

# National Nutrition Month



## 'Get a Taste for Nutrition'

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Community Nutritionist

Every March the American Dietetics Association, the official organization of nutrition professionals, celebrates National Nutrition Month. All across the nation Registered Dietitians and nutrition professionals are educating and celebrating the benefits of eating well as an important part of overall good health. The theme for 2005 is 'Get a Taste for Nutrition.' The key messages for this year's campaign are:

- **Be adventurous**

Try new fruits, vegetables and foods, variety is the spice of life.

- **Treat your taste buds**

Splurging is okay, just plan it.

- **Balance food choices with lifestyle**

Balance helps you to maintain a healthy weight and lifestyle.

- **Be active**

Enjoy a variety of ways to stay active.

As part of National Nutrition Month, Volunteers of America will be celebrating at various dining centers throughout the Denver metro area. There will be nutrition booths, games and fun. A nutrition professional will be on hand to answer all of your nutrition questions. We hope to see you there.

## Balance Eating to YOUR Lifestyle

Aiming to eat a balance and variety of foods is a goal that each of us should work towards.



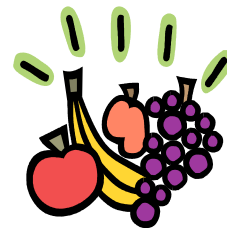
This helps you incorporate a lot of foods into your diet and enjoy them. Eating a variety of foods gives you a combination of nutrients, which are building blocks of your body. It also

helps you pair foods to match your physical lifestyle.

The result will be more food choices that help you to maintain a healthy weight. You'll be able to plan splurges on days that you had more exercise, or eat lightly on days you didn't. Think of all the possibilities balance will bring.

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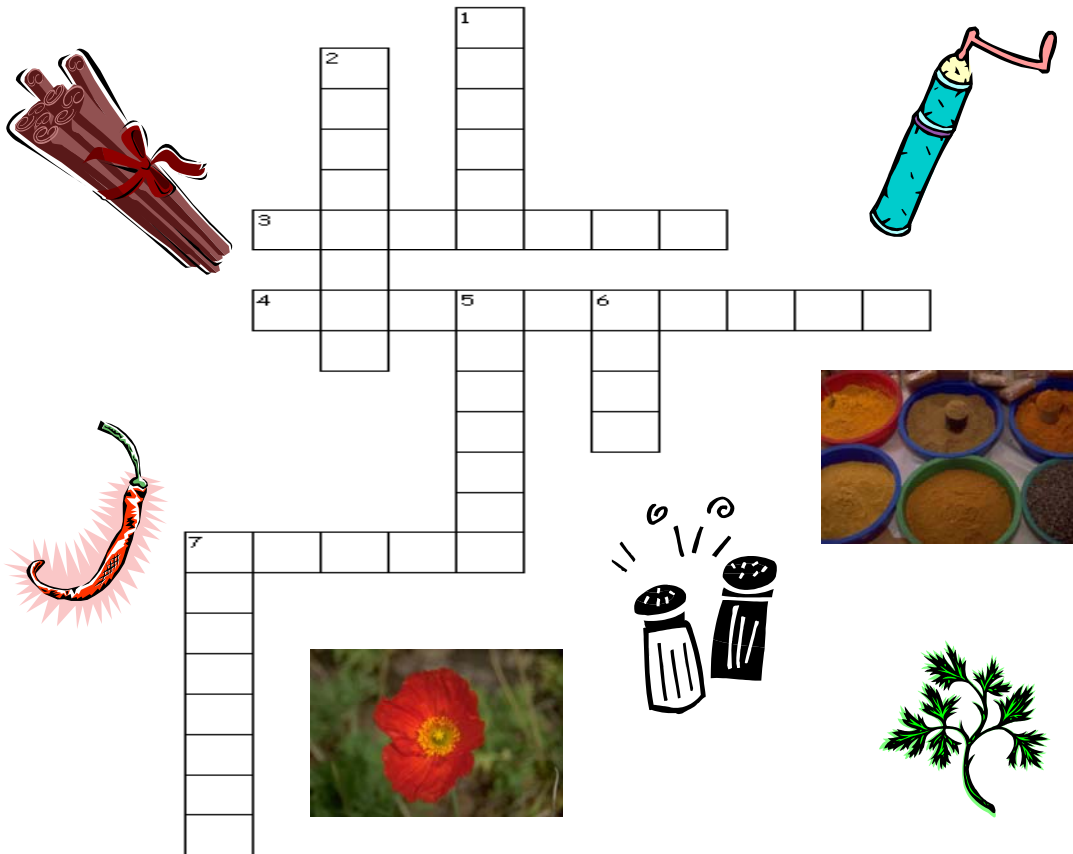
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### Why Variety:

