



## STUDENT ASSOCIATION OF NUTRITION AND DIETETICS (SAND)

### *Fall Newsletter 2014*

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#### SEE YOU LATER SUMMER, FALL IS IN THE AIR!

Welcome to the cool, crisp days of Fall. Think of this season as a new fresh start to your personal health goals. Bring out the sweaters, stash away the swimsuits and look forward to a happy and healthy holiday season!

#### TIPS FOR A HEALTHY FALL.

- **Put down the technology and head outside:** Put down your smartphones, tablets and lay off the TV. Fall is an excellent time to get outdoors and enjoy the cooler air. It's also a wonderful time for outdoor picnics and a great time to get in some extra exercise!
- **Stay properly hydrated:** Remember, just because it's cooler outside doesn't mean you should reduce your daily intake of water. Keeping your H<sub>2</sub>O in check helps your body maintain proper temperature, lubricates and cushions joints and helps the body's natural detoxification process.
- **Cut down the sugar:** According to the American Heart Association, Americans consume around 22 teaspoons of added sugar every day, or about 350 calories. Most of this comes from processed foods, soft drinks and candy. Avoiding foods that list sugar as one of the first few ingredients is a great start.

#### DON'T FALL VICTIM TO THOSE PESKY HOLIDAY FOOD CRAVINGS. TRY THESE HELPFUL TIPS TO MAKE HEALTHY DIETARY CHOICES THIS FALL.

- **Practice Proper Portion Control:** Controlling portion sizes during the holidays can be a difficult task. Keeping portion sizes smaller during the holidays has been shown to reduce caloric intake and therefore lead to a healthier, slimmer you! Some tips for maintaining portion control is to make informed decisions about food choices, especially at restaurants and large family gatherings. For more information on portion control visit [www.choosemyplate.gov/weight-management-calories/weight-management/better-choices/decrease-portions.html](http://www.choosemyplate.gov/weight-management-calories/weight-management/better-choices/decrease-portions.html) .
- **Snack Smarter:** It's easy to give in to your sweet tooth especially during the holidays seasons. A great tip to beat those pesky junk food cravings is to always keep fresh fruits available such as apples or oranges in place of processed foods or candy. Fresh vegetables such as carrots can be used between meals for a sweet treat, or snack on some nuts for a more savory fulfilling treat.

## **“VEGGIE SPOTLIGHT” THE POWER OF THE PUMPKIN!**

The incredible benefits of the well-known pumpkin extend far beyond the capabilities to make a masterpiece of a jack-o-lantern, it provides us with a nutritional punch far beyond most other vegetables in the curcubita family. While this humble back yard veggie is super low in calories only 26 per 100 grams, its nutritional content is not. It contains zero saturated fats or cholesterol; however, it is rich dietary fiber, vitamins, minerals and free radical scavenging antioxidants! Pumpkin is also a powerhouse of Vitamin-A, Vitamin-C, Vitamin-E. Pumpkin contains nearly 7400 mg of Vitamin-A per 100

grams, that’s 246% of RDA. It’s also a good source of B-complex Vitamins such as folates, niacin, pyridoxine, thiamin and pantothenic acid. Pumpkin is also rich in the essential minerals copper, calcium, potassium and phosphorus. Vitamin-A is required by the body to maintain healthy vision, skin and mucus membranes. Various research studies suggest that foods rich in Vitamin-A help protect against lung and oral cancers. Pumpkin also contains many natural polyphenolic flavonoid compounds such as lutein, zea-xanthin, cryptoxanthin and various carotenoids. Remember, pumpkin seeds are also an excellent source of protein, fiber, vitamins, minerals, amino acids and heart healthy mono-unsaturated fatty acids!



