

Seasonal Fruits and Vegetables

By: A. Arredondo, RD

Apricots: Store apricots at room temperature; they're an excellent source of Vitamin A and C.



Cactus: Use a vegetable peeler to remove cactus spines. This vegetable is fat- and cholesterol-free!

Lychee: Open this fruit by piercing it with your fingernail and peeling back half of the skin. Brown patches indicate sweeter fruit.



Rhubarb: Rhubarb originated in Western China. It's best to choose flat stalks that are not curled or limp

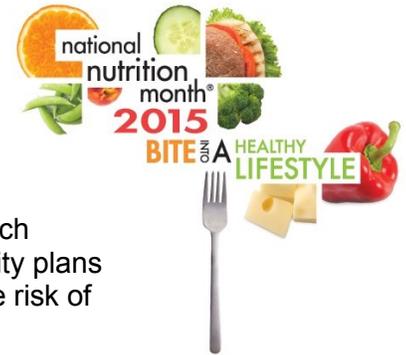
For more information, visit www.fruitsandveggiesmorematters.org

March is National Nutrition Month

By: J. Salvador, RD

Created by the Academy of Nutrition and Dietetics, National Nutrition Month is an annual campaign that focuses on the importance of making informed food choices while developing sound eating and exercise habits.

The theme for 2015 is "Bite into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans to achieve and maintain a healthy weight and reduce the risk of chronic disease and promote overall health.



Stay on track with these fun, healthy events and activities.

- ◆ **New! 10 for 10 Fruit and Veggie Challenge**
- ◆ **New! Healthy Connections Walking Clubs**
- ◆ **Farm Fresh to You discounts on fresh produce delivered right to your home.**
- ◆ **Free Zumba and yoga classes.**
- ◆ **Nutrition Demo on March 27 at the Café.**
- ◆ **Free Let's Get Cooking Classes on March 17, 24 31 at City Heights Wellness Center.**

Learn more about these topic in your Tuesday/Thursday messages .



Aim for a Rainbow of Fruits and Veggies

By: R. Rothman, RD

REDS
- CONTAIN ANTIOXIDANTS, WHICH PROTECT AGAINST INFLAMMATION AND HEART DISEASE
→ TRY: RED BELL PEPPERS, GUAVAS, RADISHES, PAPAYAS

ORANGES AND YELLOWS
- CONTAIN NUTRIENTS IMPORTANT FOR VISION AND IMMUNE SYSTEM
→ TRY: PUMPKINS, CARROT, APRICOTS, ORANGES, SWEET POTATOES AND MANGOES

GREENS
- A GOOD SOURCE OF POTASSIUM WHICH HELPS THE HEART BEAT CORRECTLY, FIBER AND CALCIUM
→ TRY: BROCCOLI, KALE, SPINACH, COLLARD GREENS, PEARS

BLUES AND PURPLES
- CONTAIN PHYTONUTRIENTS WHICH KEEP YOUR IMMUNE SYSTEM HEALTHY
→ TRY: BLUEBERRIES, PLUMS, PURPLE ONIONS, BLUEBERRIES

Probiotics: The Good Bugs! By: S. Salzedo MS, RD, CLEC



Probiotics are live microorganisms (e.g. yeast, bacteria) similar or equivalent to those found naturally in the human body. Several studies have provided evidence for their effectiveness in treating and preventing antibiotic-related diarrhea, small intestinal bacterial overgrowth, relapsing *Clostridium difficile*-induced colitis and urinary tract infections.



Yogurt: Yogurt is the most commonly known and widely available probiotic food in the US. It's made of fermented milk with certain probiotic strains that convert lactose into lactic acid, giving it its tanginess.

Yogurt usually contains at least two types of probiotics: *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Some contain additional strains, which generally increases bacterial survival and ability to aid the gastrointestinal tract. Make sure that your yogurt's

label includes, "live and active cultures" and eat it before "best if used by" date, as bacteria count decreases as it ages.

Yogurt is also a good source of calcium, B-vitamins and vitamin D (when fortified).

Kefir: Kefir originated many centuries ago in Eastern Europe. It's a fermented dairy product that contains both bacteria (80%) and yeast (20%). Yeast is not generally found in yogurt.

