

Nutrition Resources

Each month, dietetic interns from Yale-New Haven Hospital Center for Nutrition and Wellness, submit an original piece to include in our GHCT monthly health feature. This is a collection of some of our recent favorites.

- High Protein, Low Carbohydrate Diets and Heart Health
- Breast Feeding and Nutrition
- Nutrition Tips to Improve Your Mood
- Do Not Give Your Bones a Break
- Fact or Fiction Does More Protein Mean More Muscle?
- Get Serious About Sodium
- Keep your BBQ Picnic Foods Safe to Help Keep You and Your Guests Safe
- Tackling the Racial Disparities in Diabetes
- Tips for a Healthy Cookout



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High Protein, Low Carbohydrate Diets and Heart Health



Many people are losing weight by limiting foods high in carbohydrate (bread, rice, cereal, pasta, sweets and even fruit and milk) and eating more foods high in protein (meats, chicken, fish, cheese, eggs and nuts) instead. When it comes to heart health, this eating style has some benefits but there are also some concerns you should consider:

Pros:

- Losing weight lowers the risk of heart disease
- Sugar intake is low when sweets and sugary beverages are avoided
- The intake of unhealthy trans fat is low as baked goods and snack foods are limited

Cons:

- Some protein containing foods are very high in saturated fat, a nutrient that increases the risk of heart disease
- It can be hard to get enough fiber and antioxidants when limiting whole grains, fruits and vegetables and those nutrients are associated with lowering risk of heart disease

Dietitian Recommendations:

- Choose a plentiful amount of non-starchy vegetables such as broccoli, cabbage, cauliflower, cucumber, leafy greens, mushrooms, peppers, tomatoes and zucchini. Eat a rainbow of colors!
- Choose fish and skinless poultry more often than red meats.
- Look for sirloin, loin or round as these are lean cuts of red meat. Trim the visible fat before cooking.
- Limit high fat meats like bacon, sausage, salami, pepperoni, hot dogs, and kielbasa.
- Snack on a small handful of unsalted nuts instead of snacking on cheese or meats.
- Use liquid oils in cooking instead of butter, margarine or solid shortenings.

Ratatouille (Makes 8 Servings)

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/ratatouille>

Ingredients

- 2 tablespoons canola oil
- 1 yellow onion, sliced
- 3 garlic cloves, minced
- 2 bell peppers (green, red, or yellow)
- 1 eggplant (peeled and cut into 1 inch cubes)
- 1 can diced tomatoes, undrained (15 ounces)
- 1 teaspoon dried basil
- 1/2 teaspoon black pepper
- 1/2 cup chopped parsley

TIP: Add cubed
cooked chicken
or tofu for protein

Directions:

1. Heat oil in a large saucepan and sauté the onion, garlic, bell peppers and eggplant until tender, about 15 minutes.
2. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
3. Serve hot. Cover and refrigerate within 2 hours.

Nutrition Facts

Serving Size:
approx. 1/8 recipe

Calories: 55

Fat: 4 g

Saturated Fat: 0 g

Total Carbohydrate: 6 g

Fiber: 2 g

Added Sugar: 0 g

Protein: 1 g

Sodium: 65 mg

Potassium: 225 mg

Breastfeeding and Nutrition

According to the American Academy of Pediatrics and the World Health Organization, infants should be only be breastfed for the first sixth months of life. There is a lot of confusion about what a lactating mom should eat.

Should I increase my calorie and fluid intake? Can I be vegetarian? What foods should I avoid? What foods should I eat more of? Should I follow a special breastfeeding diet? Can I eat seafood?

Breastfeeding moms should increase their intake by an average of **400- 500 calories per day**. This calorie estimate is derived from the average amount of milk and the nutritional content of breast milk produced per day. Moms should focus on a well-balanced diet rich in protein, omega-3 fatty acids, fiber, calcium, iron, and vitamin D. These nutrients have many benefits for mom and baby. Some of these benefits include supporting the mom's bone health, preventing anemia, and providing the baby with the nutrients needed for bone health and brain and vision growth. Choosing nutrient-rich foods is very important to keep the mother energized. It will also help the mom produce an adequate amount of breast milk for her baby. Use the table below to help you when making food choices:

	Good Source of:					
	Protein	Omega-3	Calcium	Iron	Vitamin D	Fiber
Fish (<i>chose lower mercury fish like salmon and sardines. Limit intake to 12 ounces per week</i>)	x	x	x	x	x	
Greek Yogurt	x		x		x	
Eggs	x		x		x	
Legumes (<i>chickpeas, kidney beans, lentils, black beans</i>)	x			x		x
Whole grains (<i>whole grain bread, whole wheat pasta, brown rice</i>)	x			x		x
Seeds (<i>flax, chia</i>)	x	x	x			x
Fortified milk	x		x		x	
Fortified cereals (<i>oats, grits, cold breakfast cereal like wheat flakes</i>)	x		x	x	x	x
Nuts	x			x		x
Leafy green vegetables (<i>spinach, kale, collard & mustard greens</i>)			x			x

Hydration is also important for the mom to focus on while breastfeeding. Although, there are no recommendations on increasing fluid intake while breastfeeding, it is important to stay hydrated as breast milk is ~88% water.

