

*Welcome to  
Brooksville Healthcare's  
Dietary Department*



# National Nutrition Month 2018

## Tips for Your Family's Health

*March is National Nutrition Month. Celebrate with your family by trying some of these helpful and healthful suggestions.*

### **Sensible snacking**

Encourage your children to eat more fruits and vegetables by setting an example! Have carrots and celery or cut-up fruit readily available for the family to snack on.

### **A low-calorie snack**

Half a large pepper offers you a full day's worth of vitamin C. Munch on a pepper, just as you would on an apple, for a delicious, low-calorie snack.

### **Cherries for your health**

Cherries are a great choice, whether fresh or dried. They are rich in fiber and vitamin C, and are associated with heart health and reducing the risk of cancer. Cherries also are rich in melatonin, which may help with sleep!

### **Fresh or frozen**

Frozen fruits and vegetables are just as nutritious as fresh. Toss carrots, broccoli, or corn into canned soup, or make a fruit smoothie for a quick, delicious breakfast.

### **Fiber for digestive health**

Eating a variety of fruits and vegetables gives you fiber that keeps your digestive tract healthy and helps protect against diseases such as diverticulosis.

### **The benefits of blue and purple**

All fruits and vegetables from the blue and purple color family contain flavonoids, the most powerful phytochemicals found in nature. Phytochemicals decrease one's risk of cancer, osteoporosis, cardiovascular disease, and much more!

### **Carbohydrate facts**

Excess calories are fattening, carbohydrates are not.

### **'Soft' fat is better**

Choose your fat wisely. Limit your intake of "hard" fat, such as lard and butter, and use more "soft" fat, such as olive oil and canola oil.

### **Hunger help**

Fiber-rich breads, cereals, and pastas curb your hunger. They also help with weight management.

### **Whole-grain goodness**

Brown rice, whole-wheat bread, and whole-wheat crackers contain more B vitamins, potassium, and fiber than processed white varieties.

### **Restaurant advice**

When dining out, ask for whole-grain foods! Some Italian restaurants offer whole-wheat pasta or pizza crusts. Ask for brown rice at Asian restaurants.

### **Labels tell it all**

A dark-colored bread does not mean it is a whole-wheat bread. Take a look at the ingredients. Look for the words "whole grain" first in the list.

### **Colorful vegetables**



Dark, colorful vegetables, such as broccoli, peppers, tomatoes, and carrots, are more nutrient dense than pale cucumbers, mushrooms, and celery.

### **Early to bed**

Get some rest. Your body recovers and repairs while you are sleeping. Sleep also can affect your weight and mood.

### **A perfect start to the day**

Start your day off right with oatmeal, an excellent source of whole grains. Spruce your oatmeal up with some cranberries, apples, and nuts!

### **Which cereal to choose**

When choosing cereal, look for those that contain at least 3 grams (g) fiber/serving, no more than 6 g sugar/serving, and no *trans* fat.

### **The fewer, the better**

When it comes to choosing meat, the fewer the legs, the better. Chicken has two legs, thus it is a better option than pork, which has four legs.

### **Fish for omega-3s**

Fish contain significant amounts of healthy omega-3 fatty acids that promote heart health. When purchasing fish, buy domestic, wild varieties and stay current on the latest news.

### **Food budget basics**

You can eat a healthy diet without destroying your food budget by planning your weekly meals before you shop and sticking to your list. Buy nonperishable foods in bulk. Leave the kids at home, if possible. Never shop on an empty stomach.

### **Nutrient-dense whole foods are best**

Supplements are incomplete substitutes for nutrient-dense, whole foods. Grown from the ground up, real food offers a full spectrum of vitamins, minerals, protein, and phytochemicals that work together in your body.

### **Ready-to-go lunch**

Pack your lunch the night before. This way you can easily “grab and go” in the morning and avoid eating fast-food or a highly processed, fattening meal in a box.

### **Vending machine alternatives**

Stock your desk drawer with trail mix, whole-grain crackers, fruit cups, and reduced-sodium soups to satisfy your cravings and to keep you away from the vending machine.

### **Healthy additions**

If you prepare processed foods, make them better. Add broccoli, peas, spinach, beans, lean meat, or low-sodium sauce to create a more nutritionally balanced meal and to stretch the product.

### **100-calories/day**

If you cut 100 calories from your daily food intake, you could lose 10 lb/year. It is as simple as skipping the cheese on your burger, choosing carbonated fruit-flavored water instead of a regular soda, or substituting pork sausage with turkey sausage.

### **The power of phytochemicals**

Phytochemicals are a key component of foods. These tiny compounds help to prevent certain chronic diseases, such as cancer and heart disease.

### **Digestive health**

Probiotics, found in many yogurts, are likely to help improve gut health, but they are not a “cure” for digestive problems. Fluid consumption, total fiber intake, physical activity, and stress reduction also are important for a healthy digestive tract.

### **Empty calories**

Soda provides calories and carbohydrate, but has little or no nutritional value. To burn off the 250 calories in a 20-fluid-ounce soda, a 135-pound (lb) person would need to play 40 minutes of vigorous basketball or bicycle vigorously for 22 minutes. Instead of soda, choose water, tea, low-fat milk, or 100% juice.

**Heart-healthy advice**

To manage blood pressure and protect your heart, strive to maintain a healthy weight, exercise regularly, reduce your salt intake, quit smoking (if you smoke), and manage your stress levels.

**Osteoporosis prevention**

Lifelong, healthy habits can help reduce your risk of developing osteoporosis. Eat calcium-rich foods to build strong bones and maintain bone density. Exercise regularly. Monitor your salt intake.

**A better juice**

Get more calcium by switching from regular fruit juice to a calcium-fortified 100% juice, but watch your serving size. The calories from juice can add up fast!

**Germ warning**

Did you know that the average in-sink garbage disposal contains about 1000 times more germs than the average toilet? At least once a week, clean the rubber stopper with a diluted bleach solution to avoid contamination.

**Food safety**

To prevent cross contamination, refrigerate or freeze foods as soon as you return from the grocery store. Place meats below the produce in the refrigerator. Use separate cutting boards for meats and produce. When cooking, wash hands in hot water frequently.



## Corned Beef and Cabbage

"This traditional Irish dish is the centerpiece for many a St. Patrick's Day table. Corned beef takes a long, lovely simmer with potatoes, carrots and cabbage for a hearty and satisfying dish."

**Prep Time:** 10 Minutes

**Cook Time:** 2 Hours 25 Minutes

**Ready In:** 2 Hours 35 Minutes

**Servings:** 5

### INGREDIENTS:

3 pounds corned beef brisket with spice packet

10 small red potatoes

5 carrots, peeled and cut into 3-inch pieces

1 large head cabbage, cut into small wedges

### DIRECTIONS:

1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.
2. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.
3. Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.