



April 2017

Nutrition Connection

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

The Power of Citrus

Spring is finally here! Flowers are blooming, the birds are chirping, and our favorite citrus fruits are ready to be enjoyed.

Not only do oranges, mandarins, and grapefruit taste great, they also have many nutrients to keep us happy and healthy. A complementary blend of Vitamin C, potassium, fiber, phosphorus and B vitamins help with the following:

- Boost your immune system and shorten your cold's duration
- Heal wounds
- Support cartilage, joints and muscles
- Maintain bones, skin, and teeth
- Keep you regular
- Delay aging while protecting against heart disease and some cancers.



Phytonutrients

Citrus fruits contain phytonutrients! You may have heard this term before, but what are they exactly? Phytochemicals are simply compounds from plants, and they are responsible for many of the protective effects of foods like fruits and vegetables. Many phytochemicals are antioxidants, which keep us healthy by helping the body fight free radicals.

With the warmer weather of spring, fruits and vegetables begin to grow, with all their various colors and textures. These beautiful colors reflect types of phytonutrients called flavonoids and carotenoids. Different colored foods have different nutrients that keep us healthy, so be sure to choose a wide variety of fruits and vegetables with varying colors.

Types of Citrus Fruits

- **Oranges:** Probably the best known citrus fruit, oranges are a great spring time snack with a refreshing taste. If you are not a fan of eating whole oranges, try cutting them up and pairing them with other favorite fruits to make a fresh fruit salad or kabob.
- **Grapefruit:** Grapefruits are loaded with many nutrients but are often the most bitter of the citrus fruits. To avoid the sugar that many pour on grapefruit, try cutting them up and using them in various salads with a combination of leafy greens, avocados, nuts, and seeds.
- **Mandarins:** Also thought of as mini oranges and sometimes marketed as Cuties and halos, mandarins are great on-the-go snacks for work, school, or any day trip with the kids. They tend to be sweeter and are also easy to peel.
- **Clementine:** These are a hybrid between a mandarin orange and sweet orange. Clementine are also delicious, nutritious, portable, and easy to peel.
- **Lemons & Limes:** These dynamic duos are great for doses of antioxidants, but are not usually eaten by themselves due to their sour and tart tastes. Try adding a few slices of lemons and limes to your water or squeezing some fresh juice on a salad or fish dish for an added kick of flavor.



Other Sources of Vitamin C

Citrus fruits are not the only great tasting food with vitamin C! There are plenty of other fruits and vegetables that have the same immune boosting nutrients such as:

Broccoli	Peppers	Tomatoes	Cauliflower
Spinach	Kiwi	Peas	Brussel Sprouts
Strawberries	Guava	Pineapple	Mango

Endive Appetizer with Oranges and Almonds

This crisp, fresh and healthy appetizer partners slightly bitter endive with sweet oranges, buttery Manchego cheese, and toasted almonds.

Ingredients:

- 3 Belgian endives, outer leaves separated
- 3 oranges
- 2 oz Manchego cheese, thinly sliced or goat cheese, crumbled
- 1/3 C sliced almonds, toasted
- Chives, minced
- Fresh pepper
- Olive oil
- Sherry vinegar



Directions:

1. Wash endive leaves and peel off individual leaves.
2. Peel, de-pith and slice oranges. Fill leaves with orange slices.
3. Top with sliced Manchego cheese, almonds, and chives.
4. Finish with black pepper, olive oil drizzle and splash of sherry vinegar.

Serving Size: 2 endives

Yield: 10-15 servings

Nutrition Information / Amount per serving:

Calories	60	Protein	2.0 g
Total fat	4 g	Total Carbohydrates	4.9 g
Saturated fat	1.3 g	Dietary Fiber	1.5 g
Cholesterol	5.0 mg	Sodium	27.0 mg

For other great recipes, check out our website at www.nutritioncenter.colostate.edu



Upcoming Programs and Events at the KRNC

Now registering: Upcoming Date Nights

Spanish Tapas Date Night Cooking Class

Register today to save your place in our Spanish Tapas Date Night. You will prepare a delicious array of tapas to enjoy on the spot, and take home the recipes and skills to make them at home to impress *your* guests. Join us on **Friday, April 7 from 6-8 pm** to try out some new skills with our guidance, improve your cooking skills and nutrition knowledge; all while having fun!

Cost of just \$75 per couple includes printed recipes and a full meal. Only a few spots left so call to register: (970) 491-8615.

Thank you to Wilbur's Total Beverage Wine & Spirits for providing pre-class tastings!

Cinco de Mayo Date Night Cooking Class

Join us to savor the flavors of Mexico and celebrate Cinco de Mayo. We will help you try your hand at creating a Mexican fiesta on **Friday, May 5th from 6-8 pm**. We will provide all the equipment, ingredients, recipes and instructions; you just need to bring a buddy, cook and eat! (We'll even do all the clean up!) Sign up today and get ready for a special treat.

Cost of just \$75 per couple includes printed recipes and a full meal. Register online at: <http://www.nutritioncenter.chhs.colostate.edu/classes/date-night-cinco-de-mayo.aspx>

Thank you to Coyote Gold for providing pre-class tastings!

Now registering: Eating For a Health Pregnancy

Thursday, June 15th from 12-1:30pm

What do I eat while I am pregnant? Do I really need to eat for two? And how do I get over this morning sickness!? Join Amanda Boostrom, Registered Dietitian Nutritionist and Certified Lactation Educator to learn what to eat to be healthy, feel vibrant during your pregnancy and gain confidence that you are providing the best start possible for your baby! **FREE** for employees, \$30 per couple for community members and **LUNCH** is provided! Register online at:

<http://www.nutritioncenter.chhs.colostate.edu/classes/prenatal.aspx>

Ongoing: Individualized Nutrition Coaching, Body Fat Testing, and Resting Metabolic Rate Measurements. Call for an appointment: (970) 491-8615.



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Colorado State University