



EDUCATOR NUTRITION NEWSLETTER

JANUARY
2015
EDITION

Produce Items of the Month are **CABBAGE** and **GRAPEFRUIT**.

HEALTHY MINDS = HEALTHY BODIES = HEALTHY STUDENTS

At St.Vincent we believe in treating the mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three of these aspects. This newsletter strives to make a connection between the classroom, cafeteria, home and community to motivate and support students in making healthy decisions.



Peyton Manning Children's Hospital at St.Vincent is here to help you, your school and your students reach whatever health and wellness goals you have. Please don't hesitate to let us know how we can help. For information or resources, contact Karen Terrell, School Wellness Coordinator at klterrel@stvincent.org or (317) 338-2336.

We hope you enjoy the newsletters and that you find them useful for your students and their families (and you, too!). Thank you for reading!

HEALTHY BODY FOCUS: National Glaucoma Awareness Month

More than 2.7 million Americans age 40 and older suffer from glaucoma. Nearly half do not know they have the disease—it causes no early symptoms. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called “the sneak thief of sight” because there are no symptoms and once vision is lost, it's permanent. As much as 40 percent of vision can be lost without a person noticing. Glaucoma is the leading cause of preventable blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians. Over 2.7 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma. More than 2.2 million Americans age 40 and older suffer from glaucoma. Nearly half do not know they have the disease—it causes no early symptoms.

(Information from Prevent Blindness America)

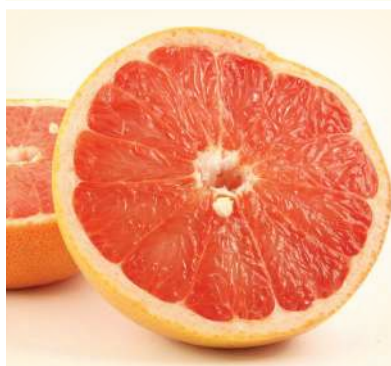


PRODUCE SELECTION



Cabbage

- Buy firm, heavy heads of cabbage. Avoid cabbage that feels light; this is a sign that it has lost a lot of its moisture.
- Cabbage will keep for about two weeks in the refrigerator. Store it in a plastic bag and punch a few holes in the bag so that air gets to it. Or you can also use a paper bag to store it in the refrigerator.
- Avoid green cabbage that has signs of whitening, as this means it has probably been stored for too long.



Grapefruit

- Skin discoloration, scratches or scaly appearance of a grapefruit does not affect the taste or texture quality.
- Fruits should be heavy for their size as this usually means thin skins and therefore a higher concentration of juicier flesh.
- Because grapefruits are juicier when they're slightly warm rather than cool, store them at room temperature if you are planning on consuming them within a week of purchase. If you will not be using them within this time period, store them in the refrigerator crisper where they will keep fresh for two to three weeks.

GETTING PHYSICAL: WIN A BRAIN BREAK BUCKET!

You have the chance to win this Brain Break Bucket for your classroom! Using physical activity challenges in the classroom helps children be ready to learn and remember information better. Physical movement increases blood flow bringing more oxygen to the brain and leading to improved concentration. Brain breaks can be used to energize a group after lunch or relax and calm a class before a test, after lunch or at the end of the day. Well-developed breaks can help students stretch, develop flexibility, improve coordination, and gain focus for the next lesson.

This Brain Break Bucket comes with 60 different activities for your students. All you need to do to win is send a picture or two of your class participating in a brain break activity (send to klterrel@stvincent.org). The first school to respond will win the bucket. Good luck!

COOKING IN CLASS:

For this month's recipe, simply peel and serve grapefruit sections to your students. You might offer both salt and sugar to sprinkle on the sections to see which they prefer.

Or bring in some ruby red grapefruit juice and mix it with sparkling water for a refreshing Grapefruit Fizz drink.

