

HEALTHY COLUMBUS

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YOU BY:

THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR
DEPARTMENT OF
HUMAN RESOURCES

healthy **COLUMBUS**
CITY EMPLOYEE WELLNESS PROGRAM

FRESH **FOOD**
PERSPECTIVE



SPRING EATING: GREAT GREENS

Spring has (almost) sprung and with it comes everything green. From the shamrocks to the sprouting plants, green is all around us. Spring is also the start of harvest season for those nutritional powerhouses we hear so much about, the leafy greens. But how much do we need? And what makes them so great for our health?

Recommended Servings

The *Dietary Guidelines for Americans* recommends we consume at least 1 1/2 cups of dark green vegetables per week, but many argue we could benefit from much more! Dark green vegetables include bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mustard greens, romaine lettuce, spinach, turnip greens, and watercress, just to name a few!

Low Calorie, High Nutrient

With only 5-40 calories per cup, greens pack a nutrient punch. They are naturally rich in vitamins (including A, C, K and folate), minerals (including potassium, magnesium, calcium and iron), and fiber. They are also a rich source of phytonutrients, such as beta-carotene and lutein.

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Spring Nutrition Programs

April

Win a free nutrition consultation!

2 people will win the opportunity to have a one-on-one private consultation with a registered dietitian to talk about all of your nutrition needs and develop an nutrition plan.

- To enter, watch at least 2 of the pre-recorded nutrition webinars that can be found at www.columbus.gov/NutritionWebinars.aspx

May 7th

Health and Benefits Fair

Ashley Harris, RD will be on site from 8-2 to answer nutrition questions and hand out healthy snacks!

- Visit www.columbus.gov/HealthFair.aspx for details!



SPRING EATING CONTINUED: GREAT GREENS

Health Benefits

There are numerous health benefits associated with eating leafy greens including:

- Fights and helps prevent certain cancers
- Reduces risk of cardiovascular disease
- Prevents macular degeneration and cataracts
- Helps control blood sugar and prevent type 2 diabetes
- Keeps skin healthy as we age and repairs damaged skin
- Promotes strong bones
- Reduces depression
- Protects against memory loss

Special Note

Because vitamin K can interfere with blood thinning medications, talk to your doctor or RD about how to safely incorporate vitamin K rich greens into your diet.

SOME OF OUR FAVORITE GREENS....



Chard

This green comes in several varieties and is rich in vitamins A & K, magnesium and potassium. Try young chard raw in salads or sauté mature chard with olive oil, lemon juice and garlic.



Arugula

Sometimes called "rocket" this green is considered both an herb and a lettuce. It also contains the cancer-fighting phytonutrients that you would find in cruciferous vegetables (i.e. broccoli, cauliflower, etc). Add fresh arugula to salads, sandwiches, pastas or as a pizza topping!



Mustards

These greens are native to India and have a spicy, peppery flavor. They are rich in vitamins A, C & K, calcium and fiber. These are great in salads either raw, lightly steamed or braised.



Kale

Like arugula, kale contains the cancer-fighting phytonutrients we find in the cruciferous family. It is also rich in vitamins A & C and calcium. Add raw kale to salads or use it to make green smoothies. Cooked kale makes a great side dish or addition to any soup or pasta.



Romaine

Romaine is a great source of vitamin K and folate. This green is best enjoyed raw and makes a great salad green or sandwich addition.



Collards

These hardy greens hail from the Deep South and are high in vitamins A & K and calcium. These greens also contain the potent cancer fighting phytonutrients we see in the cruciferous family and they also promote heart health! These are best enjoyed braised. Try pairing with vinegar and chili peppers to help mellow the bitterness.

ASK THE RD

Q: I love my oatmeal in the morning but I like the flavored instant packets I can make in the microwave at work. Are these still healthy or should I be eating the kind I have to cook on the stove?

A: Quick, bottom line answer, oatmeal in any form is considered a whole grain and still a healthy breakfast choice. However, oatmeal in different forms has different effects on our blood sugar. The quicker the oats cook, the faster they make your blood sugar rise.

Instant oats have been already broken down so they cook more quickly but are also digested rapidly, hence the quick rise in blood sugar. Old fashioned oats have been partially broken down but not as much as instant. The result is a bit longer cooking time and a more gradual rise in blood sugar.

Steel cut oats are the gold star. These take up to an hour to cook on the stove but result in a slow rise in blood sugar and give you energy and make you feel full for much longer than the quicker cooking oats. These can also be re-heated without losing any of their nutritional benefit so an option is to prepare a large batch ahead of time and then you can warm some up each morning for breakfast in the time it would take to make your instant.

Also, it is important to carefully read the labels of the flavored oatmeal because many are loaded with sugar and salt, making them a less healthy choice. Your best bet is to get the plain and add your own flavorings to sweeten it up (i.e. fruits or a small amount of honey or brown sugar).

Submit Ask The RD questions to: aharris@freshfoodfreshperspective.com.



Ashley Harris, MS, RD, CSO
Fresh Food Fresh Perspective
Registered Dietitian

Ashley has a Masters Degree in Human Nutrition from The Ohio State University and is a Certified Specialist in Oncology. She is passionate about providing educating on the healing powers of food and on how to make nutritious eating part of everyday life by choosing simple, healthy foods that are both tasty and affordable.

