

Your Nutrition News

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Pick a better snack



www.idph.state.ia.us/pickabetersnack/

The Iowa Nutrition Network has launched a campaign to encourage us to eat better snacks. *"Fruits and vegetables. They're sweet or tart. Crunchy or soft. Big or small. Fresh, canned, dried or frozen. They're easy to serve. And even easier to eat. Fruits and veggies-they make a better snack. And you'll love'em!"* Follow these directions for quick, low calorie snacks:

Wash. Eat: berries, celery, grape

Peel. Eat: banana, carrot, orange

Wash. Bite: apple, strawberries

Scoop. Eat: kiwi, melon

Slice. Eat: orange, tomato

Dip. Bite: broccoli, cauliflower, carrot

Sound simple enough? Try some of their recipes, to help you pick a better snack:

Melon Salad:

½ cup cantaloupe

½ cup honeydew melon

½ cup nonfat vanilla yogurt

½ graham cracker sheet

Cut melons into small cubes. Mix both melons and yogurt together. Crush graham cracker over the top.

Makes 2 (1/2 cup) servings. Per serving: 70 calories, 0.5 gm fat, 1 gm fiber, 80 mg calcium.

Tortilla Roll-Up

4 (7 inch) whole wheat tortillas

8 TBSP fat free cream cheese

2 cups shredded romaine lettuce or spinach

1 cup diced tomato

½ cup chopped bell pepper

½ cup chopped cucumber

¼ cup canned diced green chiles

¼ cup sliced ripe olives, drained

Spread each tortilla with 2 TBSP cream cheese. Top each tortilla with lettuce, tomato, bell pepper, cucumber, chiles and olives. Divide the ingredients so that each tortilla gets about the same amount. Roll each tortilla and serve.

Makes 4 servings. Per wrap: 140 calories, 2.5 gm fat, 5 grams fiber.

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Pick A Better Snack...

Crispy Green® Crispy Fruit

<http://www.crispygreen.com/>



~\$1.47 each
Available locally at Ukrops
and the Fresh Market

These delicious new snacks are made through a cold freeze-drying process that maintains the flavor, and preserves the nutrients of the fresh fruit. The fruit has a light, *crispy* texture that is great right out of the pouch, or on cereal, yogurt and ice cream. Current flavors include apple, apricots, bananas, peaches, pineapple and pears. My personal favorites were the apples, peaches and pears. Each one-serving pouch provides only 36-39 calories, 0 gm fat, 8-9 gm carbohydrate, and 1 gm of fiber. While the price may be limiting for some, it is well worth the cost to others. Consider the calories in the 75¢ or more 1.5 ounce “big grab” size of chips: 240 calories, 15 gm fat, 21 gm carbohydrate. Crispy Green® fruits provide the satisfying taste crunch without the guilt. They’re also easier to carry than some of the messier fruits like...



Cool Watermelon

www.idph.state.ia.us/pickabetersnack/

Cool watermelon is packed with nutrition. One cup diced provides 50 calories, 0 gm fat, 12 gm carbohydrate, and 1 gm fiber. It’s very low sodium plus it’s a good source of potassium, vitamins A and C, and lycopene, an anti-cancer phytochemical.

How do I pick a good watermelon?

Fresh: Select a watermelon that doesn’t have any cuts or bruises, but does have a yellow spot on its belly. That spot proves it has been ripened in the sun by sitting on the ground! Pick it up and check the weight. It should feel heavy for its size.

Pre-Cut: Look for one that has a nice red color, not pink, and with a smooth surface.

What’s the best way to store watermelon?

Watermelon should be stored at room temperature in a cool dry place, instead of the refrigerator. But if you prefer a cool melon, you can certainly chill it before that meal. Once cut, it should be wrapped or put in a covered container and refrigerated.

How should I cut it?

Before cutting the watermelon, wash it under cold running water to remove the excess dirt. Always use a clean, *sharp* knife for ease of cutting. To protect your counter, place a clean cutting board under your melon. To prevent it from slipping, place a wet paper towel under the cutting board.

Wedges- Cut in half lengthwise, and then in half again. Cut each quarter into slices for triangle shaped wedges.

Cubes- For the most even cubes cut off the ends of the watermelon. Turn it on one end and peel off the rind with a sharp knife, cutting all the way around. Then cut in round slices, stacking a few at a time, and cut into cubes. If that sounds like too much work, just cube the wedges above.

