

Food for Thought

Promoting Nutrition and Wellness One Bite at a Time



"Superfood"
of the Month

**Chocoholics
Unite!!**

Exploring Exotic
Cuisine From Peru

New Year, New You...
How to Keep Your
New Year's Resolutions

UMASS DARTMOUTH

DINING SERVICES

From the Editor

Welcome back! Hope you had a great vacation and made all your New Year’s resolutions. Even though it is still winter and freezing cold outside, Valentine’s Day is here, February 14th. Whether you are sharing this day with a special someone or your friends, make it a happy memorable day full of nutritious sweet treats. Check inside to see the health benefits of chocolate with some of my favorite chocolate products, finds, and recipes.

Our second cooking demo, Mexican Fiesta was a smashing success. Participants had the opportunity to cook nutritious, snack foods (loaded nachos, potatoes, tortillas, etc.) with the Registered Dietitian, Danielle Shargorodsky and Executive Chef, Jon Senecal. We have another cooking demo planned on February 26 where we will be featuring a Light & Fit theme, perfect for Spring Break teaching students how to plan, prepare and make salads and salad dressings. In addition, we have a global chef visiting from Peru scheduled February 13th in the Resident Dining Hall. She will be featuring tasty, exotic cuisine. Don’t miss this special event.

Just in time for Spring Break... March is National Nutrition Month! The theme this year is “Eat Right” and we will be highlighting well balanced options in the Dining Halls and around campus. Dining Services will have a fun filled week, starting March 9th, full of activities, prizes, and giveaways. Stayed tuned!



Danielle's Personal Pics

I would like to share some of my favorite items from my own grocery list. They are healthy, tasty, and full of fiber.

- ✓ For the pasta lover, try Barilla Whole Wheat and Omega 3 Pasta Line (yellow box). It has a wonderful nutty taste without a major texture difference.
- ✓ For the muffin lover, try Vita Muffins and Tops available in the freezer section of your grocery store and also available online (www.vitalicious.com). This is the perfect snack (100 calories, 9 g fiber/serving), I love all the chocolate flavors.
- ✓ For the cereal lover, try Kashi Honey Sunshine (100 calories, 1.5 g fat, 6 g fiber). It has a great flavor and is perfect for breakfast or snacking during the day.
- ✓ For the sandwich lover try, Arnold Select 100% Whole Wheat Sandwich Thins. These flatbreads are perfect for any sandwich, are low fat and an excellent source of fiber.

Ask the R.D.

**Dear RD,
I am a later-riser and have never been a breakfast eater except on weekends. I run out the door to class and do not eat until lunch. I recently heard breakfast is important, what is all the hype about?**

Late Riser

Hi Late Riser,

That is an excellent question. Let me start by saying that breakfast is an essential part of maintaining a healthy lifestyle and is indeed the most important meal of the day. Breakfast jump starts your metabolism and gives your body energy for the rest of the day. Similar to a car that needs fuel to run, our bodies need fuel (food) to function properly. If you are not a big breakfast eater, start off small, with a piece of fruit, yogurt, granola bar, peanut butter sandwich, etc. Cheers to breakfast!

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**Dear RD,
I live in the freshman dorms (no kitchen) and am having friends over. I want to provide party food that is nutritious and tasty. What can you recommend that is inexpensive, easy to prepare, and guaranteed to be a hit at the party?**

**Thanks,
Party Girl**

Hi Party Girl,

Don’t we all just love a party! When I throw a party, I always have hummus, salsa, high fiber crackers (Kellogg’s All Bran-multigrain crackers are awesome-130 kcals,5 g fiber per 18 crackers), cut up veggies (carrot sticks, grape tomatoes, cucumber, peppers, etc.). Also, a fun easy party dip that I make all the time is a 5-Layer Mexican Dip. I have included my favorite recipe by RecipeZaar. Check it out!

