

Nutrition Newsletter Spring 2015

How to Incorporate the New Dietary Guidelines this Season

The dietary guidelines are a set of recommendations released by the USDA every ten years that promote the overall health and wellness of this country. The new addition of these recommendations is due out later this year, but some long time recommendations may be changing. Please read below to learn how to incorporate or fine-tune your dietary habits to be more in line with the updated guidelines.

Cut that Sugar: The new report truly singles out added sugars, and the large amount we consume, as a true health risk. The new dietary guidelines recommend no more than 10% of your calories per day should come from added sugar; for most this means less than 30g per day. This total can be quickly achieved considering there is 39g of sugar in a can of Coke, 25g of sugar in a Power Bar and 35g of sugar in a medium Vanilla Latte. As a good rule of thumb aim for foods that have <7g of sugar per serving and make sure you read the ingredients to identify the source of the sugar.

The Incredible Edible Egg! The new dietary guidelines support including whole foods that contain cholesterol as part of a well-balanced diet. Eggs are very nutritious and contain choline, vitamins, minerals and high bioavailable proteins. The rules of portion control and balance still apply so try the following recipes ideas: Pair one egg with sautéed spinach, onions and mushrooms for a delicious breakfast or serve a 3oz filet with 1 cup of steamed broccoli and a fresh tomato/ cucumber chickpea salad as a filling and nutrient dense dinner.

Eat Those Veggies! For years studies have shown the benefits of eating fresh produce and high fiber foods, but the new dietary guidelines recommend moving towards a plant-based diet meaning the majority of our intake should be from fresh vegetables, fruit, legumes and whole grains. This does not mean stop eating healthy fats and lean proteins, but instead focus on produce at meals and snacks and to get 4-5 vegetable servings (1 cup raw or ½ cup cooked equals one serving) and 2-3 fruits per day. You can also try different plant-based proteins like edamame or tofu, legumes, quinoa or lentils and plant-based fats like olive oil, nuts/ seeds and avocado.

Coffee is Good! The coffee bean is actually American's #1 source of antioxidants. Research has shown that including one cup of coffee each day has been shown to reduce one's risk of diabetes, dementia, liver disease and Alzheimer's disease. Try and avoid adding sugar or artificial sweeteners which adds unwanted chemicals and calories and use milk or unsweetened almond milk to change up the taste. Moderation is key, and only one to two cups per day is needed to obtain health the benefits, and good news for those sensitive to caffeine, decaf and regular coffee provides the same level of antioxidants!



Samosa Summer Salad

Adapted from www.Earthyfeast.com

Ingredients for the Salad

- Fresh Lettuce
- 1 cup of fresh peas
- 1 bunch of carrots (about 7)
- 1 pound of fingerling potatoes
- 2 shallots

Ingredients for the Crispy Chickpeas

- 1 cup or can of chickpeas
- 1 teaspoon curry
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon pepper flakes (if you like it spicy)
- A few teaspoons of salt and pepper
- 1 Tablespoon of high heat oil to coat



Ingredients for the Dressing

- 1 bunch of cilantro (see pictured)
- 3 garlic cloves
- 2 oregano cuttings (see pictured)
- 2 to 3 mint leaves
- 3 tablespoons olive oil
- The juice of a whole lemon
- 1 teaspoon curry
- 2 pinches cumin seeds
- Add salt and pepper generously, pepper flakes if you like it spicy

Directions

Start by rinsing and drying the chickpeas. After they are dry toss with your favorite high heat oil and spices and roast on 400 near the bottom rack for 15 to 20 minutes until crispy. Toss the carrots and potatoes in a little bit of your favorite high heat oil and a dash of curry, salt and pepper and roast along with the chickpeas near the middle rack for 15 to 20 minutes. While everything is roasting, make the dressing. Combine ingredients and blend!

Combine salad ingredients: lettuce, peas (if using fresh peas, quickly blanch until bright green in color, then rinse with cold water) and shallots, top with crunchy chickpeas and roasted carrots and potatoes. Top everything with the dressing.