

June

Go Nuts!

June is Men's Health Month and an important way for men to keep fit is to reduce the risk factors for health problems that they face as they age.

Pistachios are a member of the cashew family, and like most nuts, pistachios are cholesterol free. Besides pistachios making a delicious ice cream flavor, are packed with nutrients: a one-ounce serving of pistachios (49 nuts) contains over 10% of the daily requirements of dietary fiber, magnesium, copper, phosphorous, and B vitamins.



Here are 5 reasons to choose pistachios

Cardiovascular Health: One of the biggest health benefits of pistachios is that they are great for the circulation system. Research on pistachios suggests that regular pistachio consumption can decrease the levels of bad LDL cholesterol in the body. Maintaining a healthy heart and blood vessels is one of the most important things a man can do. Emerging research suggests that men who added pistachios (3 oz.) to their diet for three weeks improved markers of erectile function at the end of the study. This means that pistachios help to keep the arteries and veins in your entire body healthy.

Dietary Fiber: One of the other health benefits of pistachios is that it is a good source of dietary fiber, which helps in the smooth digestion of food. A serving of about 1 ounce or 30 grams of pistachios contains about 3 grams of dietary fiber, more than enough to get your digestive tracts working at optimum capacity.

Absorption of iron: Pistachios have a high copper content, which helps in the higher absorption of iron into the body from food sources. This can help combat conditions like anemia.

Weight Management: Pistachios are also the first choice for people who are dieting. Evidence suggests that pistachios, with their lower calories, high protein, low saturated fat, and high unsaturated fats, are an ideal contender as compared to other nuts and dried fruits for ideal weight management. Plus, a serving of pistachios is 49 nuts, more than any other nut.

Reduced Risk of Age-Related Macular Disease or (AMD): Pistachios contain carotenoid antioxidants such as lutein and zeaxanthin. These antioxidants help in reducing the risk of contracting age-related macular disease in the elderly, according to the research conducted by Chen CYO and Blumberg JB from Tufts University, Boston, USA. They can be included, along with vegetables, for an increased supply of lutein and zeaxanthin.

Pistachio “Veggie” Burgers Yield: 6 servings

Recipe from American Pistachio Growers

Ingredients:

- 1 cup shelled natural American pistachios, finely chopped
- 2 cups coarsely grated zucchini
- 2 cans red kidney beans, drained and mashed
- ½ cup grated Romano cheese (or Parmesan)
- ½ cup dry bread crumbs
- 1 egg
- ½ teaspoon each dried thyme and rosemary
- 1 teaspoon ground black pepper
- ½ teaspoon salt

Instructions:

1. Combine all ingredients and mix well. Shape into 6 patties.
2. Place in a grill basket with a fine grid. Grill in over medium coals for 5 – 6 minutes. Flip burger. Cook another 5 – 6 minutes. Serve in buns with fixings.

Or: Pan-fry “veggie” burgers in lightly oiled skillet over medium-low heat. Cook burger for about four minutes on each side.



Salmon with a Pistachio and Basil Crust Yield: 4 servings

Recipe from American Pistachio Growers

Ingredients:

- ¾ cup bread crumbs
- ½ cup shelled pistachio nuts
- ½ cup freshly grated Parmesan cheese
- 3 tablespoons olive oil
- Large handful fresh basil
- Salt and freshly ground black pepper
- 4 salmon fillets

Instructions:

1. Place the breadcrumbs, pistachios, basil, Parmesan cheese and oil in food processor and process for 30 seconds or until just combined.
2. Place the salmon fillets on a non-stick baking sheet with raised sides. Press the breadcrumb mixture down gently onto the fillets with the palm of your hand.
3. Place in a hot oven 400°F for 15 to 20 minutes or until the salmon is cooked through.



<http://www.americanpistachios.org/recipes-and-snacking/recipes/salmon-pistachio-and-basil-crust>

June is Dairy Month

Whether it is milk, yogurt, cheese or ice cream, it is important for you to get three cups of dairy a day (preferably low-fat or fat-free).

Why, you ask? Dairy is a great source of:

- **Calcium** - the nutrient responsible for building strong bones and for preventing osteoporosis. It is recommended that children especially get the recommended amount because their bones are constantly growing and need the extra calcium.
- **Potassium** - with a proper intake, can help you maintain a healthy blood pressure.
- **Vitamin D** - an important pairing for calcium as it helps maintain calcium levels and in turn helps build strong bones.
- **High-quality protein** - to keep you going through your day.