Ingredients

1 (15 1/2 ounce) can refried black beans	1 tablespoon chili powder
1/2 teaspoon ground cumin	1 cup low fat sour cream
1 cup cheese, shredded Cheddar	1 tomato, chopped
1/3 cup green onions, sliced	ripe olives pitted (optional)
	baked tortilla chips (optional)

Directions

1. In small bowl, mix beans, chili powder, and cumin. Spread this on the bottom of a 9-inch pie plate.
2. Layer remaining ingredients evenly on top of bean mixture. Cover and refrigerate until well chilled. Serve with your favorite tortilla chips.

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In addition, Dining Services offers cooking demos led by me and our executive chef, which will teach you how to plan, prepare, and cook tasty treats. Hope to see you there!

Thank you for the excellent questions. Please direct nutrition questions to our staff dietitian Danielle Shargorodsky, RD, LDN at x 6953 or dshargorodsky@umassd.edu. I will include your questions with a response in the next edition of this newsletter. Students whose questions we publish will receive a free gift.



New Year, New You...

How to Keep Your New Year's Resolutions

By: Danielle Shargorodsky, RD, LDN

It's 2009 and we all celebrated the New Year differently, but all made promises for the year ahead. Now is the time to reflect upon our New Year's resolutions and determine how we will keep our plans. Whether it is to eat healthy, lose weight, make more money, or do better in school, we all have goals and wishes for the future. Think of your New Year's resolutions as a promise to yourself. Follow these guidelines to ensure a New You for the New Year.

Formulate a plan. It is important to not just set a goal, but also have steps to help you get there. For example, if your goal is to lose weight, think about how you are going to do that. Are you planning to go to the gym, make better food choices, get healthier, etc.?

Have realistic goals. Don't set yourself up for failure. If your goal is not realistic such as losing 20 pounds in one week, change the goal. A healthy weight loss goal is losing 1-2 pounds per week.

Stick to the plan. We all have "bad" days, don't let them get you down. If you deviate from the plan don't worry, tomorrow is a new day.

Write your resolutions down. Formulating your goals in your head and writing them down on paper are two separate things. Write your resolution on multiple sheets of paper and post-it notes and put them all over your home for daily reminders. For example, if your goal is to eat healthier, put a note on the fridge to remind yourself to grab that piece of fruit instead of the junk food. Make healthy snacks easier to get. For example, pre-cut and prepackaged veggies are available at all grocery stores and great for a grab and go snack.

Goals should be flexible. If you do not accomplish your goal in the allocated time period, it is important to not give up, reassess the goal, and adapt. Follow this simple motto, "If at first you don't succeed try, try again."

Have an incentive for accomplishing your goals. You are more likely to stick to a goal if a reward is involved. For example, if you lose the desired amount of weight, treat yourself to a massage or clothes. For weight loss, I do not recommend food rewards. Healthy cookbooks however are fun and will help you get to your next level.



Chocoholics Unite!!

By Danielle Shargorodsky, RD, LDN

I consider myself a Chocoholic. Are you one too? According to Wikipedia, a Chocoholic is a person with an addiction to chocolate. Contrary to popular belief chocoholism isn't always bad, chocolate has antioxidant properties and can be beneficial to your health. However, with that being said, chocolate is calorically dense and full of fat so it is important to consume in moderation.

Chocolate is healthy! It is made from plants and has many health benefits that may lower blood pressure and cholesterol. These benefits are from flavonoids which act as antioxidants (protecting your body from free radicals caused by aging). Dark chocolate contains a large amount of these antioxidants, which have been shown to be beneficial for your heart.

Not all chocolate is created equal. When shopping for antioxidant properties in chocolate look at the cocoa. Although, the higher percentage of cocoa is healthier because it has higher antioxidant properties, it also has a more bitter taste. Personally, I look for chocolate with 60-70% cocoa. So find your balance and go for the dark chocolate. To obtain the beneficial properties of chocolate, you only have to consume 100 mg of cocoa flavanols which is equivalent to a piece of chocolate (this varies depending on which chocolate you are eating) and not the whole bar. Remember, even if chocolate is healthy, more is not always better and can lead to weight gain.

Valentine's Day is right around the corner. I have included the names of some of my favorite chocolate products which can be found in a variety of stores, plus my favorite ways to enjoy chocolate.

