception that an eating window of over 16 hours was linked with a lower risk of death in those with cancer.

Slow or Fast Meals?

Quality Above All

Zhong states it's unclear what the underlying connection is between 8-hour TRE and cardiovascular death. He did note that subjects who limited eating to a period less than 8 hours per day had less lean muscle mass than people with usual eating patterns of 12-16 hours. A higher risk of cardiovascular mortality has been associated with loss of lean muscle mass.

He also states that for now, putting more focus on the quality of a person's diet is more important than the time restriction. The DASH and Mediterranean diets have well-researched health benefits according to Zhong.

Sean Heffron, MD, a cardiologist at the Center for the Prevention of Cardiovascular Disease at NYU Langone Heart, New York, NY, who wasn't involved in the study states, "Intermittent fasting is certainly an interesting concept and one on which the potential mechanisms underlying the improvements in short outcome studies and preclinical studies in animals are strongly being pursued,".

Heffron is skeptical about the results since the data was based on 2-day diet histories without considering confounding variables. He commented that the restricted group had more smokers and more males. "I would "strongly anticipate that once appropriate corrections are made, the findings will no longer persist in statistical significance," Heffron said.

He stressed the importance of more rigorous studies before making diet recommendations. If patients ask about fasting, he advises them "If it works for you, that's fine," but he doesn't provide a recommendation for or against it.

Resource: Intermittent Fasting Linked to Higher CVD Death Risk - Medscape - March 19, 2024.



Lose Weight AND Protect Your Heart

1. Eat balanced, calorie-controlled meals including lean protein, healthy fats, and high-fiber carbs. Make dinner your smallest meal and spread calories out throughout the day.
2. Rather than choose time restricted eating, stop snacking mindlessly after dinner. Avoid a huge meal or snack at bed time.
3. Drink water instead soda, juice, alcohol, or other high-calorie beverages.
4. Get at least 7 to 8 hours of sleep per night.
5. Include lots of fruits and vegetables in your diet and moderate portions of whole grains.
6. Eat less red meat, processed meat, and pork. Add beans or lentils to your diet 3 x per week.
7. Include fish in your diet twice per week and cook it in a healthy manner (grilled, baked, air-fried).
8. Do regular cardio exercises 30 to 45 minutes per day at least 5 days/week.
9. Include 2 days of strength training exercises to build and maintain lean muscle mass.
10. Meet with a Registered Dietitian to provide a heart-healthy meal plan for you!

