PROJECT 18

Peyton Manning Children's Hospital at St.Vincent

APPROVED

FAMILY NUTRITION NEWSLETTER

NOVEMBER 2016 EDITION

PRODUCE ITEMS OF THE MONTH ARE POMEGRANATE & SWEET POTATO

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:

POMEGRANATE:

- Select a heavy pomegranate because the weight of the pomegranate tells you how juicy it is. Lighter pomegranates do not contain as much juice as heavier ones.
- Unripe pomegranates will be round, like an apple. As the fruit ripens and the juice-filled seeds begin to expand outward and press against the insides of the pomegranates it will have more of a square shape because the sides will be flattened (instead of rounded).
- Refrigerating your pomegranate rather than leaving it on your counter will help keep it fresher longer. You can expect your pomegranate to last for about two months if you keep it refrigerated!

SWEET POTATO:

- Select small to medium sweet potatoes because those will be more sweet and creamy. (The larger ones tend to be starchier.)
- The skin should be firm, smooth, and even-toned. The deeper the color of the potato, in general, the richer it is in the antioxidant beta-carotene.
- Keep sweet potatoes in a cool, dry place (pantry, not refrigerator) for up to two weeks. After that their high sugar content will cause them to spoil.

Pomegranate

Nutrition Facts

Serving Size 1 pomegranate 4 (282 g)

Amount Per Serving	
Calories 234	Calories from Fat 28
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 53g	18%
Dietary Fiber 11g	45%
Sugars 39g	
Protein 5g	
Vitamin A 0% • Vitamin C	48%
Calcium 3% • 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:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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Sweet Potato

Nutrition Facts

Serving Size 1 medium 151g (151 g)

Amount Per Serving	
Calories 115	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 41mg	2%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 2g	
Vitamin A 475% • Vitamin C	32%
Calcium 4% • Iron	6%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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HEALTHY BODY FOCUS: COPD AWARENESS MONTH

November is National Chronic Obstructive Pulmonary Disease (COPD) Awareness Month. Sponsored by the United States COPD Coalition, the observance is a time for organizations and communities across the country to increase the overall awareness of COPD. COPD Learn More Breathe Better®, the title of the National Heart, Lung, and Blood Institute's national awareness and education campaign, has again been adopted as the theme for this year's National COPD Awareness Month.

Did You Know?

Chronic obstructive pulmonary disease is the third-leading cause of death in the United States. The disease kills more than 120,000 Americans each year—that's one death every four minutes—and causes serious, long-term disability. The number of people with COPD is increasing. More than 12 million people are diagnosed with COPD and an additional 12 million likely have the disease and don't even know it.

Here are four things YOU can do to live a longer, more active life.

1. Be aware of the risk factors
2. Recognize the symptoms
3. Ask your doctor or health care provider about a simple breathing test
4. Follow treatment advice

Four key risk factors for COPD. If you ...

- Have shortness of breath, chronic cough, or have trouble performing simple daily tasks like climbing stairs, grocery shopping, or laundry;
- Are over age 40 and currently smoke or used to smoke;
- Have worked or lived around chemicals or fumes;
- Have certain genetic conditions

...you could be at risk for COPD.

HELPING YOUR CHILD EAT HEALTHY

It seems like a lot of people have never cut up a pomegranate. For this reason, I'll give you instructions on how to do this like a pro:

1. Dress appropriately. Before de-seeding your pomegranate, you will want to put on an apron or an old shirt that you don't mind getting stained. The juice from pomegranates will stain your clothes.
2. Cut your pomegranate into quarters. To get to the edible part of the pomegranate, you'll need to cut into and through the rind. Cutting the pomegranate into quarters rather than halves will give you better access to the seeds.
3. Fill a bowl with water. Your bowl should be one in which you can submerge your pomegranate quarters comfortably. Leave enough space in the bowl to place your hands into it without causing the water to overflow.
4. Place your quartered pomegranate in the water-filled bowl. Now you're ready to use your fingers to remove the seeds. Doing this in water is the easiest way to de-seed your fruit because the seeds are heavier than the membrane that surrounds the seeds (the seeds will sink to the bottom of the bowl and the membrane will rise to the surface).
5. Enjoy!

This recipe would make a beautiful dessert for your Thanksgiving dinner.

RECIPE CORNER

VANILLA POMEGRANATE PARFAITS (RECIPE FROM EATING WELL)

Pomegranate Compote

- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 cup pomegranate seeds (see Tip)
- 2/3 cup pomegranate juice
- 1 tablespoon lemon juice

1/2 cup pomegranate seeds for garnish

~~6 mint sprigs for garnish~~

Pudding

- 1 cup low-fat milk
- 3/4 cup half-and-half
- 1 vanilla bean, halved lengthwise, or 2 teaspoons vanilla extract
- 1 large egg
- 1 large egg yolk
- 1/3 cup sugar
- ~~1 1/2 tablespoons cornstarch~~
- 1 tablespoon butter

Preparation:

1. To prepare compote: Mix 2 tablespoons sugar with 2 teaspoons cornstarch in a small saucepan. Add pomegranate seeds, pomegranate juice and lemon juice; stir to combine. Bring to a boil over medium-high heat and cook, stirring, until syrupy, about 5 minutes. Transfer to a small bowl. Refrigerate while you prepare the pudding.
2. To prepare pudding: Combine milk and half-and-half in a medium heavy saucepan. Scrape in seeds from vanilla bean (or add vanilla extract). Bring to a simmer over medium heat. Remove from the heat, cover and let steep for 5 minutes.
3. Meanwhile, whisk egg, egg yolk, 1/3 cup sugar and 1 1/2 tablespoons cornstarch in a medium bowl. Reheat the milk mixture just until steaming. Carefully whisk one-third of the steaming milk into the egg mixture. Pour the egg-milk mixture back into the pan. Cook over medium heat, whisking constantly, until very thick, 2 to 3 minutes. Remove from the heat and whisk in butter.
4. To prepare parfaits: Divide the pomegranate compote among six 6-ounce (3/4 cup) parfait glasses, ramekins or other small dessert cups. Spoon the pudding mixture over the compote. Cover and refrigerate until the pudding is well chilled and firm, at least 3 hours. To serve, garnish each parfait with pomegranate seeds and a mint sprig, if desired.