- ◆ *Hershey's Special Dark Chocolate Pouch*. I personally like the variety pack with the pure dark chocolate and dark chocolate with cranberries, blueberries, and almonds. Each piece is individually packaged and contains 60% cocoa, which makes it the perfect healthy snack.
- ◆ *Cocoa Via ® Brand Heart Healthy Snacks* are awesome. Each chocolate bar was designed with portion control and calories in mind (~80-150 calories/serving) plus it delivers 100 mg of cocoa flavanols. I personally like the original chocolate bars and the crispy chocolate bars.
- ◆ *Jell-O Dark Chocolate Pudding*. Each pudding cup is 60 calories with a rich chocolate flavor that is delicious and satisfying.
- ◆ Try a piece of dark chocolate (60-70% cocoa) with dried fruit.
- ◆ Bake some dark chocolate bark. This is so easy to prepare and makes a great gift or dessert for any party. Check out one of my favorite recipes by Grace Parisi from FoodandWine.com. This is a great recipe that incorporates walnuts (good source of omega-3 fatty acids) and cherries (high in fiber and minerals).

Dark-Chocolate Bark with Walnuts and Dried Cherries

1 1/2 cups walnut halves (6 ounces)	9 ounces bittersweet chocolate, finely chopped
1 cup dried sour cherries (4 ounces), coarsely chopped	2 tablespoons finely chopped crystallized ginger

1. Preheat the oven to 350°. Spread the walnuts on a baking sheet and toast for 8 minutes, or until golden and fragrant. Let cool, then coarsely chop.
2. Line a baking sheet with parchment or wax paper. In a glass bowl, heat two-thirds of the chocolate in a microwave oven at high power in 30-second bursts until just melted. Stir until smooth. Add the remaining chocolate and stir until melted. Stir in the walnuts, cherries and crystallized ginger until evenly coated. Scrape the mixture onto the prepared baking sheet and spread it into a 12-by-8-inch rectangle. Refrigerate for 10 minutes, or until firm enough to cut.
3. Cut the bark into 48 pieces (6 rows by 8 rows) and transfer to a plate. Serve cold or at room temperature.

Nutrition: 1 Piece; 57 Calories, 4 gm Fat, 1 gm Fiber

So to all you chocoholics out there enjoy and eat your chocolate wisely!

"Superfood" of the Month

Quick... Easy... Satisfying... Nutritious...

By Danielle Shargorodsky, RD, LDN

See if you can figure out what it is. What food is inexpensive, satisfying, low calorie, high fiber, dorm friendly, and microwavable in 1-2 minutes? If you guessed **oatmeal** you are correct!

Oatmeal is a whole grain, nutritious meal perfect for breakfast or a quick treat anytime. It can be a warm and satisfying snack. It is available in individual packets great for eating on the run. Flavored oatmeal packets have a higher sugar content so if you are willing to flavor the oatmeal yourself (using a little brown sugar, artificial sweetener, cinnamon, honey, etc.) you will save calories.

In addition, oatmeal has many health benefits. It is full of soluble fiber, which can help lower cholesterol and prevent heart disease. Oatmeal is also beneficial to your digestive health and great for weight management due to its low saturated fat and high fiber content. We will be featuring an Oatmeal Bar February 16th at the Resident Dining Hall. Don't miss it! Check out two of my favorite oatmeal recipes.

Double Chocolate Oatmeal Cookies

Yield: 3 Dozen Cookies

1 cup packed brown sugar	½ cup margarine or butter, softened
¾ cup Fat Free vanilla yogurt	1 egg or ¼ cup fat-free egg product
1 teaspoon vanilla	1/3 cup unsweetened baking cocoa
2/3 cup all-purpose flour	2/3 cup whole wheat flour
½ teaspoon baking soda	¼ teaspoon salt
3 cups old-fashioned or quick-cooking oats	1/3 cup miniature semisweet chocolate chips



Directions

1. Heat oven to 350°F. In large bowl mix sugar, butter, yogurt, egg and vanilla. Stir in remaining ingredients. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
2. Bake 11 to 13 minutes or until almost no indentation remains when touched. Immediately remove from cookie sheet.

