



March 2017

Nutrition Connection

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



March is National Nutrition Month®!

This year, the Academy of Nutrition and Dietetics encourages us to:

1. Create an eating style that includes a variety of your favorite, healthful foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. Eat and drink the right amount for you, as MyPlate (<https://www.choosemyplate.gov/>) encourages us to do.
4. Find activities that you enjoy and be physically active most days of the week.
5. Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs

Think about your significant relationships. Consider how you prioritize and devote yourself to others to maintain positive and fulfilling connections. Then consider if you treat your relationship with food with similar values.

Our relationship with food shapes our interactions with others and even ourselves. This relationship - like all positive associations in our lives - needs time, attention and effort. With life's increasing pressures and seemingly decreasing time, our relationship with food often sits on the back burner.

Colorado State University's Kendall Reagan Nutrition Center (KRNC) believes a healthy relationship with food means positive and pleasurable mealtimes free of fearful and restrictive thoughts. We should honor the eating experience with intention and attention, and recognize its power in shaping our health and happiness.

March is National Nutrition month, a time to celebrate eating and this year's theme "Put Your Best Fork Forward." Putting your best fork forward is a reminder that each of us holds the tools to benefit our connections with food. KRNC celebrates National Nutrition month with refreshing advice from each of our staff to support this relationship: *(Continued next page)*

March is National Nutrition Month®! *(Continued)*

We each have the power to make choices related to food and eating habits. If we want to make better choices, we should make small changes that are realistic and positive, changes that incorporate foods and amounts that feel good to us and make us feel good.

-- Melissa Wdowik, PhD, RDN, FAND

Normal eating can be sometimes overeating and sometimes not getting enough. Normal eating is flexible and varies in response to life-- whether that be hunger, a busy schedule, convenience, or emotion. Give yourself unconditional permission to eat and trust your body to make up for any mistakes you may make along the way.

-- Shelby Cox, MS, RDN

Respect your unique body and know that progress makes you your best self, not perfection. Honor your health by making food choices that please your taste buds and fuel your body well.

-- Amanda Boostrom, RDN, CLEC

Make every meal count. Whether the goal is to provide the energy and nutrients you need in the moment, enjoy delicious flavors, or serve a role in a social gathering; enjoy it and make it count.

-- Johanna Bishop

Recognize how food serves you. Some foods fuel your body with nutrition, others nourish your soul with pleasure, and food is community and a means to connect with others. Having a healthy relationship with food is more than eating healthy foods. Each time you eat, you have the opportunity to put your best fork forward and make powerful choices using food to connect with yourself and others.

