



Section D: Nutrition Tip-Sheets

Use this section as an introduction to basic nutrition concepts and ideas, with a focus on seasonal, sustainable eating.

- | | |
|---|---------------|
| 1. Northeast Seasonal Guide to Important Nutrients | p. 221 |
| a. Winter | |
| b. Spring | |
| c. Summer | |
| d. Fall | |
| 2. What is Fiber? | p. 229 |
| 3. Complimentary Proteins | p. 231 |
| 4. Phytochemicals | p. 233 |
| 5. Oxalates and Vegetable Alternatives | p. 235 |
| 6. Vegetables Come From All Parts of the Plant | p. 237 |
| 7. Heart Healthy Eating | p. 239 |
| 8. What is Diabetes? | p. 241 |
| 9. Healthy Eating To Prevent or Control Diabetes | p. 243 |
| 10. Meal Planning | p. 245 |
| 11. Meal Planning for a Sample CSA Share | p. 247 |





Northeast Seasonal Guide to Important Nutrients: Winter

Incorporating fruits and vegetables into your diet can help prevent chronic disease like heart disease, diabetes and cancer. Research suggests that one third of all deaths caused by cancer could be avoided by eating a balanced diet high in fruits and vegetables!¹ While there are many compounds in fruits and vegetables that keep us healthy, use the charts below to choose **winter vegetables** and **fruits** that are high in or a good source of the following five important nutrients:

Vitamin A is important in vision, growth and development, skin health, immune function and reproduction.

Vitamin C is important in immune response, wound healing, and allergic reactions. It also helps with iron absorption.

Folic Acid (folate) may reduce a woman's risk of having a child with certain birth defects of the brain or spinal chord.

Calcium can help maintain good bone health and may reduce risk of osteoporosis.

Iron is important for healthy blood cells. Inadequate iron intake can lead to anemia

Additionally, most fruits and vegetables contain a high amount of **dietary fiber**, an important part of a healthy diet.

WINTER VEGETABLE AND FRUIT NUTRIENT CHART

Winter Vegetables and Fruits	Vitamin A	Vitamin C	Folate	Calcium	Iron
Beets *		X	XX		
Burdock *					
Cabbage *		XXX			
Carrot *	XXX	X			
Celeriac *		X			
Garlic * (1 clove, raw)					
Kale	XXX	XXX		X	
Kohlrabi * (raw)		XXX			
Leeks (1/4 cup)					
Onion * (1/4 cup)		X			
Potato * (1 medium, baked, with skin)		XXX	XX		XX
Rutabaga * (mashed)		XXX	X	X	
Shallot * (raw, 1 tbsp)					
Sweet Potato * (baked, with skin)	XXX	XXX			
Turnips* (1 cup)		XXX		X	
Winter Squash * (baked)	XXX	XX	X		
Apple * (1 medium, raw)		XX			
Pear * (1 medium, raw)		XX			

* These vegetables and fruits can be stored without processing throughout the winter.

- Blank** = Contains less than 5% of the Daily Value of that nutrient
- X** = Contains 5%-9% of the Daily Value of that nutrient
- XX** = Contains 10%-19% of the Daily Value of that nutrient
- XXX** = Contains more than 20% of the Daily Value of that nutrient

It is important to remember that foods that provide lower percentages of the DV also contribute to a healthful diet.

Values based on United States Department of Agriculture (USDA) Nutrient Data Laboratory (www.nal.usda.gov/fnic/foodcomp/).

Daily Values are calculated for 1/2 cup cooked unless otherwise specified.

Current RDAs or AIs

Vitamin A = 900µg/day
 Vitamin C = 60 mg/day
 Folate = 400µg/day
 Calcium = 1,000mg/day
 Iron = 18mg/day

(Based on 2,000 calorie intake per day.)

¹ American Cancer Society. www.cancer.org, September 2003.





Northeast Seasonal Guide to Important Nutrients: Spring

Incorporating fruits and vegetables into your diet can help prevent chronic disease like heart disease, diabetes and cancer. Research suggests that one third of all deaths caused by cancer could be avoided by eating a balanced diet high in fruits and vegetables!¹ While there are many compounds in fruits and vegetables that keep us healthy, use the charts below to choose **spring vegetables** and **fruits** that are high in or a good source of the following five important nutrients:

Vitamin A is important in vision, growth and development, skin health, immune function and reproduction.

Vitamin C is important in immune response, wound healing, and allergic reactions. It also helps with iron absorption.