Moms can increase their fluid intake by drinking water and eating foods that are high in water content. Some foods with a high-water content include watermelon, cucumbers, oranges, pineapples, bell peppers, strawberries and many more. Making infused water by adding some fruits to enhance its flavor can be a great way to increase your fluid intake. See recipe below.

Mixed Berry Infused Water:

Serving: 5 (each serving 1 cup)

Ingredients:

- ½ cup frozen strawberries, halved.
- ½ cup frozen blackberries.
- ½ cup frozen raspberries.
- 10 fresh mint leaves.
- 5 cups water.

Directions:

- In a large pitcher, place the fruits and mint leaves.
- Fill container with water.
- Let sit for 15-20 minutes.
- Pour in glass with ice (optional).
- Enjoy!



Source: American Academy of Pediatrics

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• NUTRITION TIPS TO IMPROVE YOUR MOOD •

Did you know that the foods you eat affect your mood, mental health, and brain function? If you have noticed you are feeling down, having trouble paying attention, or feeling fatigued, these tips may help you.

We are always told about how nutrition will impact us physically, but it is not as common to hear about how it affects us mentally. Eating a well balanced diet can help improve your mood, energy levels, decision making ability, and attention span. When people are stressed or feeling down, they tend to eat more processed foods such as, fried foods, candy, or baked goods. While these are delicious and may make you feel better in the short term, they will not help you in the long run. Try the tips below to help boost your mood and improve your mental health!



Make 50% of your grains whole grains. Replace white bread with whole wheat or white rice for brown rice. Whole grains will keep you full for longer and keep your energy up throughout the day.

EAT MORE WHOLE GRAINS

EAT MORE LEAN PROTEIN

Add some chicken, fish, turkey, eggs, or tofu to your meals to boost your mood and keep your serotonin levels balanced.



Unsaturated fats such as avocado, olive oil, and nuts provide essential fatty acids that are heart healthy and help the brain function properly to reduce anxiety and depression symptoms.

EAT MORE HEALTHY FATS

LIMIT PROCESSED FOODS

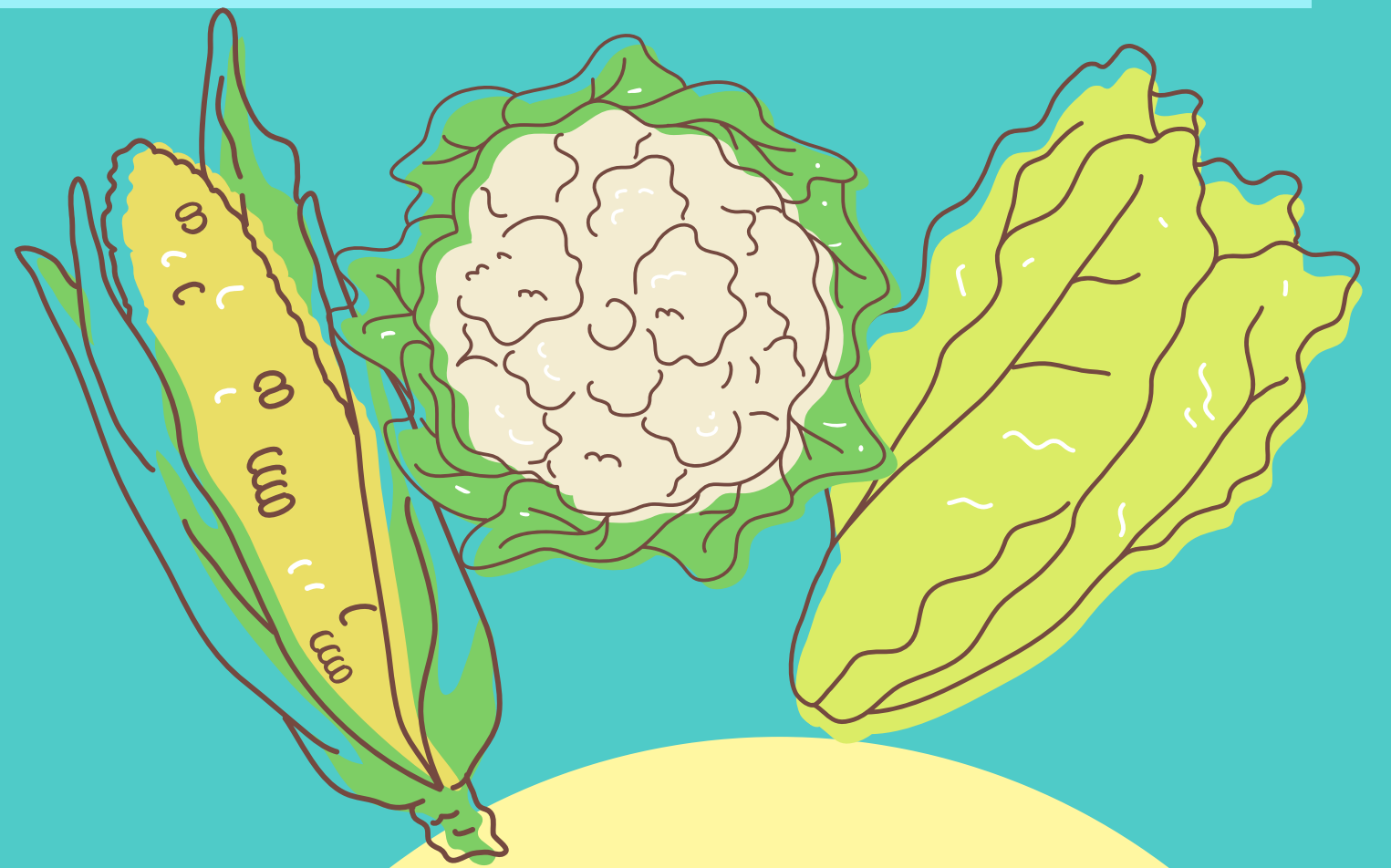
Limit your desserts and snack foods such as chips to once a week. These processed foods are more likely to cause depression and anxiety, but it's always good to treat yourself sometimes.



