



# The Nutrition Corner

By New Horizon Foods, Inc.

FALL 2015

IN THIS ISSUE:

## Monthly Newsletter

by Sandy Heil, RD, LD, MPH and Lory Vincent, DM

Fall is in the air! Take time to get outdoors for some physical activity and see the beautiful leaves changing color.



## FALL TOPICS: HEALTHY EATING & PHYSICAL ACTIVITY

Each month will feature a new TOPIC OF THE MONTH. This month's topic for October will focus on the importance of **PHYSICAL ACTIVITY**. Stay tuned to see the new and exciting topics we will present each month!

### PHYSICAL ACTIVITY

Why is physical activity important? It is the combination of making healthy food choices in combination with adequate exercise, or physical activity that helps us get to and maintain a healthy weight. Regular physical activity can produce long term

health benefits. People of all ages, shapes, and sizes benefit from being physically active. The more physical activity you do the greater the health benefits.

### Being Physically Active Can Help You

- Increase your chances of living longer.
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles & bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun

## September & October Foods

### Farro, Figs, Fennel, Flaxseed, Grapes, Green Beans, Garlic, Garbanzo Beans

#### Farro

Farro...have you heard of it? Farro is a high protein grain which is found to come from the ancient Romans. It is minimally processed and nutritious with 7 gms of protein per serving (1/4 cup dry). It has significantly less gluten than wheat. It cooks quickly, in 15 min. and is described as chewy with a delicious nutty taste. Farro can be served warm, cold, or plain depending on how you like it. Give it a try!



#### Figs

Figs are thought of by many as a kind of fruit, but they actually are a flower that has folded up into

itself. This inverted blossom contains thousands of tiny, crunchy seeds. Figs grow on the Ficus tree (*Ficus carica*). There are many different kinds of figs which vary dramatically in color. Fresh figs are so delicate, they perish after just one week from harvest, which is why 90% of all figs are dried upon harvest. This process conforms the figs into a sweet and nutritious dried fruit that can be enjoyed throughout the year.

Figs are a great source of potassium and dietary fiber. Eat your figs today!



#### FENNEL

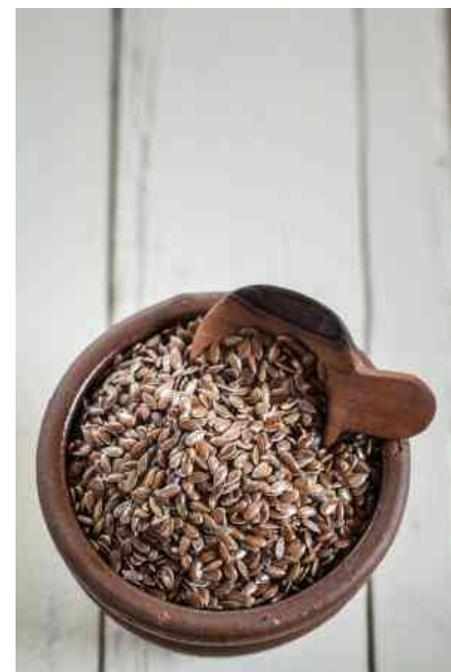
Q: What is fennel and how do I use it?

A: fennel is a bulbous vegetable with a tall, wispy looking top that looks a lot like dill. The fronds can be used in salads, but the main attraction of fennel is the bulb

itself. It's very firm and crunchy, and it tastes a bit like licorice and anise. It has a fresh, stronger taste and it's quite popular for using in salads and slaws. It can also be grilled or braised until tender.

The bulb is made of overlapping layers of vegetable, almost like a cabbage — but very firm and hard. To be used in salads, fennel should be sliced very thin.

#### FLAXSEED



It may be tiny, but it's mighty: The flax seed carries one of the biggest nutrient payloads on the planet. Flaxseed is high in B

vitamins, magnesium, and manganese Yes, flax seed is high in most of the [B vitamins](#), magnesium, and manganese, but this little seed is just getting started. There are three additional nutrient groups which flax seed has in abundance, and each has many benefits.

[vitamin](#) and mineral profile to grains, while the amount of [fiber](#), antioxidants, and [Omega-3 fatty acids](#) in flax leaves grains in the dust.

Additionally, flax seed is very low in carbohydrates, making it ideal for people who limit their intake of starches and sugars.

And its combination of healthy fat and high fiber content make it a great food for weight loss and maintenance -- many dieters have found that flax seed has been a key to keeping them feeling satisfied.