Balls- Cut the watermelon in half. Then scrap the pulp out with a melon baller or ice cream scoop. You can use the empty rind as a bowl for the watermelon or other fruits.

How do I serve watermelon?

Kabobs- Thread the cubes or balls onto bamboo skewers. Add other fruits for color.

Pops- Place cubes on a wooden Popsicle stick and freeze for a quick pop.

Whirl- Seed the watermelon, mix with lemonade in the blender and enjoy. You can use regular or sugar free lemonade.

Ice cubes- Place pieces of watermelon in an ice tray. Cover with white cranberry or white grape juice. Freeze, then serve in a glass of sugar free lemon lime soda.

Sundae- Place 3 scoops of watermelon in a bowl. Top with blueberries and fat free non-dairy whipped topping.

Osteoporosis: Can It Happen to You?

May is osteoporosis awareness and prevention month. Osteoporosis is a disease where the bones become more porous and brittle. These changes can cause bones to fracture or break, and result in pain, decreased height and skeletal deformities over time. Take the quiz below to determine your osteoporosis risk.

	Yes	No
1. Do you have a small, thin frame and/or are you Caucasian or Asian?		
2. Have you or a member of your immediate family broken a bone as an adult?		
3. Are you a postmenopausal woman?		
4. Have you had an early or surgically-induced menopause?		
5. Have you taken high doses of thyroid medication or used glucocorticoids >5 mg daily (such as prednisone) for 3 or more months?		
6. Have you taken, or are you taking, immunosuppressive medications or chemotherapy to treat cancer?		
7. Is your diet low in dairy products and other sources of calcium?		
8. Are you physically inactive?		
9. Do you smoke cigarettes or drink alcohol in excess?		

The more times you answered yes, the greater your risk for developing osteoporosis. Talk with your healthcare provider and visit the National Osteoporosis Foundation for more information at www.nof.org/



Calcium: How Much Do I Need?

Adults ages 19 – 49 years old need to obtain at least 1000 mg calcium and 400-800 IU Vitamin D daily. Older individuals need at least 1200 mg calcium and 800 – 1000 IU vitamin D daily. Check the following list to see if you are getting enough calcium through your diet.

Calcium content of select foods:

Dairy products provide the best sources of calcium, but you'll find it in other foods, too.

Dairy products

Buttermilk, 1 cup	285 mg
Chocolate milk, 1 cup	284 mg
1% milk, 1 cup	300 mg
2% milk	297 mg
Lactose free milk, 1 cup	300 mg
Skim milk, 1 cup	302 mg
Soy milk, 1 cup	300 mg
America Cheese, 1 oz.	174 mg
Cheddar cheese, 1 oz.	200 mg
50% light, 1 oz.	200 mg
Cottage cheese, 2%, 1 cup	160 mg
Mac & cheese, boxed, 1 cup	100 mg
Ricotta cheese, part skim, ½ cup	340 mg
Swiss cheese, 1 oz.	220 mg
String cheese, 1 oz.	200 mg
Yogurt, flavored, 1 cup	389 mg
Ice Cream, 1 cup	176 mg
Pudding, ½ cup	133 mg

Nondairy sources

Fortified Orange Juice, ½ cup	300 mg
Orange	52 mg
Cooked collard greens, 1 cup	270 mg
Cooked broccoli spears, 1 cup	100 mg
Black beans, ½ cup cooked	100 mg
Pinto beans, ½ cup cooked	80 mg
Almonds, ¼ cup	92 mg
Canned pink salmon with bones 3 oz.	180 mg
Fortified cereal, 1 cup	>300 mg

Or, go online and take this quiz to see if you are eating enough calcium daily:

<http://www.dairycouncilofca.org/Tools/CalciumQuiz/>

Recipes For Health!

Enjoy these recipes while you increase your calcium, or veggies, or both.

Mocha Frappuccino

(www.recipezaar.com) Get your calcium, and save \$\$ instead of buying those expensive coffee drinks.

½ cup 1% milk
2 TBSP chocolate syrup
1 TBSP granulated sugar, plus
1 tsp granulated sugar
1/3 cup strong coffee
1 cup ice (or more as desired)

Combine all ingredients, but the ice in a blender. Blend until sugar has dissolved. Add ice and blend until smooth. Add more ice to obtain desired consistency.

