



Nutrition**Wise**

NICOLE MEADOW, MPN, RD

# M NUTRITIONWISE MONTHLY

FEBRUARY 2010



## D IS FOR...

Every few years a vitamin seems to be rediscovered as new research uncovers new information.

This year the spotlight has been on vitamin D.

It used to be thought that Vitamin D's main benefit was maintaining strong bones by regulating calcium, but now it appears that vitamin D also is involved with:

- » Cancer prevention: breast, pancreatic and colon cancer
- » Immune modulation specifically with autoimmune diseases (lupus, multiple sclerosis, psoriasis) and prevention of infection
- » Blood pressure regulation
- » Depression- low vitamin D may be the cause of Seasonal Affective Disorder
- » Cognitive/memory decline with aging
- » Chronic pain

Vitamin D, often called the sunshine vitamin, is a unique vitamin as we actually make it when the sun hits our skin. Just 10 minutes a day in the sun was thought to provide all the vitamin D you need. BUT that was before sunscreen, which blocks the UVB rays needed to spur Vitamin D production. Before air pollution, which decreases the available UVB rays. Before individual differences such as skin color and body fat were recognized as influencing personal vitamin D production.

NOW we realize that "10 minutes a day" is just not enough for most people. What should you do?

- » Eat foods naturally rich in vitamin D such as fish and egg yolk
- » Eat foods fortified with vitamin D such as milk, dairy alternatives (soy, rice, hemp or nut milks), fortified cereal and fortified yogurts. Make sure to read the label for yogurt and cheese, although milk is fortified with vitamin D, not all cheese or yogurt contains significant amounts of vitamin D.
- » Consider a vitamin D3 supplement. Check with your dietitian or physician on the appropriate amount. While D3 supplements are safe, vitamin D is a fat soluble vitamin that means there is potential for taking too much which can lead to toxic blood levels of calcium resulting in kidney failure.

# NUTRITIONWISE MONTHLY

## UPCOMING NUTRITIONWISE EVENTS:

NutritionWise Classes coming up soon:

Food Allergy Support Group (free)  
Thursday, March 4, 7-8pm

Healthy Parenting Support Group  
Thursdays, 7-8pm

G Tube/Tube Feeding Support Group (free)  
date TBD - call for details

Baby's First Bites... and Beyond (Introducing Solids)  
Tuesday, March 9, 10-11am

ABC's of Preschool Nutrition  
Wednesday, March 31 10-11am

All Classes take place at:  
16055 Ventura Boulevard, Encino, CA 91436



Check the NutritionWise Facebook Page for the most recent updates!

## WELCOME DEBORAH!



NutritionWise is thrilled to announce that we have a new dietitian on our team. Deborah Turque, MS, RD is now seeing patients at NutritionWise. She has a passion for health, nutrition and fitness which she shares with her clients. Please visit

[www.nicolemeadow.com](http://www.nicolemeadow.com) and click on the "About Us" link for more details about Deborah. She can be reached at [deborah@nicolemeadow.com](mailto:deborah@nicolemeadow.com).

## KIDS IN THE KITCHEN

### Honey Glazed Salmon

**Salmon is a great source of Vitamin D (and Omega 3 fatty acids as well!)**

#### Ingredients:

2 tbsp olive oil  
1/4 cup honey  
1½ to 2 lbs salmon, cut into 4 fillets

#### Directions:

Preheat oven to 350 degrees. Spray a 9"x13" baking dish. Mix the olive oil and honey and brush on salmon.

Bake the salmon in the preheated oven for 10-15 minutes (depending on the thickness of your fillets) or until fish flakes easily with a fork.

Serve with quinoa and brocolli for a quick delish meal!

## ABOUT THE AUTHORS

NutritionWise is a group of Registered Dietitians including Nicole Meadow, MPN, RD (pediatric dietitian), Patricia Novak, MPH, RD, CLE (pediatric dietitian) and Deborah Turque, MS, RD. Please visit [www.nicolemeadow.com](http://www.nicolemeadow.com) for more information or call (818) 304-1876 to schedule an appointment.

*The information contained in this newsletter is not intended as a substitute for medical advice. See your physician and/or Registered Dietitian for individual health and/or dietary concerns.*