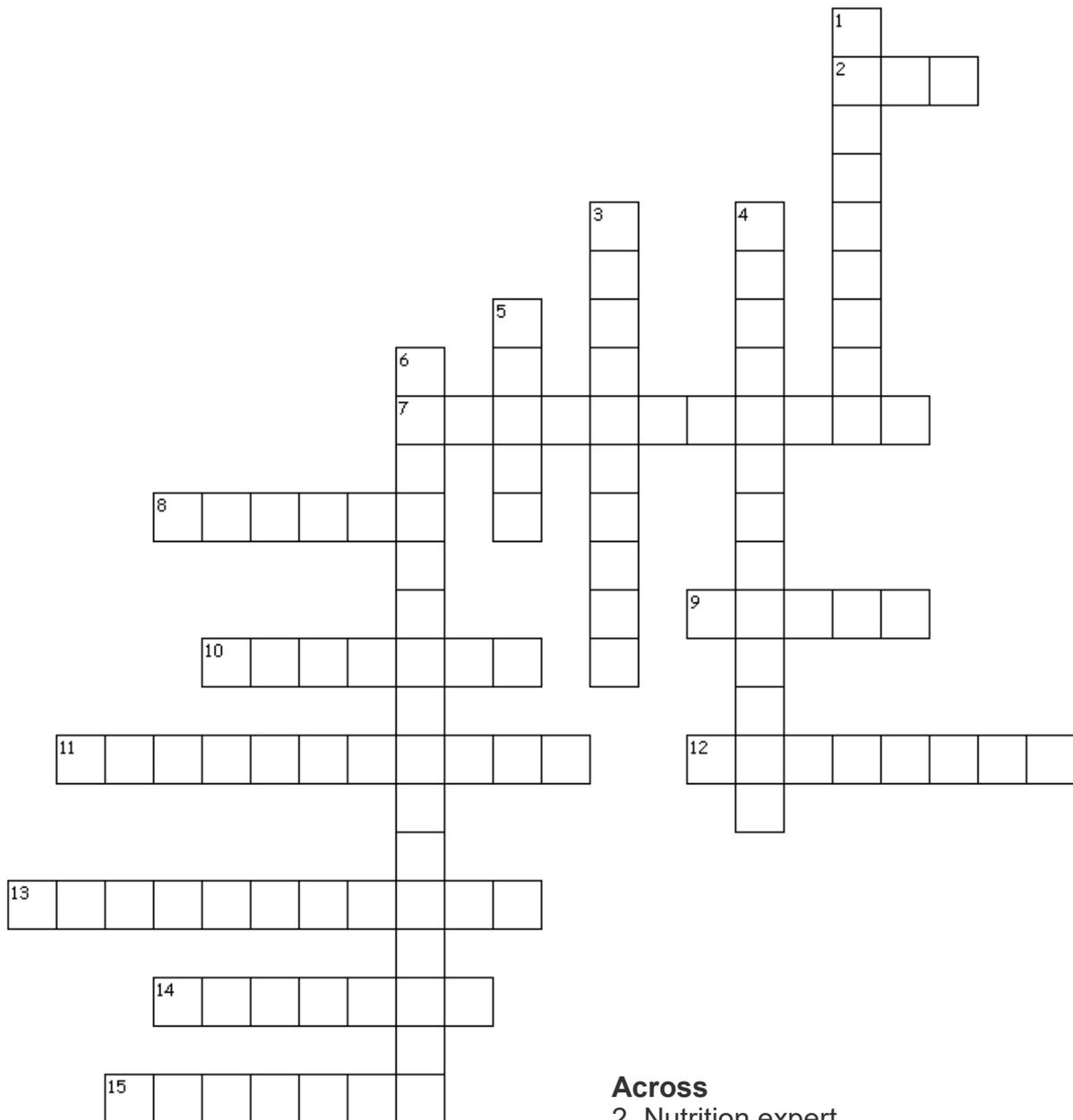
-- Kalyn Garcia, MS, RDN

To find out more about National Nutrition Month, go to www.eatright.org.

Making good food and nutrition choices is a necessary part of living a healthy lifestyle. To learn more, visit the Kendall Reagan Nutrition Center, www.nutritioncenter.colostate.edu, or make an appointment for individual nutrition coaching with a registered dietitian nutritionist.

Call (970) 491-8615 to schedule your appointment today!

National Nutrition Month Crossword Puzzle



Down

1. Most important meal of the day
3. Carrots, cucumbers, and peppers
4. Paying attention while eating
5. Small, realistic steps
6. Move your body every day

Across

2. Nutrition expert
7. Avocados, olive oil, and nuts
8. Apples, oranges, and bananas
9. Milk, yogurt, and cheese
10. USDA nutrition guide
11. Make half your grains
12. What you eat between meals
13. Try new recipes
14. Go lean with this food group
15. Eat all of the food groups

Tasty Green Enchiladas

Ingredients:

- 1 head garlic, cloves separated and skins removed
- 2 shallots, peeled and quartered
- 2½ pounds (7-8) tomatillos, husked and quartered
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1 teaspoon salt, divided
- 1 fresh jalapeno
- 2 poblano peppers
- 1½ cups fresh cilantro, chopped, including stems
- 1½ teaspoons cumin
- Agave nectar to taste (optional)
- 2-4 tablespoons water
- 16, 6-inch tortillas
- 1 pound chicken, cooked and shredded



OPTIONAL TOPPINGS: additional cilantro, Greek yogurt, queso fresco, or lime wedges

Directions:

1. Preheat oven to 450°F.
2. Place garlic cloves and shallots on a large piece of foil. Toss with 1 tsp olive oil and a pinch of salt. To create a foil packet, fold the long ends of the foil. The garlic and shallot should be in a single layer, and not too crowded.
3. Place the foil packet in center of a large rimmed baking sheet pan to help keep additional ingredients separate.
4. Keeping tomatillos separate from peppers, place quartered tomatillos, jalapenos and poblano peppers on baking sheet. Toss with ½ tbsp. olive oil and ¼ teaspoon salt.
5. Roast for about 10 minutes. You will start to smell the garlic. Flip the packet over and roast for another 5 to 10 minutes; be careful not to burn. When flipping the packet, toss the tomatillos and cook for another 5 minutes, or until soft (fork tender) and most of their juices have released.
6. Once the tomatillos, shallots and garlic are done, remove from the pan and let cool.
7. Return peppers to oven and roast until the skin has blackened and blistered on each side, about 10 to 15 minutes per side. Once fully roasted remove from oven and allow to cool slightly. When cool enough to touch, remove the stems and seeds.
8. Blend tomatillos, garlic, shallots, and peppers until smooth; about one minute.
9. Add the cilantro, ½ tsp of salt, and cumin. Blend until well incorporated and very smooth. Add agave nectar to taste. Add enough water for desired consistency.
10. Fill each tortilla with ~2 tbsp of shredded chicken, wrap and place in a casserole dish. Pour sauce over top and sprinkle with cheese. Return to oven until cheese melts and dish is warmed through. Top with desired toppings.

Makes 8 servings

Serving size: 2 enchiladas each

Nutritional Information for 1 serving

Calories	272	Saturated Fat	1.2g
Total Fat	7.1g	Sodium	510.9mg
Total Carbohydrate	33.3g	Dietary Fiber	6.2g
Sugars	6.9g	Protein	21.3g

Upcoming Programs and Events at the KRNC

Now registering! National Diabetes Prevention Program

You can prevent diabetes with our engaging, interactive class.

Beginning **March 20th, Mondays** from 5:30-6:30pm. The class is **FREE** if you have Anthem Blue Cross Blue Shield insurance and qualify. You are also welcome to self pay—very reasonable price. Call for more information or [CLICK HERE TO REGISTER](#).

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. Register online at: <http://www.nutritioncenter.chhs.colostate.edu/classes/date-night-tapas.aspx>

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>

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>

Healthy You Training

Due to popular demand, we have created a specialized training for dietitians, nutritionists and other health professionals to use. Call or click for more information: [Healthy You: Weight Management and Mindful Eating Program!](#)



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