Cabbage

Nutrition Facts

Serving Size 1 cup, chopped 89g (89 g)

Amount Per Serving

Calories 22 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 16mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 9%

Sugars 3g

Protein 1g

Vitamin A 2% • Vitamin C 54%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Grapefruit

Nutrition Facts

Serving Size 1 cup sections, with juice
230g (230 g)

Amount Per Serving

Calories 97 Calories from Fat 3

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 25g 8%

Dietary Fiber 4g 15%

Sugars 16g

Protein 2g

Vitamin A 53% • Vitamin C 120%

Calcium 5% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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EAT YOUR COLORS!

When eating fruits and vegetables, it's important to remember to encourage children to eat a rainbow of colors.

RED	Help maintain a healthy heart, memory function and urinary tract health	Strawberries, red pears, red grapes, beets and tomatoes
ORANGE YELLOW	Help maintain heart health, healthy vision and healthy immune system	Oranges, tangerines, grapefruit or apricots
TAN WHITE BROWN	Help maintain heart health and cholesterol levels that are already healthy	Squash, garlic, jicama, alfalfa sprouts
GREEN	Help maintain healthy vision and strong bones and teeth	Cabbage, Chinese and savoy cabbages, kale and broccoli
BLUE PURPLE	Help maintain healthy aging, memory function and urinary tract health.	Blueberries, purple and red cabbages, eggplant, dried plums, figs

For more information, visit www.fruitsandveggiesmatter.gov

HOW MUCH DO I NEED?

Recommended Daily Amounts Of Fruits & Vegetables*

Kids, Ages 5-12	2½ - 5 cups per day
Kids, Ages 13-18	3½ - 6½ cups per day
Adults, 19+	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov to learn more.



HISTORY

One of the oldest known vegetables, the cabbage seems to always have been with us. It grew in both the East and West, though the early cabbage was a weedy, loose-leaved plant. The firm head that we know today was developed later.

In the East, pots containing cabbage dating back to 4,000 B.C. have been found in China. North China is probably the original home of Chinese cabbage. Cabbage is favored for pickling and is considered ts'ai or suitable to go over rice. The pickled cabbage known as Kim Chee is a staple throughout Korea.

Cabbage was introduced to America in 1541-42 by Jacques Cartier, who planted it in Canada on his third voyage.



Grapefruits have a rather recent history, having been discovered in Barbados in the 18th century.

Many botanists think the grapefruit was actually the result of a natural cross breeding, which happened between the orange and the pomelo, a citrus fruit that was brought from Indonesia to Barbados in the 17th century. The resulting fruit was given the name "grapefruit" in 1814 in Jamaica, a name which reflects the way it's arranged when it grows—hanging in clusters just like grapes.

Grapefruit trees were planted in Florida in the early 19th century, although they did not become a good commercial crop until later that century. Florida is still a major producer of grapefruits, as are California, Arizona and Texas. Other countries that produce grapefruits commercially include Israel, South Africa and Brazil.

LITERATURE LINKS

Elementary: *The Giant Cabbage: An Alaska Folktale* by Cherie Stihler

Moose discovers a very big cabbage in his garden that could win first prize at the Alaska State Fair. But there's a problem--it's so huge he can't lift it! An old Russian folktale inspired *The Giant Cabbage*, but this contemporary version showcases Alaska with vivid illustrations, adorable animal friends, and verbal twists and turns.

Middle: *Katie's Cabbage* by Katie Stagliano

"With the clarity that accompanies the innocence of youth, Katie Stagliano let her imagination grow as grandly as did her cabbage and she started a movement that feeds the hungry as well as the souls of the volunteers who reach out to their neighbors in need."--Amanda McNulty, Clemson Extension agent and host of the Emmy Award-winning *Making It Grow!*

This newsletter is brought to you by the Peyton Manning Children's Hospital at St.Vincent. Some material in this newsletter is adapted from the California Department of Public Health's Network for a Healthy California - Harvest of the Month program and from the following web sites: www.fruitsandveggiesmatter.gov and www.plants.usda.gov. For additional information or resources, please contact Karen Terrell, School Wellness Coordinator, Peyton Manning Children's Hospital at St.Vincent at klterrel@stvincent.org or 338-2336.