You can sneak dairy into your diet by simply adding a cup of low-fat milk to each meal, a piece of cheese to your sandwich, snacking on a light yogurt or making soup bases with milk instead of water. Incorporate a delicious, low-calorie treat into your diet to get one-third of your dairy intake for the day!



dietitian's pick: JUNE 2015

HY-VEE MOZZARELLA CHEESE

5 TIPS TO MANAGE LACTOSE INTOLERANCE WITH DAIRY FOODS:

1. Slice or cube natural cheeses, such as mozzarella, cheddar, Colby, Monterey Jack and Swiss, which are low in lactose.
2. Try lactose-free milk and other lactose-free dairy foods.
3. Enjoy yogurt, which contains friendly bacteria to help break down lactose.
4. Sip a small amount of milk and slowly increase to an amount that doesn't cause stomach upset.
5. Eat dairy foods with other foods or with a meal, to help slow digestion of lactose.



MANGO-CURRY CHICKEN SALAD

Serves 4

ALL YOU NEED:

2 1/2 cups (1/2-inch pieces) grilled skinless boneless chicken breasts
3/4 cup nonfat plain yogurt
1 tsp curry
1/4 cup cubed mango
1 cup sweetened dried cranberries
1/4 cup walnuts, coarsely chopped
1/3 cup cubed mozzarella
Lettuce leaves, for serving

ALL YOU DO:

1. Grill chicken breasts, cut into small pieces and set aside.
2. In a medium bowl, blend yogurt and curry with a whisk.
3. Stir in chicken, mango, cranberries, walnuts and mozzarella. Mix well.
4. Divide into 4 servings and serve on lettuce leaves, if desired.

Nutrition Facts per serving: 350 calories, 10g fat, 3g saturated fat, 0g trans fat, 80mg cholesterol, 160mg sodium, 32g carbohydrate, 2g fiber, 34g protein. Source: Midwest Dairy Association

Lactose intolerance

Ever felt uncomfortable after consuming dairy products? You might be lactose intolerant. But that doesn't mean you have to avoid dairy products. By following some simple tips and tricks for management, people with lactose intolerance can feel good about choosing dairy foods first.

People with lactose intolerance are unable to fully digest the sugar (lactose) in milk. As a result, they may experience symptoms such as diarrhea, gas and bloating after eating or drinking dairy products. The condition, which is also called lactose malabsorption, is usually harmless, but its symptoms can be uncomfortable. A deficiency of lactase — an enzyme produced in your small intestine — is usually responsible for lactose intolerance. Many people have low levels of lactase but are able to digest milk products without problems. If you're actually lactose intolerant, though, your lactase deficiency leads to symptoms after you eat dairy foods.

Most people with lactose intolerance can manage the condition without having to give up all dairy foods. Tolerance for lactose varies from person to person making it a highly individualized condition. Follow these tips from the Midwest Dairy Association for managing lactose intolerance.

- **Sip it:** Start with a small amount of milk and slowly work your way up to an amount that doesn't upset your stomach. Chocolate milk may be easier on your stomach than regular milk.
- **Try it:** Treat yourself to the many great-tasting lactose-free dairy foods available in the dairy case. They are real dairy foods made from cow's milk, just without the lactose. Try lactose-free milk, such as Lactaid or Fairlife, lactose-free cottage cheese and lactose-free cream cheese.
- **Stir it:** Try eating dairy foods with other solid foods or meals; this helps give your body more time to digest the lactose. Mix milk into soup, have it with cereal or blend it with fruit.
- **Slice it:** Top sandwiches or crackers with natural cheeses such as Cheddar, Colby, Monterey Jack, mozzarella and Swiss. These cheeses are low in lactose.
- **Spoon it:** Enjoy yogurt. The friendly bacteria help your body break down lactose.

Dairy is packed with health benefits, offering calcium for strong bones and high quality protein for healthy muscles. Those and other nutrients are available from lactose free milk, cheese and yogurt. The 2010 Dietary Guidelines for Americans recommends three daily servings of dairy. A serving of milk or yogurt is 8 ounces; a serving of cheese is 1.5 ounces of natural cheese or 2 ounces of processed cheese. A visual reminder of a serving of cheese is four cubes - the size of playing dice.