Folic Acid (folate) may reduce a woman's risk of having a child with certain birth defects of the brain or spinal chord.

Calcium can help maintain good bone health and may reduce risk of osteoporosis.

Iron is important for healthy blood cells. Inadequate iron intake can lead to anemia

Additionally, most fruits and vegetables contain a high amount of **dietary fiber**, an important part of a healthy diet.

SPRING VEGETABLE NUTRIENT CHART

Spring Vegetables	Vitamin A	Vitamin C	Folate	Calcium	Iron
Arugula (1 cup, raw)	XX	X	X		
Asparagus	XX	XX	XXX		X
Beets		X	XX		
Bok Choy	XXX	XXX	XX	XX	X
Braising Greens	XXX	XXX	XX	XX	
Broccoli	XXX	XXX	XXX		
Broccoli Raab		XXX	XX	XXX	X
Cabbage		XXX			
Cauliflower		XXX	X		
Chinese Cabbage			X		
Collard Greens	XXX	XXX	XX	XX	X
Dandelion Greens (1 cup, raw)	XXX	XXX		XX	X
Kale	XXX	XXX		X	
Kohlrabi (raw)		XXX			
Lettuce (1 cup, raw)	XXX	XX			
Mustard Greens	XXX	XXX	XX	X	
Parsnip		XX	XX		
Peas (1 cup)	XXX	XXX	XXX		XX
Purslane (raw)	X	X			
Radish (raw)		X			
Spinach	XXX	XX	XXX	XX	XX
Swiss Chard	XXX	XXX		X	XX
Tat Soi					

Blank = Contains less than 5% of the Daily Value of that nutrient
 X = Contains 5%-9% of the Daily Value of that nutrient

XX = Contains 10%-19% of the Daily Value of that nutrient
 XXX = Contains more than 20% of the Daily Value of that nutrient

¹ American Cancer Society. www.cancer.org, September 2003.



Northeast Seasonal Guide to Important Nutrients: Spring (cont'd)

SPRING FRUIT NUTRIENT CHART

Spring Fruits	Vitamin A	Vitamin C	Folate	Calcium	Iron
Apple (1 medium, raw)		XX			
Strawberry (raw)		XXX			

Blank = Contains less than 5% of the Daily Value of that nutrient
X = Contains 5%-9% of the Daily Value of that nutrient
XX = Contains 10%-19% of the Daily Value of that nutrient
XXX = Contains more than 20% of the Daily Value of that nutrient
 It is important to remember that foods that provide lower percentages of the DV also contribute to a healthful diet.

Values based on United States Department of Agriculture (USDA) Nutrient Data Laboratory (www.nal.usda.gov/fnic/foodcomp/).

Daily Values are calculated for 1/2 cup cooked unless otherwise specified.

<u>Current RDAs or AIs</u>
Vitamin A = 900µg/day
Vitamin C = 60 mg/day
Folate = 400µg/day
Calcium = 1,000mg/day
Iron = 18mg/day
(Based on 2,000 calorie intake per day.)



Northeast Seasonal Guide to Important Nutrients: Summer

Incorporating fruits and vegetables into your diet can help prevent chronic disease like heart disease, diabetes and cancer. Research suggests that one third of all deaths caused by cancer could be avoided by eating a balanced diet high in fruits and vegetables!³ While there are many compounds in fruits and vegetables that keep us healthy, use the charts below to choose **summer vegetables** and **fruits** that are high in or a good source of the following five important nutrients:

Vitamin A is important in vision, growth and development, skin health, immune function and reproduction.

Vitamin C is important in immune response, wound healing, and allergic reactions. It also helps with iron absorption.

Folic Acid (folate) may reduce a woman's risk of having a child with certain birth defects of the brain or spinal chord.

Calcium can help maintain good bone health and may reduce risk of osteoporosis.

Iron is important for healthy blood cells. Inadequate iron intake can lead to anemia

Additionally, most fruits and vegetables contain a high amount of **dietary fiber**, an important part of a healthy diet.

