

Nutrition Tidbits

A Monthly Newsletter from
Professional Nutrition Therapists, Inc.
(PNT)



Did You Know?

- Increasing your fruit and vegetable intake is an easy way to help manage your weight
- Modeling eating behavior and repeated food exposure instead of forcing foods is the best way to get your children to eat healthy foods
- Every color in produce offers something specific to the body, which is why it is important to eat variety
- There are wonderful, FREE resources on the Internet that can make it easy to incorporate more fruits and vegetables in your diet

New PNT Dietitian and New PNT Nutrition Programs

Angela Lemond, RD/LD joined Professional Nutrition Therapists in March. Angela specializes in healthy family lifestyles, cardiology nutrition, lactation, general wellness pre and postnatal nutrition. Angela brings with her a new PNT program called "It's a Family Thing!", which is a six week class geared to making healthy changes family-wide with all family members involved.

PNT has many different multi-week nutrition programs to choose from such as the DAWN Program for diabetics and pre-diabetics, Why Weight?, a weight management program and a new geriatric nutrition program.

PNT is made up of specialized registered and licensed dietitians that are experts in their individual nutrition fields. Call us today and schedule your individualized nutrition therapy at 972.238.1811.

April is Cancer Control Month

Each year, the US President declares April cancer control month. Nearly everyone in this country has dealt with cancer in some way, shape or form; by either fighting this debilitating disease personally, or has had to watch a loved one or friend do so.

Cancer control encompasses prevention, detection, treatment and supporting cancer patients. There are many things you can do to help

prevent cancer and one major thing you can do is eat well. This edition of Nutrition Tidbits is focused on cancer prevention through increasing your intake of fruits and vegetables.

You can make a difference by volunteering for local cancer control initiatives or by donating to the American Cancer Society. Visit their website at www.cancer.aov.



Prevention is Key

Proper nutrition is one of the most powerful things you can do to reduce your risk of cancer. We literally are what we eat because our bodies rely on what we put in it to run properly. That is why it is no coincidence that people that eat more fruits and vegetables have lower incidences of many different types of cancer. Fruits and vegetables contain countless number of anti-cancer substances called antioxidants.

Most of us know this already, but why

don't we eat enough fruits and vegetables? Many believe it is because families are busier than ever and one of the ways people stuff more into their day is by eating on the run. But if people knew that there were actually wonderful, free resources out there that can help them achieve fast and healthy, they may be more motivated to change their ways (see page 2).

One other wonderful benefit to eating



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The Center for Disease Control's (CDC's) Fruit and Vegetable of the Month are tomatillos and Asian pears.

more fruits and vegetables is that they naturally help you control your weight. Without actually dieting, fruits and vegetables are wonderfully high in fiber which can help you feel full with less calories. Fiber has many additional benefits for the body, including the ability to decrease cholesterol, manage glucose levels and also to aid in digestion and bowel regularity. The important things you should do when adding fiber to your diet is adding it slowly and at the same time, increase your fluid intake. The fiber slows down the digestion process and the fluid helps move the fiber along in the body. In general, the average adult should consume a minimum of 20-25 grams of fiber per day. For children above 2 years old, you can figure their fiber needs by taking their age and adding five to get the number of grams per day.

Fruits and vegetables not only assist your body in remaining cancer-free, they provide your body with much of what your body needs to have healthy skin and hair, normal blood pressure levels, promotes proper tooth and gum health, not to mention all the benefits for your vital organs like your heart, lungs and brain. It is one thing to know you should eat fruits and vegetables, but learning the "why" behind it may help motivate many people into action.

Good nutrition is a powerful preventative and treatment tool for your health. However, it never takes the place of seeing your physician for regular check-ups. Early diagnosis of any disease, including cancer, is essential.

***"To eat is a necessity,
but to eat intelligently
is an art."
La Rochefoucauld***

Free Resources Are Just a Click Away!

Are you one of those people that are self-motivated, clear on the how's and why's, but need resources? There are so many wonderful and free resources on the Internet. Here are some of my favorites:

More information on fruits and vegetables, including free recipes:

Center For Disease Control's (CDC's) Fruit and Veggie More Matters website, including Fruit and Vegetables of the Month:

<http://www.fruitsandveggiesmorematters.gov>

Nutrient-Rich Foods Coalition:

<http://www.nutrientrichfoods.org>

USDA's MyPyramid with new Project M.O.M. Initiative:

<http://www.mypyramid.gov>

Texas Department of Agriculture's Square Meals, Food & Nutrition Division:

<http://www.squaremeals.org>

If you need more than just resources to get started on your cancer preventative eating plan, you may benefit from professional guidance. Ask your physician or nurse practitioner for a referral to a registered dietitian.

Corn & Tomatillo Soup

Makes 8 servings

Each serving equals 1 cup of vegetables

Ingredients

1½ cup tomatillos
1½ cup onion, chopped
2 garlic gloves, diced
1 tsp margarine
3¾ cup whole kernel corn
1 cup frozen peas
4 cups low sodium chicken broth
1 Tbsp cilantro, chopped
4 oz diced green chilies
¼ cup spinach, chopped
1 tsp sugar



Sauté tomatillos, onion and garlic in with margarine for five minutes. Remove to food processor and add peas and cilantro. Puree to chunky. Pour in pan and add chicken stock, diced green chilies, chopped spinach, corn, and sugar. Heat and serve.

Nutritional analysis per serving: Calories 128, Protein 5g, Fat 2g, Calories From Fat 14%, Cholesterol 2mg, Carbohydrates 25g, Fiber 4g, Sodium 113mg.

Source: <http://www.fruitsandveggiesmorematters.gov>