



The Nutrition Corner

By New Horizon Foods, Inc.

MAY 2015

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New Monthly Newsletter

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Welcome to the first issue of the Nutrition Corner, the new monthly New Horizon Foods, Inc. newsletter! We look forward to providing fun and new nutrition information for you each month!

Notice our new Kitchen Korner

As many of you have probably noticed by now, we have a new "Kitchen Korner" area in the dining room! This area will be featuring a TOPIC OF THE MONTH each month along with monthly nutritional literature and information to help pass along important information focused on nutrition and health.

TOPIC OF THE MONTH

Each month will feature a new TOPIC OF THE MONTH. This month's topic for May will focus on **PHYSICAL ACTIVITY**. We will be talking about the many benefits of physical activity and why it is so important.

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

MAY FOODS -

Butter Beans, Broccoli, Bulgar Wheat and Bananas

Butter Beans

In the South, people call them butter beans, but you may also know them as lima beans. The bean is believed to have originated in Guatemala and was a major food source for the American Indian. Like other beans, the butter bean is a well-rounded source of nutrition, rich in protein, fiber, iron and B vitamins.

A 1/2-cup serving, which is 130 grams, of butter beans contains 100 calories, or just 77 calories per 100 grams of beans. Butter beans are considered a low-energy-dense food, which means it has a low-calorie content compared to its serving size. Including more low-energy-dense foods in your diet helps control hunger when limiting your calorie intake to help you lose weight or maintain a healthy weight.



Broccoli

Your parents knew what was up when they told you to eat your broccoli. This verdant vegetable is a powerhouse of nutrients. It's reputed to benefit digestion, the cardiovascular system and the immune system, and to have anti-inflammatory and even cancer-preventing properties. Plus, broccoli is low in sodium and calories, at about 31 calories per serving. It's also a fat-free vegetable.

Broccoli has an impressive nutritional profile. It is high in fiber, very high in vitamin C and has potassium, B6 and vitamin A.



Bulgar Wheat

Bulgar wheat is a whole wheat grain that has been cracked and partially pre-cooked. As a whole grain, it is a naturally high-fiber, low-fat, [low-calorie vegetarian](#) and [vegan](#) food ingredient. Bulgar wheat is not suitable for those on a gluten-free diet.

According to [CalorieCount](#), one cup of cooked bulgur wheat provides 151 calories, 0.4 grams of fat, 8.2 grams of dietary fiber (that's about 33% the recommended daily value), and a healthy 5.6 grams of protein. Bulgur wheat is naturally cholesterol-free food.

THE FOOD SCOOP



Bananas

Q: Are bananas really the world's most popular fruit?

A: You Bet! We eat more bananas than apples and oranges combined. The average American eats 27 pounds of bananas each year.

Q: Do bananas grow on trees?

A: A common misconception is that bananas come from banana trees when in fact the banana is closely related to ginger and ornamental plants such as birds of paradise, amaranths and canna lilies. The banana plant is not a tree, but the world's largest perennial herb and grows up to 25 feet, developing massive banana leaves that may extend 9 feet in the air. Edible bananas are technically berries and do not produce mature seeds. Their roots can be hundreds of years old.

Q: Can bananas affect your mood?

A: Yes! They contain tryptophan, an amino acid that helps your body produce serotonin, a natural substance that has a calming effect on the brain and can act as a gentle sedative.

Blueberry Facts

Calories in Blueberries

Blueberries contain 80 calories per serving, which is one cup.

Fiber in Blueberries

With 3.6 grams of fiber per serving, blueberries help you meet your daily recommended intake of fiber.

Carbs in Blueberries

Blueberries contain naturally occurring sugars and fiber, which are both carbohydrates.

Vitamins and Minerals in Blueberries

Blueberries contribute vitamins and minerals including vitamin C,

vitamin K and manganese, making them a good choice to help meet nutrient needs.



Vegetarian Tabbouleh Salad with Edamame and Feta Cheese

Ingredients

- 1 1/4 cups uncooked bulgur wheat
- 2 cups water, boiling
- 1/4 cup prepared pesto
- 3 tbsp fresh lemon juice
- 2 cps cherry tomatoes, chopped
- 3/4 cup (3 ounces) feta cheese, crumbled
- 1 15 ounce can chickpeas, drained
- 1/3 cup green onions (scallions), sliced thick
- 2 tbsp fresh parsley, minced
- 1/4 tsp freshly ground black pepper
- 2 cups shelled edamame
- 4 (7-inch) pitas, cut in half

Preparation

Combine the [bulgur wheat](#) and boiling water in a large bowl. Cover and let stand 30 minutes. Drain.

Combine pesto and lemon juice; stir with a whisk. Combine bulgur, pesto mixture, tomatoes, feta, chickpeas, green onions, parsley, pepper and edamame in a large bowl; and toss gently to combine. Serve with pita halves.

Yield: 4 servings (serving size: 1-1/2 cups salad and 2 pita halves).

Nutritional information, per serving:

Calories: 570 (25% from fat); Fat 16g (sat 5.4g, mono 7.5g, poly 2.9g); Protein 23.3g; Carbs 93.3g; Fiber 14.2g; Cholesterol 23mg; Iron 7.8mg; Sodium 856mg; Calcium 352mg.

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!

