



NICOLE MEADOW, MPN, RD

M NUTRITIONWISE MONTHLY

JANUARY 2009

IT'S NATIONAL SOUP MONTH

To repeat an often used phrase, soup is good food. