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"Play with a purpose."

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#### Bean Soup

In a pot, soak your preference of beans (i.e., red, black, kidney). If you are in a hurry you can use canned beans. Just drain and rinse. Adjust the amount of beans according to the size of the pot. In general, fill the pot 1/2 full with beans before they soften and cook down.

In a pot, add olive oil and sauté diced vegetables:  
4 large celery ribs diced  
2 onions diced  
3 or 4 carrots diced  
2 or more sweet peppers diced  
4 or more jalapeno peppers seeded, ribs removed, diced

When veggies are soft, add:  
2-4 garlic cloves depending on size and taste  
1-2 tbsp. cumin depending on taste and size of batch  
Chili powder (1/2 the amount of cumin)  
2 tbsp. paprika, cayenne  
(Cook spices for a couple of minutes, don't burn the garlic)

Add canned diced tomatoes and the juice or fresh tomatoes depending on the season and your time. Add beans. They should be cooked or almost cooked. Add stock until beans and vegetables are covered.

Meat version: add smoked turkey, kielbasa sausage, or chicken sausage sliced in thin rounds.

Toppings include: sour cream, fresh salsa, chopped jalapenos, sweet peppers, or onions, cheese, fresh cilantro, or crushed corn chips.

Serve over rice or plain. Good with cornbread and/or a salad.

# Skipping Stones

NUTRITION

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## NUTRITION

### *Breaking down the food pyramid*

Today we are bombarded with an endless array of food choices from the supermarket to our favorite restaurant to the local farmer's market. Making smart food choices starts with breaking down the food pyramid to get the most out of every food group:<sup>1,2</sup>

**Protein** supplies our bodies with energy and builds strong muscles. Excellent sources of protein include nuts, beans and peas, peanut butter, eggs, and lean meat, poultry, and fish. Include 2-3 servings of protein in your diet per day.

**Fruits and vegetables** are packed with vitamins, minerals, and fiber, all of which may help reduce the risk of heart disease, stroke, and type 2 diabetes. Choose a variety of fruits and veggies each day and include at least 3-5 servings of vegetables along with 2-4 servings of fruit in your diet per day.

**Whole-grain foods** made from wheat, rice, cornmeal, oats, barley, or another cereal grain are excellent sources of carbohydrates because they are low in sugar, high in fiber, and provide our bodies with sustained energy. Fiber aids in digestion; helps maintain hunger by adding bulk; and is important in reducing heart disease, type 2 diabetes, and certain types of cancer. To reap its benefits, include 25 g of fiber and 6-8 servings of grain foods in your diet per day.

**Dairy** contains calcium and help build strong bones. Milk, yogurt, cheese, and ice cream are excellent sources of calcium. Aim for 2-3 servings of dairy per day.

## How to Make it on Less And Give Your Family More

*Try these tips to keep your family eating healthy and affordably.<sup>4,5</sup>*

- Stock up on staples. Brown rice, pasta, beans, oatmeal, and barley are inexpensive, healthy, and stretch meals like casseroles, soups, and stews.
- Buy fresh produce in season. Fresh fruit and vegetables taste better and cost less in season. If you are looking for produce not in season opt for frozen, canned, or dried fruits and veggies.
- Choose beans and brown rice for an inexpensive, protein, and fiber packed meal. Experiment with different types of beans and seasonings to create a healthy meal your family will enjoy!
- Plan ahead and cook enough to have leftovers to feed your family for several days.
- Be supermarket savvy. Check for sales, plan a week's menu in advance, stick to a shopping list.

"The dinner table is the center for the teaching and practicing not just of table manners but of conversation, consideration, tolerance, family feeling, and just about all the other accomplishments of polite society except the minuet."

~ Judith Martin



Draw or write what you and your family should eat to stay healthy.

Nutrition

Nutrition Flash

Maintaining Healthy Blood Sugar Levels

Blood sugar maintenance used to be only a worry for people with diabetes, but recent health studies suggest controlling blood sugar should be a concern for everybody.<sup>6</sup> The amount of sugar in your diet influences everything from weight gain to your risk of stroke, cancer, and heart disease. Try the following tips for maintaining healthy blood sugar levels:

Replace your morning cornflakes with old-fashioned oatmeal or less processed, low-sugar cold cereal.

Opt for legumes. Add kidney beans, chickpeas, and lentils to your diet.

Learn to love healthy snacks like fresh fruit, low-fat milk or yogurt, dried fruit, and nuts.

Prepare lean protein-skinless chicken, eggs, seafood, legumes, or tofu.

Cinnamon Rx. Sprinkle 1/4 tsp. on toast, applesauce, and in meat dishes and casseroles to lower blood sugar. blood sugar.

Remember portion control. Eating smaller, frequent meals helps maintain healthy blood sugar levels.

Switch your bread. Instead of white, choose whole-grain bread. Whole-grains are high in fiber and release sugar more slowly into your system.<sup>7</sup>



**Health-**(hēlth) n. The general condition of the body or mind with reference to soundness or vigor

**Blood sugar-**(blūd shoog-er) n. The quantity or percentage of glucose in the blood.

**Nutrition-**(nōō-trīsh'ən) n. The process of nourishing or being nourished, especially the process by which a living organism assimilates food and uses it for growth and for replacement of tissues.

**Calorie-**(kāl'ə-rē) n. A unit of heat equal to the amount of heat needed to ~~raise the temperature of 1000 g of water by 1 degree Celsius.~~ This unit is used as a measure of the energy released by food as it is digested by the human body.

(Continued from page 1)

**Fats, oils, & sweets** should be used sparingly. A fatty diet can create a number of health problems including obesity and heart disease. Include no more than 65 g of fat and 20 g of saturated fat in your diet per day.

**Water** is our most basic nutrient; nearly 70% of our body is made of water.<sup>3</sup> Drinking 8 cups of water a day will keep our bodies healthy and functioning properly!

Five Steps To Reading and Understanding The Nutrition Facts Label

Nutrition labels serve as a guide for making healthy eating choices. The following label descriptions will help you sort through some of the label confusion and start you and your family on the track to healthy living! <sup>8,9</sup>

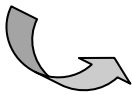
**Serving Size:** Serving sizes are a measure of the food that reflects the number of calories per serving and % of nutrients on the nutrition label.

**Calories per Serving:** Calories measure how much energy you are getting from food. The calories listed are based on a 2000 cal diet.

**% Daily Values:** % DV are based on the health recommendations for the key nutrients of a 2000 calorie diet.

**Nutrients:** The first section of the nutrients label lists *Fat*, *Cholesterol*, and *Sodium*. A healthy diet includes a limited daily % of these nutrients. The second section list *Fiber*, *Calcium*, *Iron*, and *Vitamins A, C, and D*. Choose foods high in these nutrients.

Cut out and keep recipe on back



Quality Protein: Healthy Alternatives to Fast Food Burgers

Quality protein can be found in a range of foods but surprisingly, many people do not make varied choices from this food group, selecting meat or poultry as their main dishes. Dry beans, peas, nuts, eggs, fish, and lean meat and poultry provide a number of nutrients vital to the health and maintenance of our bodies.<sup>10</sup> Try the following healthy alternatives for your family:

- Choose fish for lunch or dinner more often. Salmon, trout, and herring are heart healthy options the whole family will enjoy.
- Opt for beans and peas as a main dish or part of a meal. Beans are a powerful combination of protein fiber, vitamins, and minerals.
- Try nuts as a snack, sprinkled on a salad, or part of a main meal.
- Go lean with your meat or poultry. Bake, broil, roast, boil, or poach your meat instead of frying.