## **“FRUIT SPOTLIGHT” GO CRAZY FOR CRANBERRIES!**



Every family has probably incorporated cranberries as a popular part of holiday celebrations either in the form of cranberry sauce, juice, or in desserts. But did you know that cranberries are at the top of the list as far as healthy foods are concerned due to it’s high nutrient and antioxidant content? Cranberries have even been referred to as a “super food.” Cranberries are also low in calories containing only 25 calories in a half cup. Cranberries were historically used by Native Americans for food as well as medicine and rightly so. Cranberries are

crammed full Vitamin-C, Vitamin-E, Vitamin-K, fiber, manganese and a vast array of beneficial antioxidants and phytonutrients which protect the body from oxidative stress and free radical damage. Various research studies has shown that consuming cranberries lowers your risk of urinary tract infections, various types of cancers, cardiovascular disease, lowers blood pressure and boosts the immune system. Try our tasty cranberry salsa and your sure to get a powerful dose of beneficial nutrients.

## **“SAFE COOKING GUIDELINES” PLAY IT SAFE WHEN PREPARING MEALS THIS HOLIDAY SEASON.**

When cooking this holiday season you want to make sure to take the proper safety precautions to make sure you and your family stay healthy. Here are a few tips to remember when cooking this holiday season:

- Always wash your hands with soap and water before and after handling food for at least 20 seconds to reduce bacteria.
- Prevent cross-contamination by washing utensils used to cut raw meat and always store meat on the bottom shelf of the refrigerator on a plate to prevent dripping.
- Always use a thermometer to ensure proper internal temperature for meats and poultry. Cook roasts and steaks to an internal temperature of at least 145°F and poultry to 165°F.
- Ensure proper cooling temperatures for meats and leftovers. Refrigerators should be set to 40°F or less. Leftovers should be consumed within 3-4 days after cooking.

## *Three Bean Pumpkin Chili*

Serves: 6

### **Ingredients:**

- 1 onion, diced
- 1 green bell pepper, diced
- 3 roma tomatoes, diced
- 6-8 mushrooms, quartered
- 1 1/2 cups cooked black beans
- 1 1/2 cups cooked kidney beans
- 1 1/2 cups cooked white beans
- 28 ounces low sodium tomato sauce
- 1 1/2 cups pureed cooked pumpkin or pumpkin puree (canned)
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 2 tablespoon Italian seasoning
- 2 cups low sodium vegetable/ chicken broth
- Green onion for garnish



### **Directions:**

1. Sauté onion and pepper until they are starting to soften, then add tomatoes and mushrooms. Cook until soft, then add all beans, tomato sauce and the pumpkin. Add Chili powder, cumin and Italian seasoning.
2. To thin chili add as little or as much vegetable/chicken broth as you'd like. If you like a thick chili, only add a few tablespoons. Keep the heat on high until the chili starts to boil, then reduce to low heat and simmer for 45 minutes.
3. Garnish with chopped green onions and enjoy!

The good news is this dish is an excellent source of Fiber, Vitamin-A, Vitamin-C, Iron, Calcium, Folate and Magnesium.



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# *Fresh Cranberry Salsa*

*Tangy and sweet with a bit of bite!*

4 servings

### **Salsa Ingredients:**

- 1 1/2 cups fresh or frozen cranberries, thawed
- 3 tablespoons honey
- 1/2 teaspoon lime zest
- 1 tablespoon fresh lime juice
- 2 tablespoons thinly sliced green onions
- 2 tablespoons chopped fresh cilantro
- 1 jalapeno pepper, seeded and minced
- 1/8 teaspoon ground cumin
- 1/2 teaspoon salt



### **Directions:**

1. Pulse cranberries in a food processor 4 to 5 times or until coarsely chopped.
2. Transfer to medium bowl; stir in honey and remaining ingredients.
3. Refrigerate if not using immediately.
4. Serve at room temperature with whole grain pita chips or as a garnish on meat.

[www.myrecipes.com/recipe/fresh-cranberry-salsa](http://www.myrecipes.com/recipe/fresh-cranberry-salsa)



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*Editor: Austin Hulsey, TSU Dietetic Student  
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