• BUILD YOUR OWN POWER BOWL •

1. Start with a 1/2 cup base:

- brown rice
- salad greens
- quinoa
- farro
- whole wheat pasta

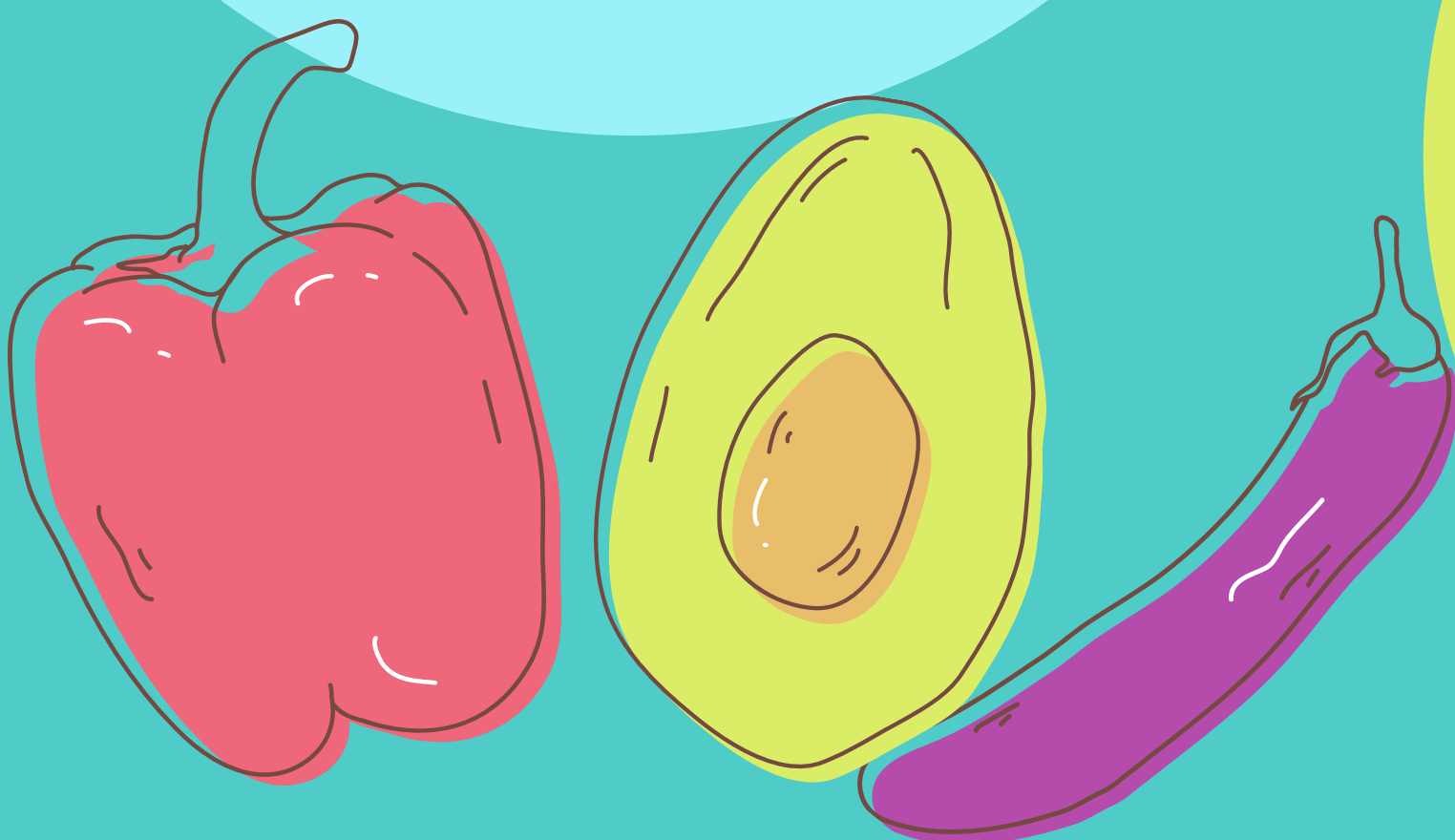


2. Choose 3oz of protein

- grilled chicken
- tofu
- edamame
- turkey
- lean ground beef
- beans
- fish

3. Add 1/2 cup of veggies

- peppers
- onions
- mushrooms
- broccoli
- carrots
- tomato
- corn
- sweet potato



4. Add 2 Tbsp of toppings

- low fat cheese
- avocado
- salsa
- low fat dressing
- low fat sour cream

Do not give your bones a break!

Our skeletons are the basis of our structure and support for our bodies. When bones become brittle and weak, this increases the ease at which they can break. When this happens, it is called osteoporosis, which actually means porous bones. You can reduce the risk with good diet and lifestyle habits. Bone growth is faster than bone breakdown until around age 30. It is important to make sure to build up your bones as much as possible while you can and keep them strong after.



According to the National Institute of Health, “in the United States, more than 53 million people either already have osteoporosis or are at high risk due to low bone mass”. Diet and activity can help ensure skeletal strength to prevent broken and painful bone. Follow these tips to keep your healthy and strong!

Increase your calcium – Bones are made up of a lot of calcium. High calcium foods can increase or help protect bone mass to reduce the risk of osteoporosis. Most adults need 1,000 mg daily but if you are over 70 years of age or a women over 50 of age, needs increase to 1,200 mg every day.

- Increase high calcium foods: low fat dairy, tofu, leafy green vegetables, whole sardines, and calcium fortified foods daily

<u>Food</u>	<u>Serving Size</u>	<u>Calcium (mg)</u>
Plain Yogurt, low fat	1 cup	448
Ricotta Cheese, part skim	½ cup	335
Sardines, canned with bones	3 ounces	324
Cow’s Milk	1 cup	300
Hard Cheese	1.5 ounces	300
West Soy® Milk	1 cup	200
Collard Greens, cooked	½ cup	179
Orange Juice, calcium fortified	½ cup	175
Kellogg’s All-Bran® cereal	½ cup	150
Baked Beans	1 cup	127
Tofu, processed with calcium	4 ounces	119
Almonds	1 ounce	80

- Check the labels:
Good sources of calcium = 10% of your necessary daily intake
Excellent sources of calcium = 20% of your necessary daily intake

Nutrition Facts	
