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Food and Fitness

Green Food—A Sustainable Food System

What is green food?! Not your typical green eggs and ham from the world of Dr. Seuss, actually, but food that is socially just, accessible, affordable, and helps the local community and economy. According to Angie Tagtow, Registered Dietitian, of Environmental Nutrition Solutions, there are simple things we can do to make our food system more sustainable.

- Buy locally grown produce from local farmers
- Have a backyard or container garden
- Share home grown food with others
- Start a gardening program at a community center, school, or daycare
- Start a compost bin and compost fruit and vegetable scraps
- Implement a reduce, reuse, recycle program at home, workplace or community
- Select packaging items that are recyclable and environmentally friendly
- Start a local food co-op

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Web sites of interest:

- www.environmentalsolutions.com
- http://web.extension.uiuc.edu/homecompost/building.html
- http://ods.od.nih.gov/factsheets/vitamind.asp#h9
- www.soyfoods.org

Calories on Menu Boards—Tell It Like It Is!

While the New York State Restaurant Association and the US District Court in Manhattan battle it out as to when and how restaurants will be made to post calories on menu items in New York, several chains have gone ahead and unveiled the numbers on menu boards. Subway, Starbucks, Chipotle, Quiznos, and Jamba Juice are just a few!

According to the Center for Science in the Public Interest American adults and children consume one third of their calories from restaurants and other food establishments. With one third of the nation obese and two thirds of the nation overweight, consumers need to know the calorie content of foods served in restaurants.

Scarlett O'Hara Got It Right

With her 17" waist Scarlett O'Hara was way ahead in the game, the longevity game that is. She must have known that belly fat is a killer.

A study published in the journal Circulation tracked 44,000 women over the course of 16 years. Abdominal obesity doubled the risk of dying from heart disease or stroke in women with waistlines 35" and over as compared to those with waist measures of 28". With regard to risk of death from cancer women with larger waists were 63% more likely to die earlier of cancer than thinner counterparts.

Just one more reason to don the sneakers and walk the waistline away.

Too bad for Scarlett that Rhett preferred sweet girls over skinny girls.

Vitamin D and Bone Health

"Food first!" to get our needed nutrients is the usual recommendation from nutrition experts. However, Americans may not consume enough Vitamin D from the food supply alone.

Without sufficient Vitamin D bones can become thin, brittle, and misshapen. Rickets in children and osteomalacia (softening of bone) in adults are both related to Vitamin D deficiency. Osteoporosis (porous bone) is the result of insufficient calcium and vitamin D.

The human body can make Vitamin D on the skin. However, as we age this capability decreases. The UV energy above latitude 42 degrees north is not sufficient for production of Vitamin D year round. Add to that the fact that many people use sunscreen.

Adequate daily intake of Vitamin D in adults aged 51-70 is 400 IU. In adults over 71 years of age 600 IU is currently recommended. According to Jody Fisher, New research may lead to recommendations of 800 IU of Vitamin D for older adults.

Vitamin D occurs naturally in fish. It varies from about 20 IU in mackerel to about 900 IU in wild salmon per 3.5 oz. serving. Cheese and butter contain a small amount of Vitamin D.

Milk, including skim and low fat milk, is fortified with 100 IU per cup.

Cheese and ice cream are not usually fortified with Vitamin D, but yogurt sometimes is. Some cereals and juices are fortified with Vitamin D.

In supplements, Vitamin D is available as D2 ergocalciferol) and D3 (cholecalciferol). Both forms have the ability to cure rickets, but D3 may be three times more effective in raising and retaining for a longer time blood levels of Vitamin D [25(OH) D]. Many supplements are being reformulated to contain D3 rather than D2.

Obese individuals with a Body Mass Index of 30 or more, may have lower blood levels of 25 (OH)D. The Vitamin D may be trapped in the fat cells and made unavailable for release

into the circulation. Higher levels of BMI correlate with lower levels of Vitamin D.

Americans aged 50 and older are at increased risk of developing Vitamin D deficiency. The authors of a recent evidence-based review of research concluded that supplements of both Vitamin D (700-800 IU/day) and calcium (500-2000 mg/day) decreased the risk of falls, fractures, and bone loss in individuals aged 62-85 years of age.

Information from National Institutes of Health: Office of Dietary Supplements

Strawberry Pie

2 Tbs. cornstarch

1 1/2 cups boiling water

3 oz. box sugar free strawberry gelatin

4 packets Equal sweetener

1 pint fresh or frozen sliced strawberries

1 reduced fat graham cracker crust

Dissolve the cornstarch in 3 Tbs. cold water. Add the boiling water and gelatin. Boil 2 minutes or until thick. Let cool.

Add Equal and strawberries. Pour into crust and chill. Top with dollop (2 Tbs.) of fat free Cool Whip. Serves 6.

Calories	217
Protein, g	10
Carbohydrate, g	31
Fiber, g	1
Total fat, g	6
Saturated fat, g	2
Trans fat, g	2
Cholesterol, mg	0
Sodium, mg	458

Indian Style Braised Chicken

6 oz. plain low fat yogurt

1 medium onion, coarsely chopped

1/2 cup orange juice

1 Tbs. grated ginger

3 cloves garlic

1 tsp. ground coriander

1/2 tsp. turmeric

1/8 tsp. cayenne pepper

4 skinless boneless chicken breasts

1 Tbs. canola oil

1 Spanish onion, quartered and thinly sliced

Place the yogurt into a strainer lined with a paper towel. Allow to drain while preparing other ingredients.

In a food processor puree the onion, orange juice, ginger, garlic, coriander, turmeric, and cayenne pepper. Set aside.

Brown the chicken breasts in the oil on both sides (8 minutes total) and remove from pan. Add the pureed mixture to the saucepan and heat to a simmer. Return the chicken to the pan and simmer, tightly covered, for 15 minutes. Add onions and simmer until chicken is fully cooked (160 degrees with meat thermometer). Allow the mixture to cool slightly. Stir in the yogurt Serves 4.

Calories	235
Protein, g	30
Carbohydrate, g	15
Fiber, g	1
Total fat, g	6
Saturated fat, g	1
Trans fat, g	0
Cholesterol, mg	169
Sodium, mg	113

Recipe from www.aicr.org

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What Is Edamame?

Strange name, incredible food! It's actually a soy bean, and the prettiest of the family. Light green in color, it has a sweet, nutty flavor, but cooks up as simply as a lima bean.

Soy beans and foods made from soy beans (soy milk, soy nuts, soy crumbles, and even tofu) are becoming more mainstream as the consumer becomes more aware of the benefits of soy foods.

Foods made from soy beans help to lower LDL cholesterol and may help to lower triglycerides and raise HDL or good cholesterol levels.

A complete protein, edamame can be sprinkled on salads or added to stir fry for heart disease fighting protein. Edamame in the shell are a great snack-food idea!