SUMMER VEGETABLE NUTRIENT CHART

Summer Vegetables	Vitamin A	Vitamin C	Folate	Calcium	Iron
Beets		X	XX		
Broccoli	XXX	XXX	XXX		
Cabbage		XXX			
Carrot	XXX	X			
Cauliflower		XXX	X		
Celery (2 stalks, raw)	X		X		
Corn, Sweet		X	XX		
Cucumber (raw)					
Eggplant					
Endive (1 cup, raw)	XXX	X	XX		
Escarole					
Fennel		X			
Garlic (1 clove, raw)					
Lemon Grass			X		XX
Lettuce (1 cup, raw)	XXX	XX			
Okra	X	XXX	X	X	
Onion (1/4 cup)					
Pepper, Bell/Sweet (raw)		XXX			
Potato (1 medium, baked, with skin)		XXX	XX		XX
Purslane (raw)	X	X			
Radicchio (raw)					
Snap Beans (raw)	X	XX	X		
Summer squash		X	X		
Tomatillo		XX			

³ American Cancer Society. www.cancer.org, September 2003.



Northeast Seasonal Guide to Important Nutrients: Summer (cont'd)

SUMMER FRUIT NUTRIENT CHART

Summer Fruits	Vitamin A	Vitamin C	Folate	Calcium	Iron
Apricot (raw)	XXX	XX			
Blackberry (raw)		XXX	X		
Blueberry (raw)		XX			
Cantaloupe (raw)	XXX	XXX	X		XXX
Cherry (raw)		X			
Currants		XXX			
Elderberry	X	XXX			X
Gooseberry		XXX			
Honeydew Melons		XXX			
Nectarine (1 medium, raw)	X	X			
Peach (1 medium, raw)	X	X			
Plum (2 medium, raw)	X	XX			
Raspberry (raw)		XXX			
Watermelon (raw)	X	XX			

Blank = Contains less than 5% of the Daily Value of that nutrient
X = Contains 5%-9% of the Daily Value of that nutrient
XX = Contains 10%-19% of the Daily Value of that nutrient
XXX = Contains more than 20% of the Daily Value of that nutrient
 It is important to remember that foods that provide lower percentages of the DV also contribute to a healthful diet.

Values based on United States Department of Agriculture (USDA) Nutrient Data Laboratory (www.nal.usda.gov/fnic/foodcomp/).

Daily Values are calculated for 1/2 cup cooked unless otherwise specified.

Current RDAs or AIs

Vitamin A = 900µg/day
 Vitamin C = 60 mg/day
 Folate = 400µg/day
 Calcium = 1,000mg/day
 Iron = 18mg/day
 (Based on 2,000 calorie intake per day.)



Northeast Seasonal Guide to Important Nutrients: Fall

Incorporating fruits and vegetables into your diet can help prevent chronic disease like heart disease, diabetes and cancer. Research suggests that one third of all deaths caused by cancer could be avoided by eating a balanced diet high in fruits and vegetables!⁴ While there are many compounds in fruits and vegetables that keep us healthy, use the charts below to choose **fall vegetables** and **fruits** that are rich in the following five important nutrients:

Vitamin A is important in vision, growth and development, skin health, immune function and reproduction.

Vitamin C is important in immune response, wound healing, and allergic reactions. It also helps with iron absorption.

Folic Acid (folate) may reduce a woman’s risk of having a child with certain birth defects of the brain or spinal chord.

Calcium can help maintain good bone health and may reduce risk of osteoporosis.

Iron is important for healthy blood cells. Inadequate iron intake can lead to anemia

Additionally, most fruits and vegetables contain a high amount of **dietary fiber**, an important part of a healthy diet.

FALL VEGETABLE NUTRIENT CHART

Fall Vegetables	Vitamin A	Vitamin C	Folate	Calcium	Iron
Arugula (1 cup, raw)	XX	X	X		
Beets		X	XX		
Bok Choy	XXX	XXX	X	X	X
Braising Greens	XXX	XXX	XX	X	
Broccoli	XXX	XXX	XXX		
Broccoli Raab		XXX	XX	XX	X
Brussels Sprouts	XX	XXX	XX		X
Burdock					
Cabbage		XXX			
Carrot	XXX	X			
Cauliflower		XXX	X		
Celeriac		X			
Chinese Cabbage			X		
Collard Greens	XXX	XXX	XXX	XX	X
Edamame		XXX	XXX	XX	XX
Fennel (raw)		X			
Garlic (1 clove, raw)					
Kale	XXX	XXX		X	
Kohlrabi (raw)		XXX			
Leeks (1/4 cup)					
Lettuce (1 cup, raw)	XXX	XX			
Mustard Greens	XXX	XXX	XX	X	

⁴ American Cancer Society. www.cancer.org, September 2003.



