



Peyton Manning Children's Hospital at St.Vincent

APPROVED

FAMILY NUTRITION NEWSLETTER

JANUARY 2015 EDITION

Produce Items of the Month are CABBAGE and GRAPEFRUIT.

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 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)



EVENTS

The Children's Museum PlayFit
 Saturday, January 3, 2015
 10:00 a.m. - 3:00 p.m.
 The Children's Museum
 3000 N Meridian
 Indianapolis, IN 46208

Join us for an indoor fitness extravaganza. Peyton Manning Children's Hospital at St.Vincent will be onsite to offer health and wellness education and activities including home safety. We will also distribute free sleep sacks for infants 0-6 months while providing safe sleep education. For more information, visit www.childrensmuseum.org.

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.

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.



HELPING YOUR CHILD EAT HEALTHY:

- Add grapefruit sections to your green salads.
- Instead of your morning glass of OJ, have a glass of grapefruit juice.
- To enjoy a salad with a tropical flair, combine chopped grapefruit pieces, cooked shrimp and avocados and serve on a bed of romaine lettuce.
- Add cabbage to your favorite winter stew recipe
 - If you are adventurous in making your own egg rolls, add cabbage to the filling
 - Use cabbage leaves as a wrap for sandwiches rather than lettuce

Cabbage	
Nutrition Facts	
Serving Size 1 cup, chopped (89g)	
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%

Grapefruit	
Nutrition Facts	
Serving Size 1 cup sections, with juice (230g)	
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%

RECIPE CORNER

TASTY CABBAGE SOUP

Thinly slice 1/2 cabbage and add to 2 cups diced raw onion, carrot and celery. Cover with chicken stock and simmer 10-12 minutes with lid on. Serve with a spoonful of sour cream sprinkled with Parmesan cheese and chopped parsley. Other vegetables can be added to this dish for variety.

GRILLED GRAPEFRUIT

Halve and cut a grapefruit into segments leaving flesh in the skin. Mix 1 tablespoon each of brown sugar, coconut and flaked almonds. Sprinkle over fruit and grill until lightly browned.