- ✓ Your body needs a wide range of nutrients, vitamins and minerals
- ✓ Nutrients are the building block of your body
- ✓ Nutrients are found only in a variety and combination of foods

## Variety is the “Spice” of Life Crossword Puzzle



### Across

3. This spice adds a hint of red to dishes and is a source of Vitamin A.
4. These tiny black seeds found in muffins or on top of bagels have 43mg of calcium per teaspoon.
7. A popular spice used in Indian cooking that is bright yellow in color.

### Down

1. This spice is thought to help stomach aches and has 100mg of Potassium per 1/4 cup.
2. This spice is found in almost all baked goods and has 1.1g of fiber per teaspoon.
5. This herb used as garnish has 40mg of Vitamin C per 1/2 cup. More than 1/3 of your daily requirement.
6. This spice was valued more highly than gold at one time.
7. A herb used in Mexican cooking, that when dried is called coriander.

# Quick Fix Recipe of the Month

## Crunchy Baked Fish

**Yield: 4 servings**

**Serving Size: 1 fish fillet**

**Ingredients:**

- 1 pound fish fillets
- 1/3 cup finely crushed Cheez-It crackers
- 1 teaspoon dried parsley flakes
- 1/2 cup low-fat Catalina salad dressing

**Method:**

1. Pre-heat oven to 400 degrees.
2. Mix crackers and parsley.
3. Brush both sides of fish with Catalina dressing. Coat one side of fish with cracker mixture.
4. Place fish, cracker side up, on cookie sheet sprayed with nonstick cooking spray.
5. Bake, uncovered, until fish flakes easily with fork, 10 to 15 minutes.

*Recipe taken from the 'Four Ingredient Cookbook.'*

## Nutrition Facts

Serving Size (165g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 250	<b>Calories from Fat</b> 60		
% Daily Value*			
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 1g			<b>5%</b>
<b>Cholesterol</b> 50mg			<b>17%</b>
<b>Sodium</b> 650mg			<b>27%</b>
<b>Total Carbohydrate</b> 23g			<b>8%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 9g			
<b>Protein</b> 22g			
Vitamin A 10%	• Vitamin C 2%		
Calcium 2%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Lou's**

## Food Safety Tip of the Month— Wash your Produce

One thing you can do to help keep your food safe at home is wash all of your fruits and vegetables before you eat or cook them. Washing your fruits and vegetables in cold running water cleans your produce and helps to remove dirt. You shouldn't use soap because it can soak into the food. Instead, use your hand to rub off



any visible dirt under cool running water. You can also soak your lettuce, herbs or leafy greens in a sink of cold water for 10 minutes. All of the dirt will go to the bottom of the sink. Once washed, pat all of your produce dry before placing them into the refrigerator, this will help them to stay fresh and last longer.

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## Volunteers of America

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**The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved—please call us at 303-297-0408.**

**Ask for Meals on Wheels.**

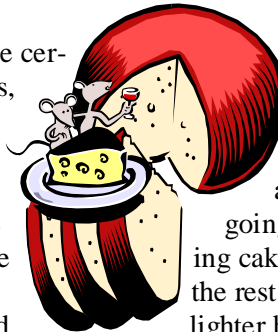


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## Splurging is OKAY— Just Plan it

Cravings are real. We each have certain foods that seem to call to us, and no matter what we do they just don't go away. Indulging in them is fine, as long as you plan it. Many times we deprive ourselves of foods and eliminate them from our diets. This can lead to an unhealthy habit called binging. Binging is defined as eating any large amounts of food in excess over a short period of time. Indulging in your cravings and splurging can help to prevent binge eating. You can enjoy your splurges, without



the guilt, if you plan them. Remember, moderation is the key. It's not one piece of cake that gets you, it's cake every day that starts to add up. If you know that you are going to a birthday party and will be eating cake, ice cream, and pizza, then plan the rest of your day around it. Chose a lighter breakfast and lighter dinner and maybe chose not to have dessert for the day before or after. Planning helps you to take control of your eating habits and allows you to eat a wider variety of foods, which is important for a healthy lifestyle.

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