Northeast Seasonal Guide to Important Nutrients: Summer (cont'd)

FALL VEGETABLE NUTRIENT CHART (cont'd)

Fall Vegetables	Vitamin A	Vitamin C	Folate	Calcium	Iron
Onion (1/4 cup)		X			
Parsnip		XX	XX		
Potato (1 medium, baked, with skin)		XXX	XX		XX
Pumpkin	XXX	XX			
Radish (raw)		X			
Rutabaga (mashed)		XXX	X	X	
Scallion					
Shallot (raw, 1 tbsp)					
Spinach	XXX	XX	XXX	XX	XX
Sweet Potato (baked, with skin)	XXX	XXX			
Swiss Chard	XXX	XXX		X	XX
Tat Soi					
Turnips (1 cup)		XXX		X	
Winter Squash (baked)	XXX	XX	X		

FALL FRUIT NUTRIENT CHART

Fall Fruits	Vitamin A	Vitamin C	Folate	Calcium	Iron
Apple (1 medium, raw)		XX			
Cranberry			XX		XX
Grapes (raw)			XX		
Pear (1 medium, raw)		XX			
Quince (1 fruit, raw)		XXX			
Raspberry (raw)		XXX	X	X	
Fig (1 small, fig)					

Blank = Contains less than 5% of the Daily Value of that nutrient
X = Contains 5%-9% of the Daily Value of that nutrient
XX = Contains 10%-19% of the Daily Value of that nutrient
XXX = Contains more than 20% of the Daily Value of that nutrient
 It is important to remember that foods that provide lower percentages of the DV also contribute to a healthful diet.

Values based on United States Department of Agriculture (USDA) Nutrient Data Laboratory (www.nal.usda.gov/fnic/foodcomp/).

Daily Values are calculated for 1/2 cup cooked unless otherwise specified.

Current RDAs or AIs

Vitamin A = 900µg/day
 Vitamin C = 60 mg/day
 Folate = 400µg/day
 Calcium = 1,000mg/day
 Iron = 18mg/day

(Based on 2,000 calorie intake per day.)



What is fiber?

Fiber is a substance found only in plants, such as fruits, vegetables, and grains. The part of the plant fiber that you eat is called dietary fiber and is an important part of a healthy diet. Dietary fiber is made up of two main types--insoluble and soluble. Both types of fiber are important in the diet and provide benefits to the digestive system by helping to maintain regularity.

- **Insoluble Fiber**

Insoluble fiber gives structure to plant cell walls. By adding bulk and softness to stools, insoluble fiber promotes regularity and helps prevent constipation. By speeding up the movement of waste through the colon, insoluble fiber may help to prevent colon cancer. Foods that provide insoluble fiber include whole wheat and wheat bran, corn bran, many vegetables, and skins of fruits and root vegetables.

- **Soluble Fiber**

Soluble fiber has some additional benefits to heart health. Soluble fiber has been shown to reduce blood cholesterol levels, which may help reduce your risk of heart disease. Soluble fiber is found in oats, potatoes, peas, beans, and certain fruits.

Other Benefits of Fiber

- Helps diabetics better control their blood sugar level by slowing the release of sugar into the blood following a meal.
- High-fiber meals also tend to be more filling and have fewer calories, and are therefore helpful in weight management.

How much fiber do we need?

- Adults should eat 20-35 grams of fiber each day, including both soluble and insoluble fiber. Soluble fiber should make up about 5-10 grams of our daily fiber intake.

How do we get more fiber?

- Start slowly by adding a small amount of extra fiber each day. (Remember that when making changes to what you eat your body will need some time to adjust. At first, you may feel a little bloated or gassy, but this will go away with time.)
- Drink plenty of water.
- Add a piece of fruit or a vegetable to each meal.
- Wash vegetables instead of peeling them to maximize fiber content.
- Choose whole grains over processed grains like bread and pasta.