Serving Size 1/2 cup (about 82g) Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 6%



Get your vitamin D – Vitamin D helps to absorb calcium and aid in bone growth. Get enough of vitamin D from a variety of ways.

- Increase high vitamin D foods: eggs, saltwater fish and vitamin D fortified foods such as milk, yogurt, some ready-to-eat cereals and certain juices
- Let your skin do it – Getting 15 minutes of sunlight on your skin may provide the recommended amount of vitamin D for the entire day.

Physically strengthen your bones – body weight and resistance training stimulates bone growth and delays their breakdown

- Try exercises such as jogging, jumping, climbing stairs, weight training machines, and weight lifting
- Use these types of exercises at least two times per week

Simple Green Smoothie																													
Ingredients <ul style="list-style-type: none">•1 cup kale or spinach•1 banana•1 cup low fat milk (or Ca fortified coconut milk or almond milk)•1 cup plain yogurt•1 apple (cored and sliced)•1 cup frozen fruit•flax seeds, 1 Tablespoon•chia seeds, 1 Tablespoon	Nutrition Information <table><tr><td>Serving size:</td><td>½ recipe</td></tr><tr><td>Calories:</td><td>299</td></tr><tr><td>Total fat</td><td>4 g</td></tr><tr><td>Saturated fat</td><td>2 g</td></tr><tr><td>Sodium:</td><td>156 mg</td></tr><tr><td>Total carbohydrates:</td><td>56 g</td></tr><tr><td>Dietary fiber</td><td>7 g</td></tr><tr><td>Total sugar</td><td>38 g</td></tr><tr><td>Added sugar</td><td>0 g</td></tr><tr><td>Protein</td><td>13 g</td></tr><tr><td>Vitamin D</td><td>1 mcg</td></tr><tr><td>Calcium</td><td>454 mg</td></tr><tr><td>Iron</td><td>2 mg</td></tr><tr><td>Potassium</td><td>1119 mg</td></tr></table>	Serving size:	½ recipe	Calories:	299	Total fat	4 g	Saturated fat	2 g	Sodium:	156 mg	Total carbohydrates:	56 g	Dietary fiber	7 g	Total sugar	38 g	Added sugar	0 g	Protein	13 g	Vitamin D	1 mcg	Calcium	454 mg	Iron	2 mg	Potassium	1119 mg
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Directions <ol style="list-style-type: none">1. In a blender, blend the kale/ spinach and the liquid of your choice.2. Add in the rest of the ingredients, blending after each item.3. Serve and enjoy, cold.4. Reserve the leftover smoothie in the refrigerator for later																													
https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-green-smoothie																													

