

# Nutrition Connection

The latest news and events from the [Kendall Anderson Nutrition Center](#) at Colorado State University

## Go Nuts about Nutrition!

*With increasing evidence revealing their many health benefits, it is ok to include nuts as part of a healthy diet pattern. In fact, it's more than ok! February is National Heart Month and with nuts being rich in plant sterols and fat, particularly the mono- and polyunsaturated types, they are a great addition to a heart-healthy diet!*

### Nuts and Your Health

Tree nuts are a plant-based protein food that contain fiber and a combination of vitamins, minerals and antioxidants in each variety. Assortments include cashews, almonds, walnuts, hazelnuts, pine nuts, brazil nuts, pistachios and more.

The fiber, protein and fat in nuts provides satiety to meals and snacks, making them an excellent option for weight management.

### Celebrate Nuts!

February 16th- National Almond Day

February 26th- National Pistachio Day



However, be aware that portion size still matters! While nuts are healthy, they are also calorie-dense. Nuts range from 160 calories to 200 calories per ounce. To get their health benefits without breaking the calorie bank, it is best to substitute them for other foods in the diet, particularly those high in saturated fat ([see our November 2013 newsletter for more information](#)). This can be achieved with one to two ounces a day.

The 2010 Dietary Guidelines for Americans recommend choosing a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds. More specifically, experts suggest you choose unsalted nuts as a snack, on salads, or in main dishes ([www.choosemyplate.gov](http://www.choosemyplate.gov) has more ideas). Use nuts to replace meat or poultry, not in addition to these

## In a Nutshell

It is easy to lump nuts all into the same category, but each variety is special with a unique profile of nutrients, flavor, texture and versatility. Here are just a few examples:

### **Almonds** (Approximately 23 nuts per 1-ounce serving)

Excellent source of vitamin E and magnesium. Also provide calcium and folate. Versatile ingredient; can be used whole, sliced, blanched to remove skins, and as flour, paste or butter. California provides 80 percent of world's supply, but almonds are enjoyed in savory and sweet dishes globally.

### **Cashews** (Approximately 18 nuts per 1-ounce serving)

Excellent source of copper and magnesium. Soft consistency with delicate, sweet flavor. Native to South America, but introduced by colonists to Africa and India. Commonly eaten as a snack, raw or roasted, but often used in Asian recipes and to make a rich, creamy nut butter or vegan cheese.

### **Walnuts** (Approximately 14 halves per 1-ounce serving)

Integral part of Mediterranean diet, contributing to health benefits of this style of eating. Rich in antioxidants and excellent source of alpha-linolenic acid (ALA), the plant-based form of omega-3. Grooves hold onto flavors well and are delicious when seasoned sweet or hot. Walnut oil can be used in dressings and sautés.

### **Brazil Nuts** (Approximately 6 nuts per 1-ounce serving)

Largest nut commonly eaten. Grows wild on trees in Amazon rain forests. In addition to polyunsaturated and monounsaturated fats, contain more than 100 percent of the daily value for the antioxidant selenium. Rich, creamy texture lends well to snacking, raw or roasted, and confections.

Source: [www.eatright.org](http://www.eatright.org)



## Smart Snacking

*Super Bowl Sunday is filled with food, festivities, and fun— not to mention football. This day on its own may be the reason February is National Snack Food Month but this month is also the time for various awards shows! So whether you are cheering on your favorite team or your favorite actor, snack on foods that are tasty, filling, and nutritious.*

1. **Keep portion control in mind.** Have a single-serve container of yogurt or put a small serving of nuts in a bowl. Eating directly from a multiple-serving package can lead to overeating.
2. **Plan snacks ahead of time.** Keep a variety of nutritious ready-to-eat supplies on hand, such as whole-grain crackers and low-fat cheese.
3. **Snack only when you are hungry.** Think of snacks as mini-meals that contribute nutrient rich foods. Skip the urge to nibble mindlessly during commercials



[Specialty Cheese Tray photo by alsis35/Flickr](https://www.flickr.com/photos/alsis35/)

## Chocolate Pecan Tartlets

These nutty nibbles make a wonderful bite-sized dessert. Try this recipe for a tasty party treat or a decadent end to a romantic Valentine's Day dinner date!

### Ingredients:

*Serving Size: 1 tartlet*

*Number of Servings: 24*

- ◆ 5 Tbs butter softened, plus 1 Tbs melted
- ◆ 4 oz lowfat cream cheese
- ◆ 1 cup all-purpose flour
- ◆ 1 Tbs powdered sugar
- ◆ 1/4 tsp salt, divided
- ◆ 3/4 cup light brown sugar
- ◆ 1/3 cup mini semisweet chocolate chips
- ◆ 1 large egg
- ◆ 1 tsp vanilla extract
- ◆ 2/3 cup chopped pecans



### Directions:

1. Heat the oven to 325°F. Beat softened butter and cream cheese until smooth. Add flour, powdered sugar, and 1/8 tsp salt to form dough.
2. Divide the dough into 24 balls and press each into an ungreased mini muffin tin.
3. Mix the brown sugar, chocolate chips, egg, melted butter, vanilla, and the remaining 1/8 tsp salt until combined. Add the chopped pecans and mix well.
4. Fill each tart shell with a level scoop of the brown sugar mixture.
5. Bake 20 minutes or until light golden brown. Remove from the pan when cool enough to handle and allow to cool completely on a cooling rack.

### Nutritional Information/ Amount per serving:

Calories	115g	Protein	1.5g
Total Fat	7g	Total Carbohydrates	13g
Saturated Fat	3g	Dietary Fiber	0.6g
Cholesterol	18mg	Sodium	253mg



[Pecan tartlet photo by Connie Ma/Flickr](#)

## Get Healthy With KANC!

### DO YOU KNOW HOW MANY CALORIES YOU REALLY NEED IN A DAY?

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Wednesdays: March 25<sup>th</sup> and April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup> from 6 - 7:30 pm

Cost: \$100 for complete series (\$60 CSU employees and students)

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[www.nutritioncenter.colostate.edu](http://www.nutritioncenter.colostate.edu) or (970) 491-8615

Location for all activities: Room 114 Gifford building on the CSU campus

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