Nutrition: Per Cookie, 110 Calories, 3.5 g Fat, 2 g Fiber, 2 g Protein, 16 g Carbohydrate

Recipe by: EatBetterAmerica.com



Baked Apple Raisin Oatmeal

Yield: 8 servings

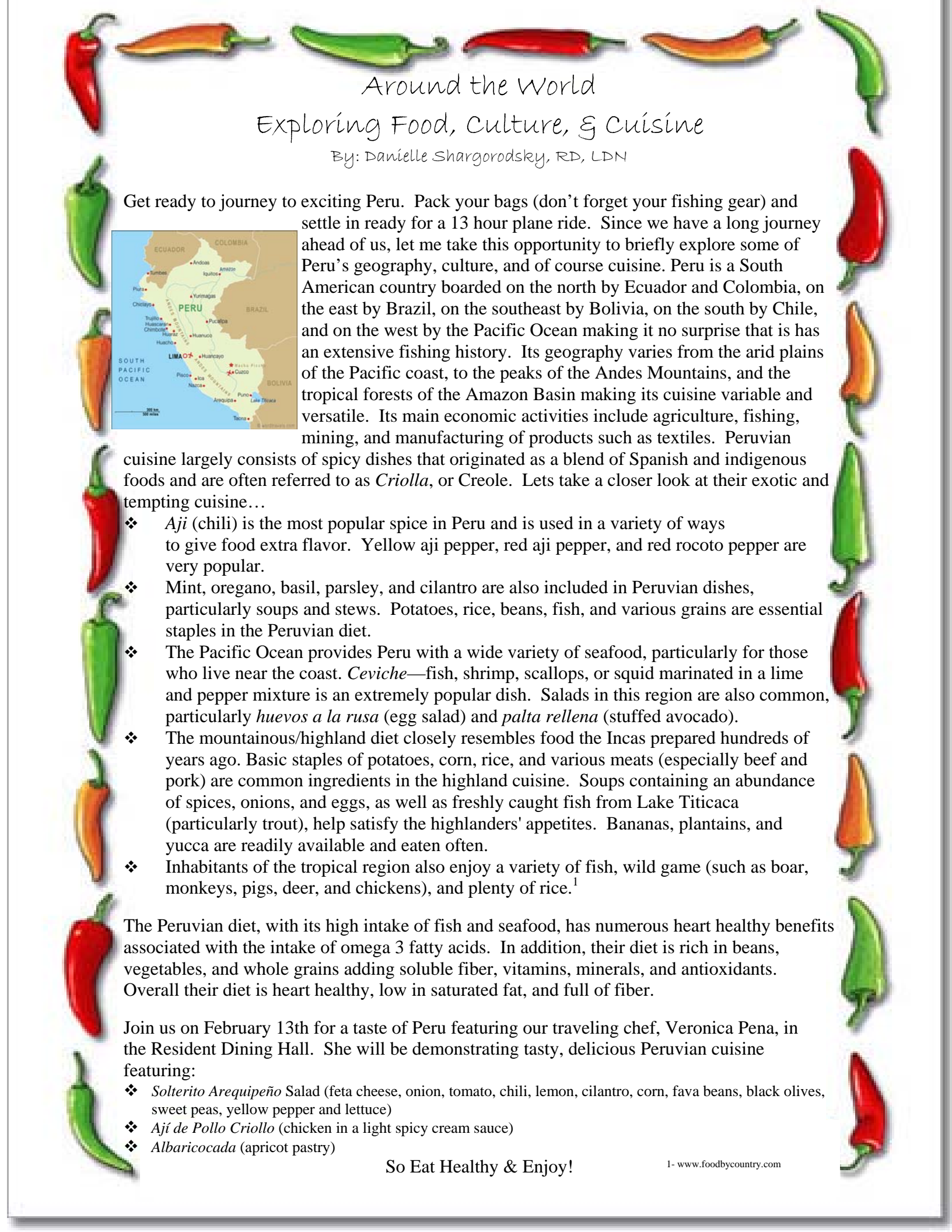
2 cups chopped unpeeled apples or pears (2 medium)	½ cup raisins
2 2/3 cups old-fashioned oats	¼ teaspoon salt
2 teaspoons ground cinnamon	¼ cup real maple syrup
4 cups plain or vanilla soymilk	Additional soymilk, if desired
	Chopped toasted walnuts, if desired