What is fiber? (cont'd)

SOURCES OF FIBER:

Food	Serving size	Total fiber (g)	Soluble fiber (g)	Insoluble fiber (g)
Apple, with skin	1 medium	3.0	0.5	2.5
Pear, with skin	1 medium	4.5	0.5	4.0
Strawberries	½ cup	1.0	0	1.0
Broccoli	½ cup	2.0	0	2.0
Corn	½ cup	1.5	0	1.5
Potato, with skin	1 medium	4.0	1.0	3.0
Spinach	½ cup	2.0	0.5	1.5
Kidney beans	½ cup	4.5	1.0	3.5
Popcorn	1 cup	1.0	0	1.0
English muffin	1	2.0	0.5	1.5
Spaghetti, cooked	1 cup	2.0	0.5	1.5
Whole-wheat bread	1 slice	2.5	0.5	2.0
Bran flake cereal	¾ cup	5.5	0.5	5.0
Oatmeal, cooked	¾ cup	3.0	1.0	2.0



Complementary Proteins:

Proteins are an important part of almost every cell in the human body including body tissues, enzymes, hormones, and immune cells. Protein is made from building blocks called amino acids. Amino acids can be created in the body, but nine of them, called **essential amino acids**, must be obtained from food.

Complete proteins are proteins that contain adequate levels of all of the essential amino acids. Animal foods such as meat, dairy, eggs, poultry, and fish are complete proteins.

Plant proteins are often **incomplete proteins** because they are missing one or more essential amino acids. Soy is an exception to this rule. Soy contains complete proteins.

Complementary proteins are incomplete proteins that, when eaten together, create complete proteins. Therefore, even though plant proteins are often incomplete, you can combine them to create complete proteins. **Plant foods can adequately meet your protein needs if you combine their complementary proteins.**

COMPLEMENTARY PROTEIN COMBINATION CHART

Combination	Food Examples
Grains + Legumes	Rice + beans Pea or lentil soup + whole-grain toast Lentil curry + rice Tofu + rice + vegetables Tofu + wheat or corn tortilla Rice and beans + wheat or corn tortilla Whole-grain corn bread + bean chili
Grains + Dairy	Pasta + cheese Rice pudding Cheese + whole-grain bread sandwich Breakfast cereal + milk Yogurt + granola
Legumes + Seeds	Hummus (chick-peas + sesame seed paste) Falafel + tahini (sesame seed paste) Roasted soybeans + sunflower or pumpkin seeds snack

This complementary effect occurs even when these foods are consumed at different meals during the day!





Phytochemicals:

Phytochemicals are materials found in plant-derived foods: fruits, vegetables, grains, legumes, and seeds. When these foods are eaten, they provide **added health benefits**, which have been shown to help prevent and treat various diseases and ailments. Many phytochemicals are not altered or lost by heat or boiling water.

Phytochemicals have tremendous health advantages, and they have been linked to **preventing** and **treating** some of the leading causes of death from disease--cancer, cardiovascular disease, hypertension, and diabetes. Also, research suggests that phytochemicals may help remedy certain medical problems such as arthritis, osteoporosis, and bowel trouble.

With their high phytochemical content, **Fruits** and **vegetables** are strong defenders against many cancers especially lung, cervix, esophagus, stomach, colon, and pancreas. For example, citrus fruits contain over 170 phytochemicals along with healthy amounts of vitamin C, folic acid, and potassium. Vegetables with the highest protective power include onions, cabbage, carrots, parsnips, and members of the broccoli and tomato families. Also, **whole wheat** products along with numerous **herbs** can provide healthy phytochemicals.

Initial research proves a varied diet of the above foods provides more favorable health benefits when compared to consuming individual nutrients in supplement form. The United States Department of Agriculture recommends **five to nine servings** of fruits and vegetables daily. This recommendation may be modified if disease is present. Not only do these foods provide phytochemicals, but are also low in calories, fat, cholesterol, and sodium and have high levels of fiber and numerous essential vitamins and minerals.

Bloch A., Thomson C. A. Position of The American Dietetic Association: Phytochemicals and Functional Foods. *J. Am Diet Assoc.* April 1995;95 (4): 493-496.

Craig, W. J. Phytochemicals: Guardians of our Health. *J. Am Diet Assoc.* 1997;97 (suppl 2): S1999-S204.





Oxalates and Vegetable Alternatives:

Calcium is an important mineral needed by the body to maintain healthy bones and teeth, and may prevent colon cancer and lower blood pressure.

Many plant foods are excellent sources of calcium. Some of these plants, however, contain **oxalates – compounds that interfere with calcium absorption** by binding to calcium.

Thus, the calcium in plants with high amounts of oxalates is not absorbed as well as the calcium in plants with low amounts of oxalates.

PLANT FOODS HIGH IN OXALATES

Beet Greens
Purslane
Rhubarb
Spinach
Swiss Chard

Because of the oxalates, these plants will not meet your calcium needs; you should count on getting your calcium from other sources. Of course, these plants do supply many other important vitamins and minerals.