Submitted by:

Kelsey Arndt, Dietetic Intern

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June is Men's Health Month

Fact or Fiction: Does More Protein Mean More Muscle?

On average men need more protein because men are typically larger and have more muscle than women. When you eat more protein than you need for muscle, it goes to other uses in the body and may contribute to over-consuming calories that result in fat gain. Recommendations for a man weighing 175 pounds are to consume a minimum of 65 grams of protein per day. A moderate protein intake for a man who eats about 2200 calories per day is about 80-100 grams per day or 15-20% calories.

Evenly distribute protein intake throughout the day to ensure best absorption. Include 25-30 grams of protein per meal and extra at snacks if needed. Add protein sources from either plants or lean animal sources. A nutritious balanced diet and long-term commitment to reaching your fitness goals helps with maintaining or building muscle.



a_namenko/iStock/Getty Images Plus/Getty Images

Are protein supplements necessary? Does more protein = more muscle?

- ◆ Reality: Most Americans get enough protein through their regular meals throughout the day.
- ◆ Protein supplements may be useful for those with regular regimens of vigorous strength-training or muscle-building exercises.
- ◆ Protein supplements may result in consuming excess calories. Extra calories = extra fat storage.

How many grams of protein are in each serving?

Serving Size*	Protein*	Grams of Protein per Serving*
3 ounces	Turkey, ground	23 grams
3 ounces	Chicken, skinless, baked	26 grams
3 ounces	Beef, lean cooked or ground	22 grams
3 ounces	Salmon, grilled	21 grams
½ cup	Greek Yogurt, lowfat, plain	11 grams
½ cup	Lentils, cooked	9 grams
3 ounces	Tofu, firm	9 grams
2 tablespoons	Peanut Butter	8 grams
1 cup	Quinoa, cooked	8 grams
1 cup	Milk, low-fat	8 grams
½ cup	Black beans, cooked	7 grams
1 ounces	Mozzarella, part skim	7 grams
1	Egg, large	6 grams
1 ounce	Unsalted mixed nuts	6 grams
1 ounce	Roasted chick peas	6 grams

More protein facts:

- ◆ Plant sources of protein are healthy and good for the average person and athlete alike!
 - Try a healthy snacks like unsalted nuts or roasted chick peas!
- ◆ Protein sources from fish such as tuna or salmon provide heart-healthy Omega-3 fatty acids.
 - Have 2 servings a week!
- ◆ Proteins from animal sources that are lean are recommended to keep it heart healthy.
 - Choose skinless poultry and fish more often than red meats.

TASTY TURKEY BURGERS

"My favorite recipe for turkey burgers. Just enough seasonings to make them so much tastier than just plain old turkey burgers, plus the bread crumbs and other added ingredients "bulk up" the turkey, helping you to get more bang for your buck."

"I always have a few of these in the freezer for summer barbecues when I don't care to eat beef hamburgers (I have been known to tote one or two of these along with me to family barbecues to throw on the grill whenever I know that beef burgers are going to be the only main dish)." <https://www.food.com/recipe/tasty-turkey-burgers-20731>

Food



INGREDIENTS

1 lb	ground turkey, 85% lean
½ cup	dry breadcrumbs, whole grain if possible
3 tablespoons	minced onions
2 tablespoons	ketchup
1 tablespoon	lemon juice
1 teaspoon	Worcestershire
1 teaspoon	soy sauce
¼ teaspoon	paprika
2	garlic cloves, minced
¼ teaspoon	liquid red pepper seasoning (optional)
Black pepper, to taste	
6	100% whole wheat hamburger buns

DIRECTIONS

- Combine all ingredients in large bowl.
- Shape into 6 patties.
- Pan-fry**, broil, or grill until lightly browned and cooked through, about 5 minutes per side.
- Serve in hamburger buns with desired toppings.
- My favorite toppings: lettuce, tomato, onion, pickles, ketchup, and fat-free/light mayo.

