PROJECT 18

Peyton Manning Children's Hospital at St.Vincent

APPROVED

FAMILY NUTRITION NEWSLETTER

FEBRUARY 2016 EDITION

Produce Items of the Month are STRAWBERRIES and AVOCADO

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!

PRODUCE SELECTION:

Strawberries:

- Look for bright red color - If there's white around the stem, or in the center of the berry, it wasn't picked at peak ripeness.
- Don't worry about size - Small berries tend to be juicier and more flavorful than big berries, but this isn't always the case. Color is more important than size.
- If possible, buy organic - Strawberries are on the Dirty Dozen list, which means they can contain high levels of pesticides even after washing. Organic berries won't necessarily taste better than conventional, but at least you won't be eating pesticides.

Avocado:

- The best way to tell if an avocado is ripe and ready for use is to gently squeeze it in the palm of your hand. Ripe, ready-to-eat fruit will be firm yet will yield to gentle pressure.
- Color alone may not tell the whole story. A Hass avocado will turn dark green or black as it ripens, but some other avocado varieties retain their light-green skin even when ripe.
- Avoid fruit with dark blemishes on the skin.

Avocado

Nutrition Facts

Serving Size 1 fruit, without skin and seed 136g (136 g)

Amount Per Serving	
Calories 227	Calories from Fat 175
	% Daily Value*
Total Fat 21g	32%
Saturated Fat 3g	14%
Trans Fat	
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 9g	37%
Sugars 0g	
Protein 3g	
Vitamin A 4% • Vitamin C	20%
Calcium 2% • Iron	5%

*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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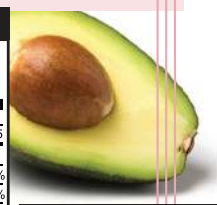

Strawberries

Nutrition Facts

Serving Size 1 cup, halves 152g (152 g)

Amount Per Serving	
Calories 49	Calories from Fat 4
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0% • Vitamin C	149%
Calcium 2% • Iron	3%

*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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HEALTHY BODY FOCUS: NATIONAL CHILDREN'S DENTAL HEALTH MONTH

The American Dental Association, along with the ADA Foundation, has dedicated February 2016 as National Children's Dental Health Month. To celebrate, here are six of the worst habits for your teeth – make it a goal to break any of these in 2016!

Nail biting: This habit can chip teeth and impact your jaw. "Placing your jaw for long periods of time in a protruding position can place pressure on it, which is associated with jaw dysfunction," says Dr. Ruchi Sahota. The solution: Bitter-tasting nail polishes, stress reduction and setting small, realistic goals can help.

Brushing Too Hard: Brushing for two minutes twice a day is one of the best habits you can get into. Just make sure you're not trying too hard. "Brushing with a hard toothbrush, or brushing too hard, can damage teeth and irritate gums," says Dr. Matthew Messina. The solution: Use a soft toothbrush with the ADA Seal of Acceptance at the proper pressure.

Grinding and Clenching: "This can cause chipping or cracking of the teeth, as well as muscle tenderness or joint pain," Dr. Messina says. "You might also feel like you can't open your mouth wide or chew with pain." The solution: "Relaxation exercises and staying aware makes a difference," he says. A nighttime mouth guard can also help.

Chewing Ice Cubes: "Tooth enamel is a crystal. Ice is a crystal. When you push two crystals against each other, one will break," Dr. Messina says. "Most of the time it's the ice, but sometimes the tooth or a filling will break." The solution: Drink chilled beverages without ice, or use a straw so you're not tempted.

Constant Snacking: Grazing all day, especially on sugary foods and drinks, puts you at a higher risk for cavities. The solution: Eat balanced meals to feel fuller, longer. If you need a snack, make sure it's low in fat and sugar. If you indulge in the occasional sugary treat, follow it with a big glass of water to wash away leftover food.

Using Your Teeth As Tools: Your teeth were made for eating, not to stand in as a pair of scissors or hold things when your hands are full. When you do this, you put yourself at a higher risk of cracking your teeth, injuring your jaw or accidentally swallowing something you shouldn't. The solution: Stop and find something or someone to give you a hand.

HELPING YOUR CHILD EAT HEALTH

STRAWBERRIES can be enjoyed in a variety of ways:

- Add them as a topping to your green dinner salad.
- Stir some into your breakfast oatmeal.
- Add some to your favorite smoothie recipe.
- Include them in a grilled peanut butter sandwich – see the recipe below!

AVOCADOES are used in a variety of ways:

- Spread avocado on your breakfast toast.
- Add diced avocado into your scrambled eggs.
- Mix with onions, tomatoes and spices to make your own guacamole.

RECIPE CORNER

AVOCADO DEVILED EGGS

12 large eggs, hard-boiled and peeled
1 ripe, fresh California Hass avocado, seeded and peeled
1/4 cup mayonnaise
1 Tbsp. ground cumin
1 Tbsp. capers, finely chopped
1 Tbsp. Dijon mustard
1 lime, juiced and zested
1/2 tsp. salt
2 jalapeño peppers, seeded and finely chopped
1 Tbsp. chili powder
2 Tbsp. cilantro, chopped

1. Cut the eggs lengthwise into halves. Slip out the yolks and mash yolks with a fork.
2. Add the avocado and mash with a fork.
3. Mix the mashed yolks and avocado with the mayonnaise, cumin, capers, mustard, lime juice and zest, salt and the jalapeño.
4. With large pastry bag using a large star tip, fill the egg whites with the egg yolk mixture (about one tablespoon in each half). Sprinkle with chile powder and garnish with the cilantro.

GRILLED PB&S (PEANUT BUTTER & STRAWBERRY)

2 (1-ounce) slices firm white sandwich bread, divided
1 teaspoon butter, softened
1 tablespoon creamy peanut butter
2 teaspoons honey
1-2 large strawberries, thinly sliced

Spread one side of each white bread slice with 1/2 teaspoon butter. Combine peanut butter and honey; spread over plain side of 1 bread slice. Top evenly with strawberry slices. Grill until done to your likeness.