



KM Nutrition SideDish

September 2008

In this Issue:

[Help Your Kids Prevent Diabetes with Healthy Family Meals](#)

[Featured Recipe: Black Bean Salsa](#)

[Blog Posts](#)

[Smart Eating Smart Living Teleclass](#)

[Help Your Kids Prevent Diabetes with Healthy Family Meals](#)

It's back-to-school time and with that I am trying to get back to planning meals for our busy work schedule. With kids at the junior high and high school age we are going through a LOT more food these days. Combine that with the cost of food rising and it makes for a challenge to get enough food on the table and stay in budget.

That brings us to another subject. How many nights do you sit down and eat a family meal at the table? I know at our house some weeks it might be only once-a-week. A recent article I read made me think that I need to get back



to that again. University of MN Marriage and Family Therapy Program director William Doherty, Ph.D. talks about how kids who eat meals with their families have higher grades, are less likely to have problems with depression, suicide, drugs or alcohol, and are at lower risk for disordered eating, and tend to eat healthier.

How do family meals help prevent diabetes? Home cooked meals with a glass of milk means less fast food and processed foods that have poor nutrient value.

Check out the article at the link below for some great tips. It really reminded me that I need to try and get us all together for family meals again.

http://www.eatingwell.com/recipes/cooking_for_kids/reclaim_dinner_hour.html

Remember, meals don't always need to be what we would consider perfectly healthy. Just sitting down together, including some favorite foods, and doing our best to serve a variety and balance of the food groups is a successful meal.

Featured recipe – Tomato Black Bean Salsa

Source: Taste of Home

This is a great recipe to take advantage of the fresh tomatoes, peppers and onions available. It's low calorie, low fat and high fiber and packed with nutrition! If you are trying to keep sodium low you can cut the salt in half to ¼ teaspoon. Enjoy!

Ingredients

- 3 medium tomatoes, seeded and chopped
- 1 can (15 ounces) black beans, rinsed and drained
- 3/4 cup fresh *or* frozen corn
- 1/2 cup finely chopped red onion
- 1/2 cup chopped roasted sweet red peppers
- 1 jalapeno pepper, finely chopped
- 2 tablespoons minced fresh cilantro
- 1/4 cup lime juice
- 1 garlic clove, minced
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground coriander
- Tortilla chips

Directions:

In a large bowl, combine the first 13 ingredients. Cover and refrigerate for at least 2 hours before serving. Serve with tortilla chips. **Yield:** 4 cups.

Nutrition: Each ½ cup serving has 80 calories, 1 gm fat, 318 mg sodium, 15 gm carb, 4 gm fiber, and 4gm protein.

Blog Posts

Check out the recent posts on my blog about the health benefits of green tea, tips for a food friendly workday, and info on the October walk for diabetes.

Be Sure to Check out this teleclass starting at the end of this month!

Plan to join me, along with 17 other health and nutrition experts, in a unique tele-event, ***Smart Eating, Smart Living***---all accessed right from the comfort of your own home or office. No traveling costs involved!

You can find out all about the event here:

<http://www.1shoppingcart.com/app/?af=816828>

Keep in mind that even though this is planned with small business owners and entrepreneurs in mind, the information presented will be of benefit to you...guaranteed, or your money back!

PS If you think you might be interested, I encourage you to sign up today. The first 15 registered will receive a free book from one of the participating speakers!