Makes 2 servings. Per serving: 187 calories, 2.5 gm protein, .5 gm fat, 17.25 gm carbohydrate, .5 gm fiber, 7.5 mg sodium, 75 mg calcium. (Use Splenda in place of sugar and you'll save 18 calories and 5 grams of carbohydrate. Hershey's chocolate syrup also makes a version with calcium that provides 50 mg per TBSP.)

Skinny Hazelnut Café au Lait

(www.3aday.org)

2 TBSP (1 oz.) sugar-free hazelnut syrup
1 cup fat free milk
2/3 cup brewed coffee
cinnamon

If using a stove-top, heat syrup and milk in saucepan over medium-low heat (do not boil).

If using a microwave, heat milk and syrup in a large, shallow bowl for 2-3 minutes.

Whisk rapidly until milk is airy and frothed. Blend in coffee, dust with cinnamon and serve in a mug.

Makes 1 large serving. Per serving: 90 calories, 8 gm protein, 1.5 gm fat, 12 gm carbohydrate, 110 mg sodium, 300 mg calcium.

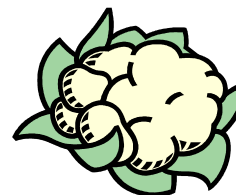
Green Beans in Cheese Sauce

(www.kraftfoods.com)

1 1/3 cups fresh green beans
1/3 cup diced tomato
4 Kraft® 2% milk singles, cut into quarters
2 TBSP 1% milk
¼ tsp dried oregano leaves

Cook green beans in boiling water until tender crisp. Drain. Place beans, with remaining ingredients in a medium saucepan. Cover and cook on medium heat 1-2 minutes or until cheese melts. Stir frequently until beans are evenly coated with sauce.

Makes 2 servings. Per serving: 150 calories, 11 gm protein, 7 gm fat, 12 gm carbohydrate, 3 gm fiber, 580 mg sodium, 500 mg calcium.



Cheesy Cauliflower Bake

(www.kraftfoods.com)

2 pkg (16 oz) frozen cauliflower florets, thawed (or use fresh)
2 cups shredded carrots
1 cup 2% milk shredded sharp cheddar cheese
2/3 cup light Ranch dressing
1 tsp dried thyme leaves

Preheat oven to 375°F. Toss cauliflower florets and carrots in 2-quart baking dish sprayed with cooking spray. (If using raw cauliflower, cut into florets and cook in boiling water until tender crisp. Then add to carrots).

Mix cheese, dressing and thyme, then spoon over the vegetables. Bake 20-25 minutes or until heated through.

Makes 8 servings. Per serving: 120 calories, 6 gm protein, 6 gm fat, 13 mg carbohydrate, 4 gm fiber, 400 mg sodium, 250 mg calcium.

Skillet Ham Hash

This recipe is a great way to add some veggies to breakfast. (From "48 Healthy Soul Food Recipes," at www.shopheart.org. To order, click on "shop by program," then click on "power to end stroke," then click on "shop by category," then click on "cookbooks." Cost \$3.99)

- 2 tsp olive oil
- 1 large green bell pepper, diced
- 1 medium onion, diced
- ½ cup diced lower-sodium, low-fat ham (about 4 ounces)
- 3 cups frozen fat-free Southern-style hash brown potatoes, thawed (such as Ore-Ida® brand)
- ½ tsp salt-free Cajun or Creole seasoning blend
- 2 TBSP snipped fresh parsley
- ¼ tsp salt
- ¼ tsp pepper

In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4-5 minutes, or until tender, stirring occasionally. Stir in the ham. Cook 1 to 2 minutes or until warmed through, stirring occasionally.

Stir in the hash browns and seasoning blend. Cook without stirring for 4 minutes or until the bottom is golden brown. Stir (the golden brown pieces will be redistributed). Cook without stirring for 4 minutes or until the bottom is golden brown and the mixture is warmed through. Stir in the parsley, salt and pepper. Spoon onto plates.

Makes 4, 1 cup servings. Per serving:
207 calories 207, 9 gm protein, 3.5 gm fat, 37 gm carbohydrate, 5 gm fiber, 420 mg sodium.

INDIVIDUAL NUTRITION COUNSELING

is available for those who desire to have a one-to-one session with our *Registered Dietitian*. While some insurance plans cover this service, please consult your plan to determine coverage. *Otherwise, payment is expected at time of service. For current fees, call Mary-Jo Sawyer, RD 327-8830 or email msawyer@mcvhvcu.edu.*

If you can't find the salt-free Cajun or Creole seasoning blends make your own:

- 1 tsp chili powder
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 tsp paprika
- 1 tsp ground cumin

Recipe makes 2 TBSP. Store in an airtight container for up to 6 months.