And while it's not technically a grain, it has a similar [vitamin](#) and mineral profile to grains, while the amount of [fiber](#), antioxidants, and [Omega-3 fatty acids](#) in flax leaves grains in the dust.

Additionally, flax seed is very low in carbohydrates, making it ideal for people who limit their intake of starches and sugars.

And its combination of healthy fat and high fiber content make it a great food for weight loss and maintenance -- many dieters have found that flax seed has been a key to keeping them feeling satisfied.



## THE FOOD SCOOP



## GARLIC

Did you know garlic is also known as *allium sativum*, and comes from the onion family? It's close relatives include onions, shallots, leeks, chives, and rakkyo. With a history of human use of over 7,000 years, garlic is native to central Asia, and has long been a staple in the Mediterranean region, as well as a frequent seasoning in Asia, Africa, and Europe. It was known to Ancient Egyptians, and has been used for both culinary and medicinal purposes. So it not only makes foods taste good, but is good for us too!

Garlic has been widely used for several conditions linked to the blood system and heart, including atherosclerosis (hardening of the arteries), high cholesterol, heart attack, coronary heart disease and hypertension.

Garlic is also used today by some people for the prevention of lung cancer, prostate cancer, breast cancer, stomach cancer, rectal cancer, and colon cancer.

It may be tiny, but it's mighty: The flax seed is full of A TON of nutrients! Although it is not technically a grain, it has a similar vitamin and mineral profile to grains, while the amount of [fiber](#), antioxidants, and [Omega-3 fatty acids](#) in flax leaves grains in the dust.

Additionally, flax seed is very low in carbohydrates, making it ideal for people who limit their intake of starches and sugars.

And its combination of healthy fat and high fiber content make it a great food for weight loss and maintenance -- many dieters have found that flax seed helps to keep them feeling satisfied and less hungry.

## Grapes

### Nutritional breakdown of grapes

The average serving size for grapes is about one cup, or 32 grapes. As a useful measure, you can use the size of your fist to estimate the proper portion size for grapes.

One cup of red or green grapes contains 104 [calories](#), 1.09 grams of protein, 0.24 grams of fat, 1.4 grams of fiber, 4.8

milligrams of **vitamin C**, 10 micrograms of vitamin A, 288 milligrams of potassium, 0.54 milligrams of iron and 3 micrograms of **folate**.<sup>3</sup>

Grapes are high in water content and good for hydration. High water-content fruits and vegetables are nutrient dense, meaning they provide a large amount of essential nutrients while containing few calories. Grapes contain 70 milliliters of fluid per cup.<sup>2</sup>

Grapes are high in antioxidants important for eye health such as lutein and zeaxanthin, and red grapes contain the phytochemical resveratrol in their skins, the antioxidant synonymous with wine known to lend protection from several health conditions and diseases.



## FALL WORD FIND



### **Tuscan Soup**

*The original recipe for this soup, from Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors From Home and Around the World by Robin Robertson, called for*

*using spelt and for cooking the soup for 1 1/2 hours. I used semipearled farro instead of spelt and added some oregano and a bay leaf, and found that not only was this soup delicious, it was done in no time. Indeed, one of the benefits of this recipe is that the farro cooks in the soup broth, and by the time the soup is done, so is the farro.*



<sup>i</sup>  
Laura B. Weiss

*Makes 4 servings*

3/4 cup farro  
2 tablespoons olive oil, plus more for drizzling, if desired  
1 small yellow onion, chopped  
1 medium-size carrot, chopped  
1 celery rib, chopped  
2 garlic cloves, minced  
1/2 teaspoon salt  
Freshly ground pepper  
1 bay leaf  
1/4 teaspoon dried oregano  
5 cups vegetable stock

1 1/2 cups or one 15-ounce can cannellini or other white beans, drained and rinsed

Heat the olive oil in a large pot over medium heat. Add the onion, carrot, celery, garlic, salt and pepper. Sauté over medium heat until the vegetables soften, about 5 minutes. Add the bay leaf and oregano. Add the stock and bring to a boil.

Add the farro and bring back to a boil, then reduce the heat to low. Cover and simmer the soup for 20 to 30 minutes or until the farro is almost tender (you don't want the grains completely cooked since the soup will cook for additional time and the vegetables are cooked). Add more water if the soup becomes too thick.

Add the beans and season with additional salt and pepper to taste. Simmer for 10 to 15 minutes to allow the flavors to blend.

## Suggestion Box

Please notice our new suggestion box in the kitchen. Please feel free to write down your ideas and thoughts and place them in the box. We would love to hear them!