PLANT FOODS HIGH IN CALCIUM AND LOW IN OXALATES

Bok Choi
Broccoli
Collard Greens
Kale
Soybeans
Soymilk (fortified)
Tofu (calcium-set)
Turnip Greens

These plants are excellent sources of well-absorbed calcium and are a delicious way to meet your calcium needs!





“Vegetables” Come From All Parts of the Plant:

Eating the recommended servings of fruits, vegetables, and whole grains is easy when you’re eating all parts of the plant! The vitamins, minerals, fiber, and other nutrients found in plant foods are found in all parts of the plant. So you get all the health benefits *and* a lot of variety in taste, texture and color!

The basic parts of most plants are roots, stems, leaves, flowers, fruits, and seeds.

Roots anchor the plant to the ground and take up water and nutrients needed for growth.

Stems carry water and nutrients from the roots to the leaves. Stems then carry food made by the leaves to other parts of the plant, including back down to the roots.

Leaves use sunlight, carbon dioxide, and water to make food (sugar) for the plant. This process is called photosynthesis. Not only is sugar produced, the oxygen we breathe is also produced!

Flowers contain the reproductive parts of the plant that produce seeds.

Fruit grows from a flower that has reproduced. Its job is to protect the newly formed seeds. Some of the vegetables we eat are actually fruits because they contain seeds. See the chart below.

Seeds are produced during plant reproduction. Each seed contains an entire tiny plant that is ready to grow once it comes in contact with soil and water.

Plant Parts Chart

ROOT	LEAF	Mustard greens	FRUIT	Onion
Beet root	Arugula	Purslane	Aji Dulce	Peanuts
Burdock	Beet leaf	Radicchio	Apple	Peas
Carrot	Bok Choi	Radish greens	Cucumber	Pumpkin seeds
Celeriac	Braising greens	Rutabaga leaves	Eggplant	Shallot clove
Parsnip	Broccoli raab	Scallion	Hot peppers	Sprouts
Radish	Brussels Sprouts	Spinach	Melon	Wheat
	Cabbage	Sprouts	Okra	
STEM	Carrot green	Swiss Chard	Pear	
Asparagus	Chinese cabbage	Tat soi	Pumpkin	
Broccoli raab	Collard greens	Tea	Raisins	
Celery	Dandelion greens	Watercress	Snap bean	
Fennel	Endive	Yukina	Sweet peppers	
Jerusalem artichoke	Escarole		Tomatillo	
Kholrabi	Fennel leaf	FLOWER	Tomato	
Leek	Garlic greens	Broccoli	Winter squash	
Lemon Grass	Herbs	Cauliflower		
Mei Quing Choi	Kale	Hyssop	SEED/BULB	
Potato	Lambs quarters	Lavender	Corn	
Rhubarb	Lettuce		Edamame	
Rutabega	Mei quing choi		Garlic clove	
Sweet Potato	Mizuna		Oats	





Heart Healthy Eating:

Cardiovascular disease (heart disease and stroke) is currently the number one cause of death in the United States, accounting for nearly 950,000 deaths per year. Studies indicate that many of these deaths could be prevented through lifestyle changes. Healthy eating, exercise, avoiding tobacco and maintaining a healthy body weight are the most effective ways to prevent cardiovascular disease.

Who is at risk for heart disease and stroke?

Almost anyone can develop heart disease or stroke, but there are some signs that a person may be at higher risk. They include having high blood pressure and/or high cholesterol, using tobacco, not being physically active, having a family history of heart disease or stroke, or having diabetes.

Healthy Eating for a Healthy Heart

Two of the biggest risk factors for heart disease and stroke, high blood pressure and high cholesterol, can be improved through healthy eating.

Eating for Lower Cholesterol

- Increase dietary fiber intake. Dietary fiber, especially soluble fiber, can help to lower cholesterol levels. Fiber is found in plant foods like vegetables, fruits, beans and whole grains.
- Keep saturated fat intake low. Saturated fat increases your cholesterol, especially the dangerous LDL type of cholesterol. Saturated fat is found mostly in animal fats like butter, whole milk, skin from poultry, fatty beef, bacon and sausage and in some tropical oils like coconut.
- Keep cholesterol intake low. Eating foods high in cholesterol can increase your cholesterol level. Cholesterol is found in foods that are high in animal fat like eggs, butter, whole milk, and fatty meats.