Pizzucchini

Reprinted with permission from "Lickety-Split Meals for Health Conscious People on the Go!" Available at bookstores, by calling the publisher toll-free at 1-888-884-LEAN, or by visiting www.Zonya.com to see similar recipes)

Here's a delicious summer dish that uses up your extra zucchini and tomatoes. It gets its name from smelling like pizza while baking.

- 3 small zucchini
- 1 medium onion
- 4 medium tomatoes
- 6 TBSP Parmesan cheese
- 1 ½ cups reduced-fat shredded mozzarella cheese
- 2 tsp dried oregano
- 1 tsp garlic powder
- 6 small red skin potatoes, cut in half

Slice zucchini, onion and tomatoes 1/8 inch thick. Separate onion slices into rings.

Mix cheeses, oregano, and garlic in a medium-size bowl.

Spray a 9" x 13" baking dish with nonstick cooking spray. Make 2 layers in the dish using ½ the ingredients, (except potatoes) in this order: zucchini, onion, tomatoes, cheese mixture (repeat).

Scrub potatoes and slip in around the edges of the casserole.

Cover and bake for 1 hour in a 375° oven. After 1 hour, remove cover and bake 15 minutes more.

Recipe makes 6 servings. Per serving:
200 calories, 4.5 gm fat, 14 gm protein, 26 gm carbohydrate, 4 gm fiber, 335 mg sodium, 288 mg calcium.

Water Aerobics: “Not a Wimpy Workout!”



As summer arrives and outdoor pools open, another fitness opportunity becomes available: water aerobics. Before you say “there’s no way I’m going to put on a bathing suit,” check out these health benefits:

- ☉ Water aerobics burns calories. Water aerobics are more effective than land exercises at burning calories. Expect to burn 450-700 calories per hour in water aerobics.
- ☉ Provides buoyancy and support. The water supports 50-80% of your body weight. This support makes it less likely for the muscles, bones or joints to get injured.
- ☉ Reduces risk of exercise injury. It’s great if you have arthritis, concerns with your back or joints, or have other injuries.
- ☉ Increases muscular endurance and tone. Water aerobics tones and builds up muscle mass because of the extra resistance from the water. The use of Styrofoam barbells or “noodles” further increases resistance.
- ☉ Improves flexibility. Your joints easily move through the water with a wider range of motion, and are protected by the water’s buoyancy.
- ☉ Improves cardiovascular conditioning. Water aerobics raises your heart rate like other aerobic exercises, though lower than for cycling or running.
- ☉ Keeps you cool. It’s refreshing as it keeps your body temperature constant throughout exercise...even when the mercury is rising! (In the winter, move it inside, and enjoy the *warmth* of heated pools.)

Find a pool and check out the classes. Water aerobics are offered at all levels: beginner, intermediate, advanced, and for those with injuries. Some occur in shallow areas of the pool, and others in deep water

using a floatation belt. None of the classes require swimming, but you should be comfortable in the water. If you’re new to water aerobics, try a beginner class and you’ll probably find yourself trying more of the classes.

I asked a couple of our women’s health nurses why they liked water exercise. Nancy enjoys water aerobics as it decreased her back pain, and puts less stress on her joints. She also liked the fact it helps with fluid retention. Carolyn, who prefers to swim laps instead, feels like she gets a better workout in the water than on land. She also likes that she doesn’t feel sweaty! I love my deep water aerobics classes. Since it is no impact, due to the floatation belt, I’m less likely to hurt my bum ankle and heel. It’s also a higher cardiovascular workout than the beginner classes. One of my favorite exercises is the ab workout. Yes, you heard correctly! I can actually do the ab work in the water that I can’t do on the land because of the buoyancy and support of the water. But I forgot the most important benefit of all...

☺ Water aerobics is fun!

Where can I find a water exercise class?

Anywhere there’s a pool, there’s a chance you’ll find water aerobic classes. Some classes may be for members only, but some facilities may just let you pay by the class. Try these locations:

- All area YMCAs
- All area fitness clubs that contain a pool (Such as American Family Fitness, ACAC, Robious Wellness, etc.)
- Sheltering Arms Rehabilitation Center (Bon Air location at 206 Twinridge Lane, Richmond, 23235. You can pay by the class or join for 3 months or 1 year).
- Check with neighborhood pools, too!