

KM Nutrition SideDish

March 2008 E-newsletter

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To celebrate National Nutrition Month I am offering free question & answer all month to any SideDish subscriber. Pass this on to your friends and coworkers also! Just send me your questions on nutrition, diabetes, weight management, heart health, etc. by email to Karen@dietmn.com

Jumpstart Your Spring Training – Buy one month, get one Free!

Now that Spring is in the air, we tend to catch the “get back in shape” fever. If you are thinking about signing up for a program to help you get going, my Jumpstart program will be extended to two months if you sign up in March. Feel free to email me with any questions!

Top 10 **Green Power Foods for a Disease Fighting Healthy St. Patrick’s Day – or Any Day!**

All of these foods have powerful vitamins and phytochemicals that help prevent cancer, heart disease, and diabetes, and other diseases. Try adding them to meals with the ideas below!

1. **Broccoli:** Add to a veggie pizza, stir fry, or with cheese sauce.
2. **Spinach:** Try spinach tortellini or other pastas, make spinach lasagna, or add to salad.
3. **Asparagus:** Eat raw with dip or cook by steaming or grilling. Only 4 calories per spear!!!
4. **Kiwi:** Peel, slice and eat. Great added to berries or your fruit pizza! Did you know one kiwi has as much vitamin c as an orange?

5. **Avocados:** There are some great prepared guacamole dips in the salad section of your grocery store. Also great sliced. Try adding to your favorite sandwich.
6. **Cabbage:** Have some coleslaw, purple cabbage in salad, cabbage wedges in your favorite roast, or add to soups.
7. **Artichokes:** Buy artichoke hearts in the jar and add to pizza (see the February SideDish recipe) or make hot artichoke dip.
8. **Herbs:** Try Basil tortilla wraps or Pesto sauce with your favorite pasta. Add rosemary to your pork roast.
9. **Kale:** Try kale soup or food process and put in sauces.
10. **Watercress** – Add to your salads or buy prepackaged in a greens mix.

Don't forget to add your power beverage - **Green Tea!** Caffeine and polyphenols in green tea may work together to help boost metabolism!!! The bottled and instant teas do not have the same benefits so stick to the brewed tea.

Recipe: Dilly Veggie Pizza (makes 15 servings)

- 1 tube (8 oz) refrigerated crescent rolls
- 1 ½ cups dill dip
- 2 medium carrots chopped
- 1 cup fresh broccoli chopped
- 1 cup chopped seeded tomatoes
- 4 green onions sliced
- 1 can (2 ¼ oz) sliced black olives, drained

Unroll crescent dough into one long rectangle. Press onto bottom of a 13x9x2 greased baking pan. Seal seams. Bake at 375 for 10-12 minutes. Cool completely. Spread dill dip over crust, sprinkle with vegetables and cut into squares.

One serving = 225 calories, 20gm fat, 3gm sat fat, 290mg sodium, 11gm carb
Source: Taste of Home

Karen's comments: To lower the fat in this recipe use a light or low fat dill dip and the low fat crescent rolls. I use the cherry or grape tomatoes.

Are you getting your 3-a-Day?

A recent study in Hypertension, an American Heart Association journal, found that in over 28,000 women age 45 and older, low fat dairy products such as skim milk and yogurt reduced the risk of high blood pressure. The calcium in these foods may lower blood pressure in several different ways but the interesting thing was that calcium supplements did not show the same benefit. How much calcium do we need? The recommendation for pre-menopausal women is 1000 mg calcium daily, and for menopausal women 1200 mg daily. All of the following foods will provide 200-300 mg: 8oz milk, 6oz yogurt, 1oz cheese, 3oz salmon with bones, 8oz calcium-enriched soy milk. Most women only get half that amount, about 500-600 mg. How are you

doing? If you are not getting enough calcium now and don't like dairy foods then taking the calcium supplement is better than no calcium at all. By the way, a cup of broccoli gives you 100mg calcium!!!