Kefir can be made from coconut water and sweetened water. It contains several probiotic strains which predigest lactose, making it better tolerated by those who are lactose intolerant.

Kefir is also a good source of calcium, B vitamins, and vitamin K2.

Supplements: There are numerous commercial probiotic supplements available in stores

today. There are many different types, and some will be more effective than others.

That's why it's important to read labels carefully for certain key items, such as probiotic count (3-4 billion), number of strains (generally greater variety is best as long as strain mixture can co-exist harmoniously), and strain type.

Over-the-counter products include Culturelle (*L. rhamnosus* GG), Lactinex (*L. acidophilus* and *L. bulgaricus*), Florastor® and (*S. boulardii*).

Make sure to read and follow package instructions. While probiotics are generally considered safe, consult with your MD before starting. There are many studies underway, keeping informed on the emerging research is important.

*References available upon request.

What is the Difference between Pre- and Probiotics? By: L. Ameer MSNH, RD, CDE

Probiotics: As you read above, probiotics are live bacteria that occur naturally in food or may be added as a supplement to food.

Prebiotics: Prebiotics are not bacteria or living organisms.

They are nondigestible oligosaccharides, particularly Fructans, and are added to probiotics to improve how they function. They are not digested in the upper gastrointestinal tract; Rather, they ferment in the large

intestine and nourish the probiotics as they travel down the GI tract.

Healthy bacteria occurs naturally in the gut, so prebiotics can be taken on their own to enhance the good bacteria.

Inulin is the most popular prebiotic ingredient. It is found in chicory, artichokes, garlic, leeks, onion, asparagus and wheat.

It is often added to yogurts to enhance the probiotic action.

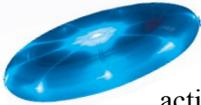
Combining probiotics and prebiotics is known as synbiotics because they enhance one another.



*References available upon Request.

Free Physical Activity Ideas in San Diego

By: C. Strauch, RD



San Diego is known as one of the most active cities in America.

There are so many fun and inexpensive ways to exercise!

Walk: Balboa Park, PB boardwalk, and Ocean path in La Jolla.

Bike: Around Mission Beach (12 miles), Down the San Luis Rey

Trail (7.2 miles) or Lake Hodges (7.3 miles.)

Run: Enjoy an amazing ocean view while jogging a couple of miles on the Point Loma Nazarene Track, or run the 4 mile loop around Fiesta Island.

Hit the Beach: Walk, run, Frisbee, volleyball, swim, surf, and paddle.

Best Hikes in San Diego County (can you hike them all?):

- * Los Penasquitos Canyon Trail
- * Cowles Mountain (San Carlos)
- * Iron Mountain Trail (Poway)
- * Lake Poway to Mount Woodson (Poway)
- * Mission Trails Regional Park: Oak Canyon Trail
- * Double Peak Trail (San Marcos) Three Sisters Falls Trails (Boulder Creek)

Physical activity in the Workplace

By: L. Boerner, RD

Most of us know that exercise is associated with lower mortality rates. Increasing exercise is linked to lowering blood pressure and cholesterol levels and reducing stress.

Physical activity offers many Rewards, such as relieving anxiety and improving your energy level and sense of well-being, but many employees are finding their jobs are becoming more sedentary.

Adults should have at least 30 minutes of moderate exercise



each day — and an hour or more if their goal is to lose weight.

Here are some simple tips to increasing your daily activity at work.:

- ◆ **Park on the lower or upper level and take the stairs instead of the elevator.**
- ◆ **Stand and get out of your chair whenever possible. Stand while talking on the phone, and even do some stretching. Pacing is**
- ◆ **another option while talking on the phone or to a coworker.**
- ◆ **Instead of reaching for a candy, snack or coffee for a break, do some stretches, lunges, or squats instead.**
- ◆ **For every 30 minutes to one hour that you are sedentary (sitting at your desk), take 2 minutes and stand or stretch.**
- ◆ **If you are in a one-on-one meeting, consider a walking meeting.**
- ◆ **Consider a pedometer to track your progress. A pedometer can be a motivator to reach that daily step/distance goal you have set.**



San Diego Grown

By: E. Young, MS, RD

For more info, visit: sdfarmbureau.org

In San Diego, buying local couldn't be easier! With long growing seasons, a variety of fresh produce is available all year long. Farmer's Markets, Farmstands and CSAs are great ways to buy local. The benefits?

