



KM Nutrition SideDish

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Hope this month's newsletter finds you all well and enjoying the changes of the season! It has been a very busy one for me both with work and family. Fall always brings change and I am happy to let you know that I am expanding my services to provide nutrition consultation for health issues beyond diabetes.

If you or someone you know is struggling with:

- Chronic Fatigue
- Weight Gain
- Bloating
- Heartburn
- Chronic Diarrhea
- Headaches
- Food Cravings
- Blood Sugar Problems
- Food Sensitivities
- Fibromyalgia Pain

AND you would like to start feeling better without having to take more medication, call or email Karen to set up a free, no-obligation consultation by phone (or in person if in Central Minnesota area).

If you choose to work with me as your **Personal Nutrition Consultant**, we will customize a plan for you that includes a complete nutrition assessment, nutrition solutions specifically for your needs, and meal planning help.

Tips for Freezing Foods

Check out this great resource for tips on freezing prepared foods! Take advantage of seasonal foods, save time, and save money by making extra for later meals.

<http://www.uga.edu/nchfp/publications/uga/FreezingPreparedFoods.pdf>

2 Reasons for an Apple a Day

1. Quercetin: The skins of apples contain a powerful flavanoid called quercetin that can kill viruses and fight inflammation. Apples contain more quercetin than any other fruit.
2. Pectin: This is the name for the soluble fiber in apples that helps you feel full, slow down the rise in blood sugar, and lower cholesterol.

Apple Crisp

Preheat oven to 350

4 cups tart apples sliced

1 Tablespoon flour

1/3 cup sugar

1 teaspoon cinnamon (or more according to your taste preference)

1/8 teaspoon salt

Mix these ingredients and pour into greased 8 inch square baking dish.

¾ cup oats

¾ cup flour

¾ cup brown sugar

½ teaspoon baking soda

½ teaspoon baking powder

6 Tablespoons melted butter or tub margarine

Mix and crumble over apple mixture

Bake at 350 for 20-30 minutes.

This is a great tasting apple crisp and good source of fiber for lowering cholesterol.

Have a Happy Halloween and save your pumpkin seeds for a healthy snack! Pumpkin seeds are rich in iron, magnesium, manganese, phosphorus, and zinc. Rinse and dry the seeds. Toss in a bowl with a little olive oil and spread on a baking sheet. Sprinkle with a little salt and bake at 375 for 45 minutes, turning occasionally. For extra flavor you can try other seasonings such as garlic, onion powder or parmesan cheese.