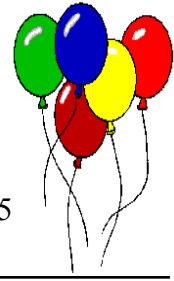




NUTRI-NEWS



January 2012

“Balloons for a Balanced Lunch”
NUTRI-SERVE FOOD MANAGEMENT, INC

Volume 23 Number 5

A New Year– A New Start

This time of year many of us begin the year with new resolutions and hopefully when making yours it will include eating healthier and getting more exercise. According to the American Institute for Cancer Research (AICR), it is estimated that about **a third of most common cancers could be prevented by eating a healthy diet, being physically active and maintaining a healthy weight.** But eating healthier and increasing physical activity is easier said than done! Even small changes to your diet or exercise routine can provide health benefits. Try these ideas for gradual healthy steps towards success:

- ◇ Reduce the portion of the meat eaten at meals. If you are used to 6 oz at meals. Try reducing it to 4 oz.
- ◇ Instead of mashed potatoes at dinner try brown rice or mashed sweet potatoes.
- ◇ Try increasing your fruit or vegetable intake by one. So, if you are eating 3 servings a day, increase it to 4. You can do this easily by adding a salad to dinner or taking a piece of fruit with you for a snack.
- ◇ Try a new fruit or vegetable. Choose one in season to save money. www.nutrition.gov provides a wealth of information on healthy meal planning and saving money at the market.
- ◇ Park a little farther away at work or taking the stairs instead of an elevator.
- ◇ If you are exercising twice a week, try boosting it to three times.

Test Your Nutri IQ

Did you know that cauliflower, Nutri-Serve’s vegetable of the month, is on the AICR list for foods that fight cancer? It sure is! It is a member of the cruciferous vegetable family along with broccoli. Cauliflower is high in fiber, vitamin C and folate and low in calories—14 per 1/2 cup serving. Try it cooked or raw with a low fat dip

Fitness Forum

Those that exercise outdoors in the winter find nothing more satisfying than coming in from the cold to a steaming bowl of hot soup. Yummy! Soup can provide needed hydration, protein, carbs and fiber without a lot of calories. Also, for those who are looking for weight loss, studies have shown that eating soup before a meal reduces one’s caloric intake at that meal by approximately 20%.

Kids in the Kitchen

Looking for a quick healthy add-on to dinner tonight? Try serving canned pineapple, our fruit of the month. Here in the Nutri-News kitchen on busy nights we put a can of sliced pineapple in the fridge an hour or so before dinner and pop it open to serve. Pineapples provide a great source of Vitamin C— while low in cholesterol and sodium.

Newsletter Editor
Rosemary L. O’Dea, MA, RD