

Nutrition Connection

The latest news and events from the Kendall Anderson Nutrition Center at Colorado State University

Consider Red Wine When You Dine

Have you wondered about the effects of red wine on your health? Read on for the latest news.

Red wine and heart health

Red wine contains a type of antioxidant called polyphenols that may help people achieve healthy cholesterol levels and protect the lining of blood vessels in the heart.

Resveratrol

Resveratrol is a specific polyphenol found in red wine that has been linked to the prevention of blood clots as well as to a reduction of low-density lipoprotein (LDL) cholesterol, referred to as “bad” cholesterol.

Food Sources of resveratrol

Red or purple grapes, peanuts, blueberries, and cranberries contain some resveratrol. Red and purple grape juice have some of the same benefits of wine, but their resveratrol content varies widely.



Everything in moderation!

- Drinking too much alcohol can cause a variety of health problems, such as high blood pressure, high triglycerides, weakened heart muscles, liver damage, cancer and motor vehicle accidents. It can also cause an inadequate diet and contribute to overweight and obesity.
- Experts recommend limiting alcohol consumption to 1 drink per day for women of all ages and men 65 years and older. For men younger than 65 years of age, the upper limit is 2 per day.
- 1 drink = 12 ounces of a beer or wine cooler, 5 ounces of table wine, or 1½ ounces of liquor.
- If you do not drink, you do not need to start. There are other ways to promote heart health; see our [February 2016 newsletter](#).

Types of Red Wines and Food Pairings

Syrah or Shiraz

- Food pairings: meat (steak, beef, wild game), stews, and barbecued food
- From: California, Australia and France's Rhone Valley
- Taste: Aroma and flavor of wild black fruit (such as currants) with overtones and black pepper spice



Merlot

- Food pairings: meaty fish, grilled foods, tender cuts of meat, olives
- From: Italy, Romania, California, Washington State, Chile, and Australia
- Taste: The softness of Merlot makes it good for new red wine drinkers. Black cherry, plum and herbal flavors

Cabernet Sauvignon

- Food pairings: red meat, marinades and spice rubs
- From: Northern Germany, France, Australia, California and Chile
- Taste: Full-bodied, rich current and bell pepper flavors, and vanilla notes if treated with oak

Malbec

- Food pairings: vegetables, earthy spices such as cumin and paprika, lean meat
- From: French Bordeaux region, Argentina, Chile, Australia and cooler regions of California
- Taste: Flavors of plums, berries and spice; varies depending on origin

Pinot Noir

- Food pairings: grilled salmon, chicken, lamb, and sushi
- From: Bourgogne, France, Austria, California, Oregon and New Zealand
- Taste: Delicate and fresh with cherry, strawberry, plum and earthy flavors

Zinfandel

- Food pairings: tomato-sauce pasta, pizza, grilled or barbecued meats
- From: Originates in Italy, where it is called "primitivo"; also found in California

Red Wine Spaghetti Sauce

This tasty sauce provides a nice little kick; be sure to adjust the crushed red pepper to suit your tastes. You can make it as hearty as you want with the addition of light sausage or other protein.

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 (28 oz) can crushed tomatoes
- 2 (6 oz cans) tomato paste
- 2 tablespoons dried basil
- 1 tablespoon dried oregano
- 2 bay leaves
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup red wine
- 1 pound lean Italian turkey sausage
- Cooked whole wheat pasta to enjoy with sauce



Directions

1. Heat olive oil in a large saucepan. Add onions and garlic, and sauté until tender. Add remaining ingredients (except sausage) and simmer over low heat for 2 hours.
2. Cook and brown sausage in a skillet. Add to sauce and continue to simmer for another hour. Remove bay leaves before serving. Serve over hot cooked noodles of your choice.

Prep time: 10 mins Cook time: 3 hours

Serving Size: 1 cups Yields: 6 servings

Nutritional Information for sauce only / Amount per serving:

Calories	275 g	Protein	18 g
Total Fat	12 g	Total Carbohydrates	3 g
Saturated Fat	2.5 g	Dietary Fiber	9 g
Cholesterol	46 mg	Sodium	729 mg*

* reduce the sodium content by using low-sodium canned tomato products and lean turkey instead of turkey sausage.

Reader Q & A

Q: Can resveratrol be taken as a supplement?

A: Resveratrol supplements are available, but most of the resveratrol in supplements is not well absorbed by the body. Also, supplements are not regulated so content will vary! Thus, resveratrol supplements are not recommended.

Get Healthy with KANC in 2016!



SPRING DATE NIGHT: THAI FOOD

Our popular cooking class for you and your favorite partner returns on **Friday, April 8 from 6-8 pm**. You will prepare delicious dishes with us, learning about cooking and nutrition while having fun! Cost of just \$60 per couple includes printed recipes and a full meal. Register online at

<http://www.nutritioncenter.colostate.edu/classes/date-night.aspx>

NATIONAL DIABETES PREVENTION PROGRAM

If you have prediabetes, stop it in its tracks! This year-long program has proven results in reducing both blood sugar and weight. FREE for Anthem Blue Cross Blue Shield Insurance members if you qualify. We also have other insurances and self-pay options. Started on **Tuesday, March 22 from 6-7 pm**, but you can start late - we will provide materials and make up sessions by phone or in person. Visit our website to see if you qualify or call today for more information: (970) 491-8615.

REACH AND MAINTAIN YOUR OPTIMAL WEIGHT THIS YEAR

Our 6-week 'Healthy You: Weight Management and Mindful Eating' program helps you set goals, change behaviors, and learn the nutrition and fitness tips you need for a new and improved lifestyle! Use our self-paced program, including its easy-to-read workbook of newsletters, activities, tips sheets, recipes, and homework. Only \$75, includes shipping and handling. Order online at <http://www.nutritioncenter.colostate.edu/programs-services/healthy-you-self-paced.aspx>

TELECOACHING

Did you know you can talk with one of our registered dietitians by telephone, Facetime or Skype? Get the nutrition coaching you need without having to travel to our office! Visit us at <http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx> or call (970) 491-8615 to schedule an appointment.



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