



Serving Centre County residents with food needs.

Food Pantries of Centre County



Newsletter—Summer 2016

Go Green

Broccoli Salad

Ingredients

- 2 heads broccoli
- 1 red onion
- 1/2 pound bacon
- 3/4 cup raisins
- 3/4 cup sliced almonds or sunflower seeds
- 1 cup mayonnaise
- 1/2 cup white sugar
- 2 tablespoons white wine vinegar or apple cider vinegar

Directions

1. Cook bacon until evenly browned. Cool and crumble.
2. Cut broccoli into bite-size pieces and cut onion into thin bit-size slices. Combine with bacon, raisins, nuts and mix well.
3. Prepare dressing by mixing mayonnaise, sugar and vinegar together until smooth. Stir into salad, chill and serve.

Green vegetables top the list of best-for-you veggies: They're great sources of fiber and the antioxidant vitamins A, C and K, plus scads of other vitamins and minerals, are typically low in calories. Keep them in mind as you work toward the new dietary guidelines' recommendation to fill half your plate with vegetables at every meal. Broccoli can't be beat! It is



very high in fiber and delivers a potent package of Vitamin C — 135 percent of what you need in a day — plus potassium and iron, as well as Vitamin K and folate to that list. Like other green cruciferous vegetables (such as Brussels sprouts, kale, cabbage and bok choy), it contains nitrogen compounds known as indoles, which have been shown to prevent stomach tumors. In fact, eating broccoli may help reduce the risk of other cancers, too, by virtue of its being rich in carotenoids, antioxidants that are thought to sponge up free radicals that promote cancer.

Broccoli is also very high in calcium for a vegetable, though some will quibble that not all the calcium it contains is easily absorbed by the body. Tip: For broccoli and other green vegetables, steaming is the best way to retain nutrients; boiling, microwaving or stir-frying may leach some away. Dark leafy greens such as



spinach (along with dark romaine, collard greens and kale) are great sources of Vitamin K, which is "essential for blood clotting and bone healing." A cup of spinach delivers nearly twice (181 percent) the Vitamin K you need daily. That nutrient also may help decrease inflammation in the body; inflammation is thought to be at the root of many diseases, including cancers and cardiovascular disease. Although spinach is often touted for its iron content, it's noted that the vegetable also contains oxalic acid, which limits the body's ability to absorb all that iron.

Tip: Spinach fresh from the garden is optimal; the stuff you buy in bags in the produce section may have lost nutrients during shipping and the time it sits on the shelf. Frozen spinach may be a better nutritional bet, as it's typically flash-frozen at its peak. Not exactly a dark-green vegetable, celery delivers at least its share of nutrients per



calorie. Celery serves up fiber, folate, Vitamin A and Vitamin C — an it's easy-to-eat, a great snack to cut up and enjoy, a vehicle for healthy spreads and a great source of fiber. Tip: Use celery as a "vehicle" for healthful toppings such as almond butter, peanut butter and raisins, or refried beans.



Getting More Vitamin D

Vitamin D is essential for bone health. Recent research suggests it may have other benefits, too, such as protecting against colds and fighting depression.

The good news is that most people get enough vitamin D, according to the Institute of Medicine (IOM).

However, if you don't spend enough time in the sun or if your body has trouble absorbing the vitamin, you may not get enough. Here are 12 ways to ensure adequate intake:

Sunlight

Sunlight spurs the body to make vitamin D. But because of the skin-cancer risk, there isn't an official recommendation to catch some rays. However, a small amount of sun exposure without sunscreen can do the trick.

"If you're going to get it from the sun, about 20 to 25 minutes of exposure is helpful."

The sun is less likely to provide your daily needs at higher latitudes, in the winter, or if you're older or dark skinned (skin pigment blocks light and the process is less efficient with age). And FYI: Light through a window won't work.

Fatty fish

Fatty fish can be a good source of vitamin D. Common options include salmon, trout, mackerel, tuna, and eel.

A 3-ounce sockeye salmon fillet contains about 450 international units (IUs) of vitamin D—a good portion of the 600 IUs that is the Institute of Medicine's recommended dietary allowance (800 IUs if you're over 70).

And you get a bonus—heart-healthy omega-3 fatty acids!

Canned tuna fish

Fresh fish aren't the only way to boost your vitamin D intake; you can get vitamin D from a can, too.

Canned tuna fish and canned sardines both contain vitamin D, and are usually less expensive than fresh fish.

Plus, a longer shelf life makes the canned products easy to stock up on and use at your leisure. Canned light tuna has the most vitamin D—about 150 IUs per 4 ounces—while canned albacore tuna has about 50 IUs per 4 ounces, and canned sardines have a little more than 40 IUs per two sardines.



Fortified milk

Almost all types of cow's milk in the U.S. are fortified with vitamin D, but ice cream and cheese are not.

In general, an 8-ounce glass of milk contains at least 100 IUs of vitamin D, and a 6-ounce serving of yogurt contains 80 IUs, but the amount can be higher (or lower) depending on how much is added.

Some soy and rice milks are fortified with about the same amount, but check the label since not all contain vitamin D.

Some types of orange juice

Not a dairy fan? No problem. You can get vitamin D from fortified orange juice.

One 8-ounce glass of fortified juice usually has around 100 IUs of vitamin D, but the amount varies from brand to brand. Not all brands are fortified, so check the label.

Two fortified brands, Florida Natural Orange Juice and Minute Maid Kids+ Orange Juice, contain 100 IUs per 8-ounce serving.

Egg yolks

Eggs are a convenient way to get vitamin D. They're popular in many breakfast, lunch, dinner, and dessert recipes.

Since the vitamin D in an egg comes from its yolk, it's important to use the whole egg—not just the whites. One yolk will give you about 40 IUs, but don't try to get your daily vitamin D just from eggs.

One egg contains about 200 milligrams of cholesterol, and the American Heart Association recommends consuming no more than 300 milligrams a day for heart health.

Fortified cereal

If you're a vitamin D seeker looking for a crunch, look no further than fortified cereals. Choose a low-calorie fortified cereal like Multi Grain Cheerios to get part of your daily fill of vitamin D. You can pair it with fortified milk and a glass of fortified OJ too.

A 1-cup (29 gram) serving of Multi Grain Cheerios with one-half cup of fortified milk is 90 IUs; add in an 8-ounce glass of fortified orange juice, and your total is close to 200 IUs

Beef liver

Although it might not be the most appealing source, a 3.5-ounce serving of cooked beef liver contains about 50 IUs of vitamin D—and several other nutrients. You'll also be getting vitamin A, iron, and protein.

However, beef liver is also high in cholesterol, so you might want to choose an oily fish instead.