Directions

1. Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In casserole, stir together apples, oats, raisins, cinnamon, salt, soymilk and syrup.
2. Bake uncovered 45 to 50 minutes or until most of liquid is absorbed. Pour additional soymilk over each serving; sprinkle with walnuts

Nutrition: Per Serving, 230 Calories, 3.5 g Fat (0 g Trans Fat), 4 g Fiber, 8 g Protein

Recipe by: EatBetterAmerica.com



Around the World

Exploring Food, Culture, & Cuisine

By: Danielle Shargorodsky, RD, LDN

Get ready to journey to exciting Peru. Pack your bags (don't forget your fishing gear) and settle in ready for a 13 hour plane ride. Since we have a long journey ahead of us, let me take this opportunity to briefly explore some of Peru's geography, culture, and of course cuisine. Peru is a South American country boarded on the north by Ecuador and Colombia, on the east by Brazil, on the southeast by Bolivia, on the south by Chile, and on the west by the Pacific Ocean making it no surprise that it has an extensive fishing history. Its geography varies from the arid plains of the Pacific coast, to the peaks of the Andes Mountains, and the tropical forests of the Amazon Basin making its cuisine variable and versatile. Its main economic activities include agriculture, fishing, mining, and manufacturing of products such as textiles. Peruvian cuisine largely consists of spicy dishes that originated as a blend of Spanish and indigenous foods and are often referred to as *Criolla*, or Creole. Let's take a closer look at their exotic and tempting cuisine...



- ❖ *Aji* (chili) is the most popular spice in Peru and is used in a variety of ways to give food extra flavor. Yellow aji pepper, red aji pepper, and red rocoto pepper are very popular.
- ❖ Mint, oregano, basil, parsley, and cilantro are also included in Peruvian dishes, particularly soups and stews. Potatoes, rice, beans, fish, and various grains are essential staples in the Peruvian diet.
- ❖ The Pacific Ocean provides Peru with a wide variety of seafood, particularly for those who live near the coast. *Ceviche*—fish, shrimp, scallops, or squid marinated in a lime and pepper mixture is an extremely popular dish. Salads in this region are also common, particularly *huevos a la rusa* (egg salad) and *palta rellena* (stuffed avocado).
- ❖ The mountainous/highland diet closely resembles food the Incas prepared hundreds of years ago. Basic staples of potatoes, corn, rice, and various meats (especially beef and pork) are common ingredients in the highland cuisine. Soups containing an abundance of spices, onions, and eggs, as well as freshly caught fish from Lake Titicaca (particularly trout), help satisfy the highlanders' appetites. Bananas, plantains, and yucca are readily available and eaten often.
- ❖ Inhabitants of the tropical region also enjoy a variety of fish, wild game (such as boar, monkeys, pigs, deer, and chickens), and plenty of rice.¹

The Peruvian diet, with its high intake of fish and seafood, has numerous heart healthy benefits associated with the intake of omega 3 fatty acids. In addition, their diet is rich in beans, vegetables, and whole grains adding soluble fiber, vitamins, minerals, and antioxidants. Overall their diet is heart healthy, low in saturated fat, and full of fiber.

Join us on February 13th for a taste of Peru featuring our traveling chef, Veronica Pena, in the Resident Dining Hall. She will be demonstrating tasty, delicious Peruvian cuisine featuring:

- ❖ *Solterito Arequipeño* Salad (feta cheese, onion, tomato, chili, lemon, cilantro, corn, fava beans, black olives, sweet peas, yellow pepper and lettuce)
- ❖ *Ají de Pollo Criollo* (chicken in a light spicy cream sauce)
- ❖ *Albaricocada* (apricot pastry)

So Eat Healthy & Enjoy!