TIP CORNER: THE PERFECT BOILED EGG

With Easter just around the corner, most are bound to have refrigerators full of colored eggs. Make the most of this by making perfect hard boiled eggs that will double as a coloring project for the kids and then can serve as a healthy snack or recipe addition.



Method

1. Place eggs in single layer in sauce pan and cover with 1-2 inches of cold water. Add 1/2 tsp salt to help keep the eggs from cracking and make them easier to peel. Gently bring to a boil.
2. Once the water has begun to boil, remove pan from heat and cover. Let sit for 12 minutes.
3. After 12 minutes, quickly place the eggs in cold or ice water until eggs feel cool to the touch. Remove from water and store in refrigerator for up to 5 days.

Tips

- Farm fresh eggs will be harder to peel than store bought eggs. For easier peeling, let sit in the refrigerator for several days after cooking before you try to peel. Another option is to steam cook for 20 minutes for easy peeling.
- Adding vinegar when boiling eggs will prevent the egg whites from running from eggs that accidentally crack (may have slight effect on taste).

TIMES 4: ROTISSERIE CHICKEN

FOUR WAYS TO SPRUCE UP YOUR SUPERMARKET CHICKEN

1. Buffalo Chicken Sandwiches

(Adapted from *Real Simple Magazine*.)

Ingredients:

- 2 Tablespoons butter
- 1/2 cup buffalo wing sauce
- 3 cups shredded rotisserie chicken (skinless)
- 4 toasted whole wheat buns
- 1 cup crumbled blue cheese



Instructions: Melt butter in medium skillet. Stir in buffalo wing sauce and rotisserie chicken and cook until warm (-2-4 minutes). Divide evenly and add to toasted buns. Top with crumbled blue cheese and serve.

TIP: Serve with carrots and celery sticks to add the perfect crunch and nutrient boost.

3. Chicken Soup with Rice

(Adapted from www.epicurious.com)

Ingredients:

- 1 (2-pound) rotisserie chicken
- 3 celery ribs
- 1 medium onion, quartered
- 2 fresh thyme sprigs
- 1 bay leaf
- 10 cups reduced-sodium chicken broth
- 6 fresh parsley sprigs 2 Tablespoons chopped parsley
- 2 medium carrots, cut into 1/4-inch-thick slices
- 1/2 cup long-grain rice, rinsed



Instructions: Remove meat from chicken and shred, reserving bones. Add chicken bones to 6-8 quart pot along with 1 celery rib (coarsely chopped), onion, parsley sprigs, thyme sprigs, bay leaf and chicken broth. Simmer, partially covered, 1 hour. Pour broth through fine-mesh sieve into large bowl. Cut remaining celery into 1/4 inch slices. Add broth, celery, carrots and rice to pot and simmer, partially covered, until vegetables and rice tender (-30 minutes). Stir in 1 1/2 cups shredded chicken and chopped parsley and serve.

2. Lemon Chicken Penne

(Adapted from *Health Magazine*.)

Ingredients:

- 1/2 pound uncooked whole-wheat penne
- 2 Tablespoons extra-virgin olive oil
- 1 1/2 Tablespoon sliced fresh garlic
- 1/2 teaspoon crushed red pepper
- 2 cups shredded rotisserie chicken (skinless)
- 1/2 pound broccoli rabe, trimmed and cut into 3-inch pieces
- 1 teaspoon grated fresh lemon zest
- 1/8 teaspoon salt
- 1/3 cup grated fresh Parmesan cheese



Instructions: Cook penne according to instructions. Add broccoli rabe during the last 2 minutes of cooking. Drain when pasta is al dente and rabe is still bright green, reserving 1/3 cup of pasta water. Heat olive oil over medium heat, add garlic & crushed pepper, cook 1 1/2-2 minutes. Add chicken & reserved pasta water, cook 1 minute. Add lemon zest & salt and remove from heat. Toss mixture with pasta and rabe and top with Parmesan cheese and serve.

4. Chicken Nicoise Salad

(Adapted from *Real Simple Magazine*.)

Ingredients:

- 1/2 pound green beans
- 1/2 pound new potatoes, halved
- 4 hard boiled eggs, peeled and halved
- 6 cups salad greens
- 1 1/2 cups shredded rotisserie chicken (skinless)
- 1/2 small red onion, sliced
- 1/2 cup black olives, seeded



Instructions: Separately steam green beans and potatoes then rinse under cold water. Hard boil, peel and halve eggs. Divide salad greens evenly among 4 plates and top with chicken, red onion, olives, beans and potatoes. Dress with favorite vinaigrette and serve!



SPRING HEALING FOOD: CARROTS

HEALTH BENEFITS:

- Carrots are packed full of beta-carotene. This nutrient helps protect our eyes from macular degeneration and cataracts, repair damaged skin, and prevent many types of cancers including lung, cervical, breast, bladder and colon.
- Just one serving of carrots a day reduces the risk of a heart attack by 60%!

HOW TO USE:

Dip baby carrots in a dip or hummus or add to any soup or salad. To bring out their natural sweetness, toss in olive oil and roast in the oven at 400 degrees for 45-60 minutes.