**Use spray oil to pan-fry to limit added calories.

NUTRITION INFORMATION

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 10g	13%	Total Carbohydrate 20g	7%
Serving size		Saturated Fat 2.5g	13%	Dietary Fiber 2g	7%
1 (0.0g)		Trans Fat 0g		Total Sugars 3g	
Calories per serving	230	Cholesterol 60mg	20%	Includes 1g Added Sugars	2%
		Sodium 220mg	10%	Protein 16g	
		Vitamin D 0.3mcg 2% • Calcium 80mg 6% • Iron 2.1mg 10% • Potassium 320mg 6%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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*Data for some nutrients obtained from:

* <https://www.eatright.org/fitness/training-and-recovery/building-muscle/strength-building-and-muscle-mass>

Written by: Carla Martinez, Dietetic Intern Yale New Haven Hospital Center for Nutrition and Wellness

Get Serious about Sodium

Sodium is a valuable mineral needed to control your body's fluid balance. But, when eaten in large amounts, it can put you at increased risk for high blood pressure. While table salt does contribute to overall sodium intake, most of the sodium we consume comes from packaged foods and restaurant foods. There is also some sodium that naturally occurs in food.

The Dietary Guidelines for Americans suggests people consume no more than 2,300 mg of sodium per day, but many Americans consume more than 3,400 mg of sodium daily.

Look for foods labeled as **low sodium** as they contain *less than 140 mg of sodium per serving*. Be wary of foods labeled as **reduced sodium** as that only means they contain 25% less sodium than the regular product. Aim to limit or avoid products with more than 400 mg of sodium per serving.

Use the following swaps to help reduce your sodium consumption:

Instead of This...	Try This...
Lunch meats	Grilled lean meats or chicken
Table salt and salt based seasonings like garlic salt, onion salt, seasoning salt, most lemon pepper seasonings, and many seasoning blends (check labels)	Citrus juices (lemon, lime, orange), vinegar, tomato sauce (no salt added), herbs and spices -Try cayenne pepper for sweet heat and cumin for smoky and earthy flavor
Chips, pretzels, and snack mixes	Fresh fruit and vegetables or plain air popped popcorn
Frozen vegetables with sauce already added	Plain frozen vegetables
Canned vegetables and canned tomato products	Canned vegetables and canned tomato products with no salt added
Flavored rice mixes or boxed potato products	Plain cooked rice with herbs and spices or baked potato
Bottled salad dressing or dry salad dressing mixes	Olive oil and vinegar
Salt in a recipe	Cut the amount called for in half
American cheese, blue cheese, feta cheese	Swiss cheese, sharp cheddar cheese or fresh mozzarella cheese
Canned broth	Homemade broth using bones or vegetables Low sodium or reduced sodium broth
Salt pork, ham hocks or smoked meats to flavor foods	Liquid smoke
Soy sauce	Homemade soy sauce (see recipe on next page)
Ketchup	Homemade ketchup (see recipe on next page)

Homemade Ketchup

Servings: 24 (each serving 1 Tbsp)

Ingredients

- 2 tsp olive oil
- ½ small onion, about ¼ cup, finely chopped
- 1 clove garlic (finely chopped)
- ½ cup no-salt-added tomato paste
- ½ cup water
- ¼ cup pineapple or orange juice
- 3 Tbsp white vinegar
- 1 ½ tsp brown sugar
- ½ tsp black pepper



Instructions

1. In a small sauce pan on low heat add olive oil, onions, and garlic and cook until soft
2. In a bowl mix tomato paste, water, juice, vinegar, brown sugar, and black pepper
3. Add tomato paste mixture to the pan with onions and garlic and simmer for 3-5 minutes
4. Put in a blender and puree for 1 minute
5. Store in a clean covered glass jar in refrigerator and use within 2 weeks

For Comparison...

1 Tbsp regular ketchup has **170 mg** of sodium and 1 Tbsp homemade ketchup has **3.7 mg** of sodium

Homemade Soy Sauce

Servings: 18 (each serving 1 Tbsp)

Ingredients

- 1 cup low sodium beef or vegetable broth
- 1 Tbsp vinegar (balsamic, cider, or rice)
- 2 tsp molasses or brown sugar or substitute sugar-brown sugar blend
- 1/8 tsp of ginger powder, garlic powder, black pepper

Instructions

1. Whisk all ingredients together in a pot
2. Bring to boil and cook for 1 minute
3. Reduce heat to medium and cook for 10 minutes
4. Remove from heat, cool, store and use within 2 weeks.



For Comparison...

1 Tbsp regular soy sauce has **920 mg** of sodium and 1 Tbsp homemade soy sauce has **8.1 mg** of sodium

Source: American Heart Association



Keep your BBQ/Picnic Foods Safe to Help Keep You and Your Guests Safe!

Are you planning one more barbecue for Labor Day, the unofficial end of summer? September is National Food Safety Education Month! There is no better time to be aware of ways to prevent food poisoning for you and your guests.

Every year 48 million people experience a foodborne illness resulting in 128,000 hospitalizations and 3,000 deaths.

No matter how you plan on enjoying a meal outside, it is important to follow food safety precautions to help prevent foodborne illnesses.

