

# FAMILY NUTRITION NEWSLETTER

MARCH 2015 EDITION

## Produce Items of the Month are KUMQUATS and SUNCHOKES

At St. Vincent we believe in treating the whole person - mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three aspects of a person. We hope you enjoy the newsletters and that you find them useful for keeping your family healthy and happy. Thank you for reading!

### HEALTHY BODY FOCUS: NATIONAL NUTRITION MONTH

National Nutrition Month is a nutrition education and information campaign celebrated annually in March. It was developed by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity practices. The theme for 2015 is "Bite Into A Healthy Lifestyle," which encourages everyone to adapt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices, and getting daily exercise to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

A couple suggestions to get you started on eating right...

- Drink more water.
- Aim for half of your plate to be fruits and vegetables.
- Eat seafood twice a week.
- Enact a specific family meal time.
- Cook at home more instead of going out to eat.

For more information, visit <http://www.nationalnutritionmonth.org/nnm>.



### EVENTS

#### Monogram Maternity Beautiful Beginnings

Thursday, March 5

6:00-8:30 pm

Café Patachou at Keystone Crossing, 8697 River Crossing Blvd, Indianapolis, IN

St. Vincent presents a free monthly event with food, prizes and info on everything you need to know to prepare your body, mind and spirit for pregnancy and beyond. To register, visit [www.3384HER.com](http://www.3384HER.com) and don't forget to bring your partner or a friend.

#### Towne Meadow Elementary School Family Fitness Night

Wednesday, March 25

6:30-8:30 pm

10850 Towne Road, Carmel  
The Carmel Elementary School Health Fair will feature stations from Peyton Manning Children's Hospital at St. Vincent focused on stress management, injury prevention, nutrition, healthy lungs and hand hygiene. For details, contact Karen Terrell, School Wellness Coordinator, at [klterrel@stvincent.org](mailto:klterrel@stvincent.org)

### PRODUCE SELECTION

**Kumquats** - Did you know that you eat the entire kumquat - skin and all? The skin of the kumquat is sweet while the flesh inside is a bit tart.

- Choose kumquats that are firm, not soft.
- Store them at room temperature for up to two days or up to two weeks in the refrigerator.
- Kumquats should have a nice, deep color.

**Sunchokes** - This vegetable is also known as the Jerusalem artichoke.

- Choose smooth, clean, unblemished, firm sunchokes with a minimum of bumps.
- Avoid those with wrinkled skins, soft spots, blotched green areas or sprouts.
- Handle this vegetable carefully as they will bruise easily.
- You do not need to peel the sunchoke before cooking - the peel is edible.

### 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](http://www.mypyramid.gov) to learn more.



### HELPING YOUR CHILD EAT HEALTHY:

- Sunchokes can be eaten raw. They are also good tossed in to salads raw and thinly slices.
- Make sunchoke fries the same way you would French fries or sweet potato fries, using olive oil and your favorite herbs to season.
- Roasted sunchokes can be made by tossing them in a bit of oil and roasting in a 425 degree oven for about 20 minutes.
- If your kumquat is very ripe, simply eat it whole or slice it for a salad.
- Kumquats make a nice marmalade or chutney and pair well with fish, chicken or pork.

#### Kumquat

##### Nutrition Facts

Serving Size 1 fruit without refuse 19g (19 g)

Amount Per Serving	
Calories 13	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 0g	
Vitamin A	1% • Vitamin C 14%
Calcium	1% • 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.

#### Sunchoke

##### Nutrition Facts

Serving Size 1 cup slices 150g (150 g)

Amount Per Serving	
Calories 109	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	10%
Sugars 14g	
Protein 3g	
Vitamin A	1% • Vitamin C 10%
Calcium	2% • Iron 28%

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

### RECIPE CORNER

#### SUNCHOKES CHIPS (Makes 4 servings.)

1 lb. sunchokes, peeled and sliced very thinly  
Vegetable oil  
Kosher salt

1. Wash the sunchoke slices in several changes of cold water. Pat thoroughly dry.
2. In a large skillet, pour enough of the vegetable oil so that it comes about 1/4 in. up the sides of the pan. Turn the heat to high. When the oil is hot (but not smoking), gently add the sunchoke slices. Don't crowd the pan. (You'll have to do this in batches.)
3. When they brown on one side, turn them over and fry on the other side.
4. Transfer with a slotted spoon to a large plate or platter lined with paper towels. Sprinkle with salt.
5. Repeat with the remaining sunchoke slices. Serve hot.