



Nutrition Nibbles

Sizzlin' Summer Nutrition Tidbits

- ◆ **Eat Seasonal This Summer.** Choose produce that naturally grows during the summer months. It is cost effective, encourages variety, and tastes better.
- ◆ **Go GREEN & Buy Local.** Support local farmers and buy fruits and vegetables that grow around your part of California. This action can help preserve the environment.
- ◆ **Check Out Your Neighborhood Farmer's Market:** www.sfgate.com/eguide/food/farmersmarkets/
- ◆ **Keep Your Food Safe.** As the weather warms up, keep your food cool, especially at picnics and BBQ parties. Refrigerate all perishable food within 2 hours of serving. Warning: If the weather is warmer than 90°F, refrigerate all food within 1 hour! Transport your potluck items to the party in a cooler packed with ice.
- ◆ **Marinate Safely.** Marinades can add extra flavor to your favorites. Always marinate your food in the refrigerator and discard all marinade once your food hits the grill. Never pour any raw marinade over cooked food.
- ◆ **Grill to the Proper Internal Temperature:**
 - ◆ Beef: 160°F (medium)
 - ◆ Pork: 160°F
 - ◆ Poultry: 165°F
- ◆ **Eat in Black & White:** Aim to eat a variety of colors every day. You will consume a mix of vitamins, minerals, antioxidants, and phytonutrients this way. But do not neglect black and white foods. White onions, potatoes, white peaches and nectarines, garlic and cauliflower help keep your cells healthy. Black beans, black rice, black berries, and black tea may boost your immune system.

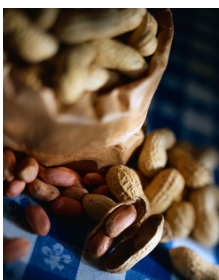


Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty." Well, strawberries are in season and tasting quite scrumptious! I like to slice them onto my cereal or yogurt, snack on them whole, or add them to a green salad. When at the grocery store, look for strawberries that are plump, bright red, and still have their green stems attached. To keep strawberries tasting as fresh as the day they were picked, store in the refrigerator, *unwashed*. For tastiest results, wash just before eating. To try a new strawberry recipe, check out www.calstrawberry.com

[More Details on page 2](#)

Forbidden Food Series Part II: Nuts



This is part two in a series on "forbidden foods"—those oh, so tasty foods that can't be good for you, right?

Last Month: Chocolate

July: Avocado

"Aren't nuts bad for you? They contain so much fat!" This is one of the most common complaints I hear from people. These words are also a large source of frustration for me! While people are focusing on the total fat content, they miss out on all the healthy properties of nuts and what a great addition they can make to the diet. Read on for more details...

Nuts are calorie concentrated (generally about 200 calories per ounce) but the fat they contain is predominantly monounsaturated or the very heart healthy kind. Nuts also pack in some protein and fiber. This combination of healthy fat, protein, and fiber make nuts highly satisfying in small quantities. Bet you didn't know that nuts are also a good source of vitamin E, magnesium, copper, phosphorus, and iron! These micronutrients (nutrients the body needs in small amounts) protect your heart against disease. Nuts also contain plant chemicals, or phytonutrients, that keep your body healthy and protect against chronic illness.

Sounding too good to be true? The Food and Drug Administration has developed a health claim for the benefit of nuts:

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FDA Qualified Health Claim for Nuts:

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.



Recipe Box:
Black Raspberry "Milkshake"

SERVES: 2

1 1/2 cups non fat milk

1 cup frozen black raspberries (look for them at Trader Joe's)

2 Tbsp chocolate syrup

Using a blender, combine ingredients until smooth and frothy. Split between two glasses. Enjoy this refreshing calcium and protein packed summer beverage!

Per Serving: 140 calories, 1 gram total fat (0 grams saturated fat), less than 5 mg cholesterol, 110 mg sodium, 28 grams total carbohydrate, 4 grams fiber, 7 grams protein, 250 mg calcium, 30% DV vitamin C

Taste What's In Season This Summer:

FRUITS:

- ◆ Apricots, Berries, Cherries, Figs, Grapes, Melons, Nectarines, Peaches, Plums, Pluots, Strawberries

VEGETABLES AND HERBS:

- ◆ Artichokes, Asparagus, Avocados, Basil, Celery, Corn, Cucumbers, Eggplant, Fava Beans, Green Beans, Lettuces & Greens, Okra, Peas, Peppers, Rhubarb, Shallots, Summer Squash, Tomatillos, Tomatoes

*Note: Fruits and vegetables that are grown year-round (broccoli, cauliflower, oranges, etc) are not listed here

- ◆ For produce seasonality charts, go to: www.cuesa.org

Forbidden Foods: Nuts continued...

So, how can you squeeze the health benefits of nuts into your diet without overdoing your daily calorie budget?

- ◆ Add an ounce of nuts to your breakfast cereal or snack-time yogurt.
- ◆ Throw some nuts on top of your salad. Try this combo: fresh spinach, mandarin oranges, dried cranberries, toasted almond slices, and raspberry vinaigrette.
- ◆ Spread your favorite all-natural nut butter on top of a whole grain English muffin or slice of whole wheat bread and top with sliced banana for a yummy breakfast or post-workout snack.
- ◆ Experiment by adding toasted nuts to your vegetables. Cashews are a tasty accompaniment to steamed green beans.
- ◆ Practice portion control! Divide a large can of nuts into several smaller snack bags using the serving size guide below.

How Many Nuts in One Ounce?

Type	Serving Size (1 ounce)
Almonds	23 nuts
Cashews	18 nuts
Hazelnuts	21 nuts
Peanuts	28 nuts
Pecans	18—20 halves
Pistachios	49 nuts
Walnuts	14 halves

Nutty Facts:

- ◆ 1 Brazil nut contains more than your entire daily allowance of selenium
- ◆ The average American eats 12 pounds of peanuts each year
- ◆ Walnuts are American's all-time favorite nut
- ◆ California is the leading grower of almonds and walnuts in the U.S.

This Month's Taste Test*:

59% of college students polled preferred Sunnyside (Lucky Market) store-brand low fat vanilla yogurt over Dannon All Natural and Mountain High Brands

Yogurt is a good source of calcium (approximately 300 mg per cup) and is a tasty and portable snack.

When choosing a yogurt, look for low fat or non fat varieties with minimal added sugar and live, active cultures.

*All taste testers are starving college students who enjoy free food!

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