Follow these food safety tips to help keep you and your picnic/BBQ guests safe:

1. Cold foods should stay *cold*!

- Keep cold foods in a cooler with ice or gel packs
 - At or below 40°F
- Keep perishable foods in their own cooler
 - Keep the cooler closed
- Don't let foods sit out for longer than 2 hours
 - If greater than 90°F outside, throw away after 1 hour

2. Hot foods should stay *hot*!

- Keep foods hot in an insulated container
 - At or above 140°F
- Don't let foods sit out for longer than 2 hours
 - If greater than 90°F outside, throw away after 1 hour

3. General reminders:

- Wash your hands before cooking, eating, and after handling raw meat.
- Pack a thermometer to make sure foods are cooked to the right temperatures.
- Pack separate ice to use in drinks.
- Clean produce with tap water prior to packing.

On the Grill

*Marinate foods in the refrigerator.

*Use separate utensils and plates for raw and cooked meat and poultry- do not mix!

*Cook foods to safe internal temperatures:

- Poultry: 165°F
- Beef, Pork, Veal, Lamb: 145°F
- Ground meat: 160°F
- Ground poultry: 165°F

*Keep cooked food hot by moving to side of the grill or place in insulated container



For more information please visit: <https://www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors>.

Healthy Coleslaw

<https://feelgoodfoodie.net/recipe/healthy-coleslaw/>

Ingredients

- For the slaw:
 - 6 cups shredded green cabbage
 - 2 cups shredded red cabbage
 - 1 cup shredded carrots
- For the dressing:
 - ½ cup plain Greek yogurt
 - ¼ cup extra virgin olive oil
 - 2 tablespoons apple cider vinegar
 - 1 tablespoon maple syrup
 - 1 teaspoon garlic minced
 - ½ teaspoon salt
 - ¼ teaspoon black pepper



Nutrition Facts

Serving Size: 1.5 cups
Serves: 6
Calories: 136
Fat: 9g
Saturated Fat: 1g
Total Carbohydrate: 11g
Fiber: 3g
Sugars: 7g
Protein: 3g
Sodium: 236 mg
Potassium: 290 mg
Phosphorus: 34 mg

Directions:

- In a small bowl, mix together the dressing ingredients.
- In a separate, large bowl, place shredded green cabbage, shredded purple cabbage and carrots.
- Pour the dressing over the coleslaw and toss to combine.
- Serve immediately or cover and refrigerate for up to 4 hours.

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References

<https://www.eatright.org/health/lifestyle/seasonal/how-to-prevent-7-picnic-food-safety-mistakes>

<https://www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors>

<https://www.cdc.gov/foodborneburden/index.html>

National Minority Health Month

Tackling the Racial Disparities in Diabetes

The National Institute of Health states, “Diabetes is more common among all members of racial and ethnic minorities studied than among Whites.”¹ This is related to healthcare access, proper nutrition, activity, genetics, income, and much more.²



Diabetes is a lifelong illness where your body has trouble using the energy from food you eat, leading to high or low blood sugar. This can be life-threatening. Common symptoms are weight gain or loss, extreme thirst, excessive urination, fatigue, and constant hunger. If you have these symptoms, reach out to your doctor.

Diabetes can cause heart disease, stroke, blindness, and kidney failure requiring dialysis. People of color have a higher risk of developing kidney disease and blindness due to diabetes.³ According to the American Diabetes Association, Type 2 diabetes is preventable with lifestyle changes.⁴ Try the following tips to prevent diabetes and improve your overall health!

1. Make half your plate non-starchy veggies

- ➔ Try a variety of veggies: broccoli, carrots, collard greens, jicama, cabbage, bok choy, squash, green beans, tomatoes, tomatillos, salads, or peppers
- ➔ Eat them raw, steamed, baked, or sautéed in heart-healthy olive oil

2. Get moving

- ➔ Exercise such as walking, running, biking, or swimming are great!
- ➔ Try to get at least 20 minutes of activity every day or 150 minutes every week

3. Consider Weight Loss

- ➔ Losing as few as 10 pounds can reduce your risk of diabetes
- ➔ Choose healthy snacks such as fruits, low fat cheeses, or nut butters to keep you full between meals

4. Quit Smoking

- ➔ Tobacco use damages your heart and lungs making it difficult to stay active
- ➔ Talk to your doctor about the best ways to quit smoking

Remember to start small! Little changes made over time will have the greatest impact.

To check your risk of developing diabetes and to find more information, go to:

[Risk Test | ADA \(diabetes.org\)](https://www.diabetes.org/risk-test)

1. Diabetes. National Institute on Minority Health and Health Disparities. Accessed March 20, 2021. <https://www.nimhd.nih.gov/programs/edu-training/language-access/health-information/diabetes/>
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3. Spanakis EK, Golden SH. Race/ethnic difference in diabetes and diabetic complications. *Curr Diab Rep*. 2013;13(6):814-823. doi:10.1007/s11892-013-0421-9
4. Home | ADA. Accessed March 14, 2021. <https://www.diabetes.org/>

Rosemary Balsamic Roasted Vegetables

Roasting vegetables brings out their natural sweetness and deliciousness. Serves 8.

