



STUDENT ASSOCIATION OF NUTRITION AND DIETETICS (SAND)

Spring Newsletter 2014

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START THIS SPRING OFF RIGHT WITH HEALTHY CHOICES

Start this Spring off with a bang! What can you do to make healthier choices that will greatly impact your health this year? Here are a couple tips any one can incorporate in their daily lives to greatly impact your health.

- **Exercise at least 3 times per week:** A consistent exercise routine has profound effects such as, increased metabolism, increased energy, appetite control, and a big plus in your feel-good column for the day. You are more likely to make healthy food choices when you start your day off with some exercise.
- **Have lots of fresh, healthy foods available at all times:** It is much easier to make a healthy food choice when there are some healthy choices available! Make a big fruit salad to keep in the fridge for when you need a snack. Have some of your favorite veggies ready to eat when you are hungry such as fresh carrots or celery. Make an extra-large salad at night and eat the leftovers for lunch the next day.

THE BENEFITS OF SUPERIOR NUTRITION ON HEALTH

We know so much about nutrition and its powerful effects to create disease or protect against disease. However, the question that seems unanswered to the majority of our population is what constitutes a healthy

diet that is actually disease protecting versus one that is disease promoting? What degree of nutritional excellence is necessary to make a diet therapeutically disease reversing? How do we measure the quality of our diet or the degree of nutritional excellence we are obtaining?

The quality of a diet can be judged based on three simple criteria.

- **Levels of micronutrients** (vitamins, minerals, phytochemicals) per calorie.
- **Levels of macronutrients** (fat, carbohydrate, protein) to meet individual needs, without excessive calories that may lead to weight gain or health compromise.
- **Avoidance of potentially toxic substances** (such as trans fats) and limited amounts of other potentially harmful substances (such as sodium).

*Editor: Austin Hulsey
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SO WHAT IS SUPERIOR NUTRITION?

Superior nutrition defines a diet-style that maximizes the beneficial health promoting effects of eating a variety of micronutrient-rich natural foods. To assure superior nutrition, individuals must understand their own unique nutritional needs. From there the quality of an individual's diet must be increased accordingly to experience the most profound therapeutic effects for preventing, treating and reversing disease.

“VEGGIE SPOTLIGHT” WHAT’S THE BIG FUSS OVER KALE?

Kale was first cultivated from wild varieties by the Greeks and Romans and later spread throughout Europe, where the leaves were called “coles,” and then to the British Isles. From there it was transported to the Americas. The first time it was recorded in the U.S. was in 1669, referred to as “colewarts.” If vitamins could be packaged and labeled as such, they would look very much like kale. That’s because the vitamins offered by just one cup of this relatively little-known veggie can trump a whole week’s worth of other foods: 684% of the daily value of vitamin K,

206% of the suggested daily amount of vitamin A, and 134% of vitamin C! Kale also provides a large number of disease fighting antioxidants and phytonutrients which help protect our bodies from the daily stresses we encounter. Start to make kale and other leafy greens a staple in your diet this Spring! Check out our delicious recipe for orange cashew tossed Kale Salad in the recipe section of this newsletter.



“EMERGENCY PREPAREDNESS” TIPS ON HOW TO PREPARE FOR AN EMERGENCY THIS SPRING.

Every family should have an emergency food kit. An emergency food kit contains enough water and food for each household member for at least 3 days and is kept in a waterproof case or carrying bag. Store the kit in a cool, dry place that is easy to access or in your emergency shelter (if you have one).

What You Should Include:

- Water for Three Days
- At least one gallon of clean water per person per day for drinking and hygiene.
- Food for Three Days
- Dried Foods
- Fruit, Crackers, Ready-to-eat Cereals, Powdered Milk, Beef Jerky
- Canned Foods
- Meats and Fish, such as Tuna and Chicken
- Vienna Sausages, Beans, Fruit, Fruit Juices, Vegetables, Soups
- High Energy Foods
- Peanut Butter, Jelly, Nuts, Trail Mix, Granola Bars, Protein Bars, Breakfast Bars, Cookies
- Baby Formula and Baby Food, if needed (Even if you are breast feeding, stress may keep you from producing milk.)

For more information visit http://www.tnstate.edu/agriculture/disaster_education1.aspx

REMEMBER

- Check the expiration dates on food every 6 months.
- Replace foods that are old.
- Include some comfort items if you have room.





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Pomegranate Poached Pears with Chocolate & Raspberry Sauces

Serves: 6

Ingredients:

- 6 medium pears
- 2 cups pomegranate juice
- 1 (whole cinnamon stick)
- 6 (whole cloves)
- 2 tablespoons goji berries

For The Chocolate Sauce:

- 1 cup frozen blueberries
- 1.5 cups almond milk
- 1 cup pitted dates
- 2/3 cup macadamia nuts
- 1 Tablespoon natural cocoa powder
- ½ tsp vanilla extract

For The Raspberry Sauce:

- 10 ounces frozen raspberries about 1.5 cups, thawed

Directions:

1. Peel pears, leaving stems intact. Slice off the bottom of each pear so that they stand up.
2. In a large saucepan, place pears standing up snugly together. Pour in pomegranate juice. Add cinnamon, cloves, and goji berries. Gently simmer, covered, for about 20 minutes until pears are tender. Remove pears and refrigerate until ready to serve. Reduce poaching liquid until it becomes a syrup.
3. For the chocolate sauce, place blueberries, almond milk, dates, macadamia nuts, cocoa, and vanilla in a blender and blend until smooth and creamy.
4. For the Raspberry sauce, place defrosted raspberries in a blender and blend until smooth. Push through sieve to remove seeds. Mix in poaching syrup.
5. Place a generous dollop of chocolate sauce on dessert plate. Place pear on chocolate and drizzle raspberry sauce on top, Enjoy!





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Tossed Kale Salad with Orange Cashew Dressing



Serves: 4

Salad Ingredients:

- 2 medium bunches kale, finely chopped (8 cups chopped)
- 2 large garlic cloves
- 1/4 cup fresh lemon juice (from 1 lemon)
- 2 tablespoons extra virgin olive oil, to taste
- 1/4 teaspoon fine grain sea salt
- 1/4 teaspoon freshly ground black pepper
- 1-2 handfuls dried sweetened cranberries, for garnish

Dressing Ingredients:

- 1/2 cup raw cashews
- 1/4 cup unhulled sesame seeds
- 1/4 cup white wine vinegar
- 2 oranges, peeled

Directions

1. Put all the dressing ingredients into a food processor or high-powered blender. Blend until smooth.
2. In a large bowl, combine all the salad ingredients.
3. Just before serving, toss with the dressing.