

Nutrition Connection

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

Making March Green ...



Get into the spirit of St. Patty's Day this month by incorporating leafy green vegetables into your weekly meals! Not only will you delight your senses, but you will also nourish your body with essential nutrients. Many leafy green vegetables are naturally low-calorie and a good source of vitamin C, vitamin A, and vitamin K which can be cancer-fighting antioxidants.

The Dietary Guidelines for Americans recommend increasing average intakes of fruits and vegetables, particularly those that are most nutrient dense. Check out a few varieties and try adding them to your diet!

Types of Leafy Greens

Kale

This dark leafy green supplies a significant amount of folate and vitamin K that are important for heart and bone health. Add this green to a soup or salad for added texture and variety.

Collards

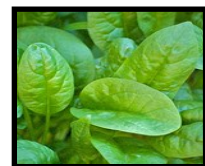
These greens first became popular in Southern diets and are now enjoyed nationwide. Eat collard greens lightly steamed in vegetable and bean dishes, or use them as a wrap instead of a tortilla.

Swiss Chard

A great source of potassium, iron and vitamin A, chard can boost the nutrition and color of any meal. Utilize the stems and leaves. Try sautéing lightly for both main or side dishes.

Spinach

This wonderful leafy vegetable is widely used and provides a great source of niacin and zinc. Get your daily greens with tasty spinach by incorporating it into a salad, omelet, or fresh smoothie.



Benefits of Leafy Green Vegetables

1. **Boost energy.** These power-packed veggies are filled with a wide array of vitamins and minerals that will energize your day!
2. **Support healthy bone growth and maintenance.** Many leafy greens are a good source of vitamin K and calcium which are important nutrients for supporting healthy bones.
3. **Improve digestive health.** Leafy greens are an excellent source of fiber which has been shown to support healthy digestion and relieve constipation.
4. **Fight body odor.** Leafy green vegetables are high in chlorophyll, a compound that may help to support detoxification and reduce body odor.
5. **Contribute to vibrant skin and healthy aging.** Regularly eating leafy greens will increase consumption of antioxidants which have been shown to improve skin health and protect against eye damage associated with age.

National Nutrition Month®

Each March and throughout the year, the Academy of Nutrition and Dietetics encourages everyone to return to the basics of healthy eating by adopting a healthy lifestyle focused on consuming fewer calories, making informed food choices and getting daily exercise. The goal is to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health. Here is what you can do:



Learn your nutrition needs — Age, gender, body type, family history, existing health conditions and daily routine all play a role in determining the foods we should eat to optimize health.

Choose snacks carefully — Plan ahead and use snacks to fill in the nutrient gaps in your diet. Think of snacks as a way to fit in an extra serving of fruits, vegetables, or whole grains!

Engage in regular physical activity — Benefits are seen with at least 150 minutes per week of moderately intense physical activity, but added advantages can come from increasing the duration and intensity. Don't forget endurance and strength training activities like weights, resistance bands, or body weight exercise!



For more information log onto www.nationalnutritionmonth.org

Be Green At Home, Away, or at a Party!

Make March festive by adding greens to your daily routine at home, on-the-go, or at a party. Check out these green recipes:

At Home...Green Goddess Smoothie.



Super charge your morning with a fresh green smoothie. Blend the following ingredients together and enjoy!

- 3/4 cup spinach
- 1/4 cup kale
- 1/2 medium avocado, peeled
- 3/4 berry blend (blueberries & strawberries)
- 1/2 cup milk or milk alternatives

Makes 2, 8 ounce smoothies.

Calories: 89 Carbohydrates: 10 Fat: 5.5 Protein: 2 Sugar: 4 Sodium: 18

Away...Collard Greens Lunch Wrap.



Substitute a flour tortilla with a collard green wrap. Lightly steam a collard green leaf and add the following ingredients:

- 1/4 cup hummus
- 1/4 snap peas
- 1/4 cup bell pepper
- 3/4 cup protein (grilled cubed chicken, salmon, or shredded turkey)

Makes 2 wraps, 2 wraps per serving.

Calories: 274 Carbohydrates: 19 Fat: 8.5 Protein: 32 Sugar: 2 Sodium: 207

At a Party... Spinach Feta & Strawberry Salad.



Brighten a party by tossing 6 cups of spinach with the following ingredients:

- 2 cups sliced strawberries
- 1 cup feta cheese
- 1 cup slivered almonds
- 1/2 cup balsamic vinaigrette dressing

Makes 8, 1 cup servings.

Calories: 174 Carbohydrates: 9 Fat: 13 Protein: 6 Sugar: 5 Sodium: 330

Get Healthy With the KANC!

SPRING 2015 PROGRAMS

Why go anywhere else when the KANC has what you need?

We offer services, classes, and appointments for the busy person you are!

« **Resting Metabolic Rate** is a measure of how much energy is used at rest and determines how many calories you need daily. Knowing this number can help you manage your weight and improve your sports performance. Make an appointment with our trained Registered Dietitian Nutritionists.

Cost: \$100 (only \$50 for CSU students and employees)

« **Healthy You** is a successful series of 6 weekly classes that include nutrition information and strategies for meal planning, shopping, eating out, exercising, weight management, emotional eating, and identifying sugar, salt and fiber sources. Great whether you want to lose weight or just get healthy. Participants receive program manual, pedometer, weekly prizes, and social support. Taught by a Registered Dietitian Nutritionist.

Wednesdays from 6:00 to 7:30 pm : May 27 to July 1 **OR** Wednesdays: July 8 to August 12

Cost: \$100 for 1 complete series (only \$60 for CSU employees & students)

Sign up online or call soon to reserve your spot!

« **Teen Diabetes Study**

A research study at Colorado State University seeks girls ages 12-17 who have a family member with type 2 diabetes. Parents, consider having your daughter participate in a Colorado State University research study to see if improving stress and mood decreases girls' chances of developing type 2 diabetes. The study involves 1 screening visit, a 6- week group program, and 3 follow-up visits within a year. Eligible participants will be financially compensated for their time. **For more information:**

Call 970-491-1120, email ShomakerLab@colostate.edu or visit www.awl.colostate.edu



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

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