The Great American Milk Drive

Stop in to either Mankato Hy-Vee location June 8th – 13th to participate in The Great American Milk Drive, a campaign to raise awareness and money for milk donations to our local food shelves. Your donations stay local, so help us fuel families in our community!



DON'T LET HIM GO WITHOUT MILK

When school lets out, milk runs out for many local kids. A donation to your local Feeding America® food bank will help them stay active this summer with milk's high-quality protein.

DONATE AT MILKLIFE.COM/GIVE

JUNE DAIRY
The Great American
MILK DRIVE
MONTH

FEEDING AMERICA

Potassium protects your heart and brain

We've all heard that reducing sodium is important in lowering blood pressure, but did you know that potassium is a key player too? A new study appearing in the *British Medical Journal* determined that **increasing the amount of potassium** in the diet along with reducing the amount of sodium can **lower blood pressure and reduce the risk of stroke**.

How much potassium should you consume each day? The short answer is 4,700 mg daily. But what does that look like in food? In general, by eating five servings of fruits and vegetables each day, you will more than cover your potassium recommendations.

In addition to protecting against high blood pressure and stroke, here are five more reasons to get enough potassium.

Why potassium is important

- You literally cannot live without potassium. That's because this mineral's main job is to help trigger your heart to contract and send blood throughout your body.
- Increasing the amount of potassium in the diet can help not only adults, but children as well. As a growing number of young people are being diagnosed with high blood pressure, obesity and type 2 diabetes, it is becoming increasingly important to improve the diets of children and adolescents, and that means making sure they eat more fruits and vegetables rich in potassium.
- Potassium is essential for strong bones and prevention of osteoporosis. Research shows that women who consume more potassium have a greater bone mineral density than those who take in only 1,400 to 1,600 mg daily.
- Adequate levels of potassium are necessary to help prevent nonalcoholic fatty liver disease, a common condition that places people at high risk of developing type 2 diabetes and cardiovascular diseases.
- You need adequate potassium to help prevent metabolic syndrome and type 2 diabetes.



Eat more potassium

To get more potassium into your diet, here are some rich food sources to add to your daily menu. They include beans (white, Adzuki, soy, kidney, black, lima, pinto), bananas, spinach, acorn squash, dried apricots, baked potatoes, Swiss chard, salmon, dates, avocado, raisins, papaya and cantaloupe.

It is also important to know your kidney function is normal. If not, potassium levels might accumulate in the body and cause serious problems with your health. Never take potassium supplements without physician guidance. Too much potassium in the blood stream can be lethal. If you have any underlying condition that causes high potassium, known as hyperkalemia, speak with your doctor about the best diet for you.

Attention Dads: Eat your vegetables!

There are many sources of influence on children's eating behaviors. Marketing has a big influence on the foods children eat, but genetics, social relationships, community, schools, economics and culture help shape the little eaters of today. Perhaps the greatest influences on what children eat are parents and families. New studies show that dads play a special role in forming their children's eating habits – even more so than moms. Dads may not always be cooking up a storm or taking main responsibility for the grocery shopping, but they can serve as a positive role model for their children when it comes to eating right. Yet, according to the USDA, the majority of fathers fall short in their fruit and vegetable eating. Why? It's not the cost, but because they don't care for them.



Fathers should praise mom's cooking and eat it with a smile. If dad won't eat it, the kids might not either. Slow and steady wins the race. Assuring kids that there is plenty of food to go around and they won't "starve to death" when eating slowly is a great lifelong lesson. Fathers can also send a strong message about eating until you are just about full - but not uncomfortable.

In some households, mom stresses the nutrition and dad reluctantly goes along with it. If dads don't cook and they are "home alone" charged with feeding the brood, they often turn to less-than-stellar options. Below are tips for cooking-challenged fathers:

- Bust out some tortillas, pasta sauce and cheese to make quick and simple pizzas in the oven.
- Show children how to enjoy food in its simplest form. Slice up some apples and cheese, toast some hearty whole grain bread and serve with hummus or a drizzle of olive oil.

Eating behaviors and food choices established in childhood often significantly track into adulthood. We cannot underestimate the roles of fathers on their children's current and future eating habits. **So eat your VEGGIES!**

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