Eating for Better Blood Pressure

- Eat plenty of fruits and vegetables. Fruits and vegetables are good sources of nutrients that are thought to help lower blood pressure. The DASH diet which includes 9 servings of fruits and vegetables per day has been shown to lower blood pressure as much as education. For more information see www.nhlbi.nih.gov/health/public/heart/hbp/dash.
- Keep sodium (salt) intake low. Too much sodium can increase blood pressure in some people. Processed foods like canned or dry packaged foods tend to be very high in sodium. Read nutrient facts labels to find sodium content of packaged foods.
- Get enough calcium. Studies have shown that getting enough calcium can help to control blood pressure. Calcium is found in lowfat dairy products and green leafy vegetables.

Remember: If you have heart disease or think that you may be at risk, speak with your health care provider about the best treatment plan for you.





What is Diabetes?

Diabetes is a disease associated with high blood sugar (glucose). High blood sugar is the cause of many of the complications associated with diabetes including, blindness, heart disease, infections and kidney problems. Controlling blood sugar is the goal of treating all types of diabetes. By controlling blood sugar, people with diabetes can lead very healthy lives.

There are three main types of diabetes.

- *Type 1 Diabetes* is usually diagnosed early in life (childhood through early adulthood). *Type 1 Diabetes* must be treated with insulin (injected or in a pump) and healthy eating.
- *Type 2 Diabetes* is the most common form of diabetes and can be diagnosed at any age but is seen most often in those over 40 years of age. *Type 2 Diabetes* can be treated with weight loss, exercise, healthy eating, diabetes pills, and/or insulin.
- *Gestational Diabetes* is a form of diabetes that is diagnosed in women during pregnancy and may or may not disappear after giving birth. *Gestational Diabetes* can be treated with healthy eating and/or insulin. (Note: Diabetes pills are not currently considered safe during pregnancy.)

Who gets Diabetes?

Diabetes can occur in almost anyone, but certain people are at higher risk for developing the most common form of diabetes, Type 2 Diabetes. Diabetes is more common in people who have a family history of diabetes, are overweight, are not physically active, are of an ethnic group other than Caucasian, have had Gestational Diabetes or have given birth to a large baby (over 9 pounds at birth). The prevalence (or percentage) of obesity has more than doubled for preschool children aged 2-5 years (5 percent to 10.4 percent) and adolescents aged 12-19 years (6.1 percent to 15.5 percent), and it has more than tripled for children aged 6-11 years (4 percent to 15.3 percent) over the past 30 years. This increase could lead to a greater occurrence of type 2 diabetes. In 2000, it was estimated that 30 percent of boys and 40 percent of girls born in the United States are at risk for being diagnosed with type 2 diabetes at some point in their lives.¹ If you are at risk for diabetes, you should be tested regularly by your health care provider.

Can Diabetes be prevented?

Studies now show that the most common form of diabetes (Type 2) can be prevented or delayed with lifestyle changes. Healthy eating, exercise and maintaining a healthy body weight are the most effective ways to prevent diabetes.

¹ Preventing Childhood Obesity: Health in the Balance, National Academy of Sciences, Washington DC, 2004.
<http://www.nap.edu>





Healthy Eating To Prevent or Control Diabetes:

The good news is that healthy eating can be used to both prevent diabetes and to help control diabetes in those who already have it. See below for some tips for healthy eating to prevent or control diabetes. If you have diabetes, or think you are at risk, speak with your health care provider for more individual information.

Balance is the key to healthy eating.

The amount of food that you need each day needs to balance with the amount of physical activity that you get. People who are more active will need more food. People who are less active will need less food. Your weight can be a good measure of whether you are balancing your food and activity. If you are gaining weight, you may be eating more than your body needs. To lose weight, you will need to eat a little less than your body needs.

The types of foods that you eat need to be balanced, too, especially if you have diabetes. Certain types of food will have a bigger effect on your blood sugar. Balancing foods that have a big effect on your blood sugar with those that have a small effect will help to keep you healthy. This is true whether you have diabetes or not. If you don't have diabetes, your body will work hard to keep your blood sugar in the normal range, but working too hard can be bad for your health. If you have diabetes, your body isn't always able to work hard enough, and you can end up with high blood sugar.

- Foods that raise blood sugar the most include starchy and sugary foods like bread, pasta, rice, corn, potatoes, sweets, fruit, fruit juice, and soda.
- Foods that have little effect blood sugar include non-starchy vegetables like leafy greens, peppers, or tomatoes and meats, fish, chicken and other protein foods.

