

FAMILY NUTRITION NEWSLETTER

APRIL 2013 EDITION

The featured produce of the month are **STRAWBERRIES** and **ASPARAGUS!**



ST. VINCENT and PEYTON MANNING CHILDREN'S HOSPITAL AT ST. VINCENT COMMUNITY EVENTS

St. Vincent Health & Health – Colonoscopy • April 11 at 1 pm
St. Vincent Medical Center Northeast
St. Vincent surgeon Christine Gupta, MD, will discuss the importance of colonoscopy. Call 338-CARE (2273) to register.

Family Enrichment Group Session April 17 at 4:30 pm
St. Vincent Stress Center

This is a free weekly offering for anyone. Targeted towards parents with children (child, adolescent or teen focused) that are dealing with mental health issues. The goal of the group is to rotate general mental health topics from an expert child therapist as well as other parents and families which serve as a great resource for support. For further information, please call (317) 338-4850.

Gennesaret Free Clinic Art for Beds 2013 • April 28

The Conrad, downtown Indianapolis
Join St. Vincent Health as they partner with the Gennesaret Free Clinics with Art for Beds. For additional information, contact bwarren@gennesaret.org

APPROVED



PRODUCE TIPS

- When selecting asparagus, look for tight, dry tips, which should be a nice green or purplish color. The tops should also never be wet.
- Smell your asparagus as it should have no odor. A bad-smelling spear is a bad asparagus.
- Store asparagus in the refrigerator for up to 5 days.
- Strawberries are picked at their peak and do not ripen after harvesting, so select berries that are bright red with fresh-looking green caps. Avoid strawberries with green or white tips.
- Store strawberries in the refrigerator in a single layer on a paper towel in a moisture proof container. Eat them within 48 to 72 hours, or freeze them.

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.

APRIL FOCUS ON... National Distracted Driving Awareness Month

April is National Distracted Driving Awareness Month, and the Department of Transportation is working with the traffic safety community across the country to educate people about the dangers of distracted driving. We're all guilty of some sort of distracted driving, but we should commit to eliminate distractions as much as possible.

We all like to make the most efficient use of our time and that's a good thing; however, try not to use your time in the car to make phone calls, eat breakfast or review your "to do list" for the day. Your time in the car might seem like a good time to "take care of business," but it really isn't.

- Plan ahead before you buckle in. Save time for eating at home or in the office. Eating while driving can be very distracting.
- You've heard it a thousand times...DON'T TEXT AND DRIVE. If you have an urgent matter that needs your attention, pull off the road to a safe spot and make your phone call or send your text.
- Map out your directions before you sit behind the wheel to familiarize yourself with where you're going.
- Explain to children why it's important not to yell or throw things around in the car while you are driving.

According to the National Highway Transportation Safety Administration (NHTSA), "Texting is the most alarming distraction because it involves manual, visual, and cognitive distraction simultaneously. Sending or reading a text takes your eyes off the road for 4.6 seconds. At 55 mph, that's like driving the length of an entire football field, blindfolded."

Be safe. Buckle up. Pay attention.

GETTING PHYSICAL...Celebrate EARTH DAY

During the month of April, remember to be kind to Mother Earth. Founded by Senator Gaylord Nelson, Earth Day was first organized in 1970 to promote ecology and respect for life on the planet as well as to encourage awareness of the growing problems of air, water and soil pollution. In honor of Earth Day here are some activities and ideas for your family which should also provide you with an opportunity for good physical activity.

1. Compost
2. Have a littler pick-up party! Grab your friends and family and head to a nearby park and pick up trash. Use caution when picking up items and be sure to wear gloves and dispose of items in a garbage can or bag.
3. Reuse...garage sale
4. Plant a tree
5. Walk/bike to school



APRIL 2013 HEALTH OBSERVANCES

- National Distracted Driving Awareness Month
- Stress Awareness Month
- Air Quality Awareness Week – April 29 – May 3
- World Health Day – April 7

RECIPE CORNER

Roasted Asparagus

Roasted asparagus is one of the easiest, tastiest and simple recipes ever!

Ingredients:

- 1 lb. asparagus spears
- 1-2 tablespoons olive oil
- 2 garlic cloves, minced
- Kosher salt, to taste
- Freshly grated black pepper
- Lemon juice, optional

- Preheat oven to 400 degrees. Wash asparagus and break off the tough ends.

- Lay spears onto a baking sheet in a single layer and drizzle with the olive oil and garlic.

- Sprinkle on the salt and pepper

- Bake in the oven for 8-10 minutes until the spears are slightly browned and tender when pierced with a fork.

- Drizzle with lemon juice, if desired.

FUN FACTS

• Indians called strawberries "heart-seed berries" and pounded them into their traditional corn-meal bread recipes. Sometime after, colonists decided to create their own version, which became an American favorite... Strawberry Shortcake.

• The English and French used the heart-shaped berries to landscape their gardens. In fourteenth-century France, Charles V ordered twelve hundred strawberry plants to be grown in the Royal Gardens of the Louvre.

• There is a legend that strawberries were named in the nineteenth-century by English children who picked the fruit, strung them on grass straws and sold them as "Straws of berries".

• Asparagus is best planted near tomatoes as each plant repels bugs that bother the other

• Did you know that asparagus can grow up to 10 inches in a 24-hour period?

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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Asparagus

Nutrition Facts

Serving Size 1 cup 180g (180 g)

Amount Per Serving

Calories 32 Calories from Fat 6

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 3g 12%

Sugars 1g

Protein 5g

Vitamin A 29% • Vitamin C 73%

Calcium 3% • 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.

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