Ingredients

- 1/2 pound Brussels sprouts, brown ends trimmed off and cut in half
- 1/2 medium cauliflower (cut into florets)
- 4 medium carrots (sliced)
- 1/2 pound turnips (peeled, cut into 1/2-inch cubes)
- 1/2 pound beets (peeled, cut into 1/2-inch cubes)
- 1/3 pound sweet potatoes (peeled, cut into 3/4-inch cubes, optional)
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 2-3 teaspoons dried rosemary
- 2 medium garlic cloves, minced
- 1 teaspoon onion powder
- 1/2 teaspoon pepper
- 1/4 teaspoon salt



Directions

1. Preheat the oven to 375°F.
2. Lightly spray 13 x 9 x 2-inch baking dish with cooking spray.
3. Place all the vegetables in a large bowl.
4. In a small bowl, whisk together the vinegar, oil, rosemary, garlic, onion powder, pepper, and salt. Pour over the vegetable mixture, tossing to coat.
5. Pour the vegetable mixture into the baking dish. Bake for 30 to 35 minutes, stirring once, or until all the vegetables are tender when easily pierced with a fork.

Nutrition Facts per serving

Calories	98
Total Fat	2.1 g
Saturated Fat	0.3 g
Sodium	170 mg
Total Carbohydrate	19 g
Dietary Fiber	5 g
Sugars	8 g
Protein	3 g

Source: <https://recipes.heart.org/en/recipes/rosemary-balsamic-roasted-vegetables>



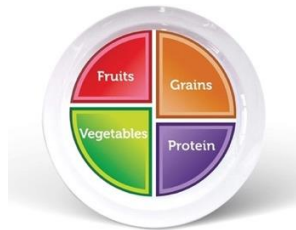
Tips for a healthy cookout

Strategies for mindful eating



It is summertime, and you know what that means? It is time to fire up the grill and enjoy the warm weather with great food! Of course, this year is going to be unlike any other with the covid-19 crisis, so before planning an event, think about ways to do it safely. Keep your group small, try to keep a safe distance and don't forget to wash your hands. You can still celebrate summer with close family and friends.

Before you decide on what to eat, look around first to see what options there are and then make your choices. It is important to practice mindful eating, or else you can keep eating without thinking about your physical sensation. Before grabbing more food, stop for a few minutes and think if you still feel hungry. You can have a good time and not get too off track with your health, if you focus on making wise choices with your foods and beverages.



Here are some healthy tips to follow:

- Sip on water, seltzer water, or no sugar added iced tea. If you are going to drink alcohol, limit to one drink for women and up to two drinks for men.
- Practice MyPlate:
 - Fill half your plate with fruits and vegetables! If you are asked to bring something, try the fruit kebab recipe on the next page. Or, make a platter of grilled vegetables or a colorful tossed salad with a vinaigrette dressing.
 - One quarter of your plate is for your protein. Focus on lean sources like skinless chicken, shrimp, center cut pork chop or tenderloin, sirloin steak, 85-93% lean beef or ground turkey. Vegetarian options could be tofu or bean-based burgers.
 - The last quarter of your plate can be a starchy side like a pasta or rice dish. Starchy vegetables like corn or potato side dishes can count here too, as does the bun for your burger. Try whole grains like brown rice, whole wheat pasta and whole grain buns for sandwiches.
- For a dessert other than fruit, choose one small portion if you'd like. If you are tempted to go back for more, ask if you can bring home a portion or put it aside to enjoy at another day.
- Put all foods on a plate so you don't lose track of how much you are eating.
- Stay safe and have fun!

Source: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/tips-for-a-healthy-cookout>

Grilled Fruit Kebabs Recipe

Ingredients

- 12 skewers
- 4 cups assorted cubed fruit
- 1 tablespoon canola oil
- 2 tablespoon honey
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

Directions

1. Preheat a grill or grill pan to medium-hot.
2. Thread fruit cubes evenly onto the skewers, alternating the fruit varieties.
3. In a small bowl, mix together honey, vanilla extract and ground cinnamon.
4. Lightly brush the kebobs with oil and place on the grill. Cook for 3 to 5 minutes per side, basting with the honey mixture until you see grill marks. Remove from grill and brush with any remaining honey. Serve warm.

Nutrition Facts

Serving Size: 2 kebabs

Serves: 6

Calories: 89

Fat: 2g

Saturated Fat: 0g

Total Carbohydrate: 18g

Fiber: 1g

Sugars: 15g

Protein: 1g

Sodium: 0mg

Potassium: 142mg

Phosphorus: 13mg



Recipe Source: <https://www.eatright.org/food/planning-and-prep/recipes/grilled-fruit-kebabs-recipe>

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