There should also be balance in when you eat your meals. For people with diabetes, eating meals at regular times each day helps to keep your blood sugar in better control, especially if you take medicine to treat your diabetes. For people who do not have diabetes, eating meals at regular times each day helps to prevent the overeating or unhealthy choices that usually happen when you're hungry or haven't eaten in a while.

Tips for putting balance into practice:

1. Plan ahead. If you know what you are going to eat at your next meal, you are more likely to eat a healthy meal than if you wait until mealtime to decide.
2. Think of your plate in three equal sections. Save one section for vegetables, one section for a protein food and one section for a starchy food.
3. Have a back-up plan. If you are too busy for a full meal, keep something quick around to eat so you don't skip the meal entirely. Freeze leftover chili or soup in meal size portions for a quick reheat, or try some low fat cheese and a piece of fruit.





Meal Planning:

A little planning can go a long way when it comes to having healthy meals and maximizing your CSA share or garden vegetables. During the growing season, you can start your planning around what you get in your weekly share or what is ready to harvest from the garden. It may feel a little unusual to plan your meals around the vegetables, but this is actually a very healthy way to plan. By making the vegetable the focus of the meal, you can keep fat intake down and maximize beneficial nutrients.

1. Start by searching for recipes that include the items you have available. Check the Veggie Tip-sheets or look in cookbooks, magazines, newsletters or online. If you don't have a good selection of cookbooks or access to the Internet, check your local library.
2. Next, make a list of dinners for each day of the upcoming week. You may want to start your week on the day after your delivery day, or when you plan to harvest.
3. Choose one recipe for each meal for the week. Try to choose recipes that include vegetables with the shortest shelf life earlier in the week to prevent losing items to spoilage.
4. For good balance, try to have at least one non-starchy vegetable and no more than one starchy vegetable at each meal.

Starchy vegetables:	Non-starchy vegetables:	
corn	arugala	celery
Jerusalem artichoke	asparagus	cucumber
parsnips	beets	edamame
peas	bok choy	eggplant
potatoes	broccoli	fennel
turnip	broccoli Rabe	green beans
winter squash	Brussels sprouts	leafy greens
	cabbage	lettuce
	carrots	peppers
	cauliflower	spinach
	celeriac	tomatoes

1. For meals that don't include a starchy vegetable, add a starch like rice or pasta.
2. Finish off each meal by adding a protein source (if the recipe didn't already call for one) that goes well with the vegetables. Choose lean options like fish or chicken more often.
3. Remember that leftovers can save you time and money at lunchtime. You can often make a good lunch from the dinner leftovers. Soups, stews and chili freeze well and can be used as a quick lunch for up to 3 months later.





Meal Planning for a Sample CSA Share:

1 1/2 lbs. winter squash, 1 bunch of Swiss chard, 1 bunch mizuna, 1 bunch of radishes, 1 bunch of scallions, 1 bunch of carrots, 1 lb. cucumbers, 1 lb. assorted red and green peppers, 1 bunch of herbs.

Recipes:

- Squash Potage
- Stuffed Chard Leaves
- Sautéed Mizuna and Minced Chicken
- Romaine, Radish and Cucumber Salad with Tahini Dressing
- Carrots in Lime Butter Sauce (uses scallions)
- Stuffed Peppers
- Sautéed Butternut Squash

Meals:

Monday dinner: Stuffed Chard Leaves

Tuesday dinner: Sautéed Mizuna and Minced Chicken over Pasta

Wednesday dinner: Sautéed Butternut Squash with Broiled Fish and Green Salad

Thursday dinner: Stuffed Peppers

Friday dinner: Romaine, Radish and Cucumber Salad with Tahini Dressing, Grilled Chicken and bread

Saturday dinner: Squash Potage and Grilled Cheese Sandwich

Sunday brunch: Leftover Vegetable Frittata

Sunday dinner: Carrots in Lime Butter Sauce, Rice and Baked Fish

Leftovers:

- Make a little extra Sautéed Mizuna and Minced Chicken over Pasta and eat for lunch the next day
- Stuffed peppers freeze well and re-heat well to make a great lunch.
- Add canned tuna to leftover Romaine, Radish and Cucumber Salad for a quick meal.
- Freeze Squash Potage in single portions to be reheated later.

To Save Time:

- “Prep” as many vegetables as you can in advance when you bring home your share
- Store cleaned, washed and cut produce in plastic bags ready to go