- ◆ Local produce is fresher, picked and eaten at the height of ripeness.
- ◆ You support local farmers, part of the American tradition of self-sufficiency and the basis of local communities.
- ◆ You protects the environment. Local food doesn't have to travel far, which lowers energy consumption by reducing transportation and storage.
- ◆ Certified Farmers' Markets provides marketing outlets for the small acreage growers of heirloom, culinary, ethnic and specialty crops.

The San Diego Farm Bureau created the San Diego Grown 365 brand to help identify local producers.



Healthy Tip: Try a new vegetable by adding to a soup or stir fry, try roasted or steamed, use lemon juice and salt-free seasonings to bring out more flavor!



Spring Minestrone Soup

Submitted By: R. Levitt, RD

Enjoy the beauty of spring's first vegetables!

Prep time: 20 minutes, Cook time: 40 minutes,
Yield: Serves 4-6.

INGREDIENTS

2 Tbsp olive oil
6 green onions, chopped (separate white and green parts)
2 garlic cloves, finely chopped
1 pound Yukon gold potatoes cut into 1-inch chunks
1 15-ounce can of diced tomatoes
1 quart vegetable stock
1/2 pound artichoke hearts (fresh or frozen), chopped
1 15-ounce can of chickpeas
1 cup peas (fresh or frozen)
1/2 pound asparagus, cut into 1-inch chunks
2 cups arugula sliced into thin ribbons
Up to 1/4 cup pesto
Grated parmesan for garnish and salt to taste

METHOD

- 1 In a large pot, warm the olive oil for 1 minute. Add the white parts of the green onions as well as the garlic and sautee for 1 minute. Add the potatoes, stir to combine and cook 1 minute.
- 2 Add the can of diced tomatoes with their liquid. Add vegetable stock. Simmer, add salt to taste, then cover and cook over medium-low heat for 10 minutes.
- 3 Add the artichoke hearts and cook another 5 minutes, then add the chickpeas and green peas. Cook another 5 minutes.
- 4 Remove the cover from the soup and add the asparagus. Cook 2 minutes. Add the arugula and the green parts from the green onions. Stir well to combine and cook 1 minute.
- 5 Turn off the heat and stir in the pesto. Serve topped with grated cheese.

Recipe modified from http://www.simplyrecipes.com/recipes/spring_minestrone_soup/

Real Ranch Dressing Recipe

Submitted by: L. Ameer, MS RD



Serve as a salad dressing or as a dip with carrots, cucumbers, snap peas. Provides a great calcium and protein boost.

Ingredients

1/2 cup low-fat or fat-free Greek yogurt or Dairy free-soy yogurt or So Delicious Coconut yogurt

2 Tbs. buttermilk or almond milk (dairy-free option)

2 Tbs. olive oil

1 Tbs. white vinegar (optional)

1/2 teaspoon mustard

1 tsp finely chopped onion or 1/2 tsp onion powder

1/2 tsp finely chopped garlic or 1/4 tsp garlic powder

1 Tbs. finely chopped dill, chives or parsley

Instructions

1. Put the yogurt and buttermilk in the mixing bowl and, using a fork or whisk, mix until well combined.
2. Drizzle in the oil and mix again.

Spa water

By: A. Arredondo RD

We all know we should drink more water, but water can get a bit boring! Here are some fun and easy recipes to make your water more exciting. You can change all of these recipes by adding more or less of the fruits or herbs; you can get as creative as you'd like with spa water.

Use one liter of water for the recipes:

-1.5 cups of fresh whole mint leaves

-2 oranges, lemons, or limes sliced with skin

-2 cups of diced watermelon or hulled sliced strawberries

-1 Large cucumber sliced

-2 cups of cubed pineapple

You can also mix fruits and herbs to get a whole new taste! Some great ones to combine:

-Lemon and mint

-Cucumber and lemon

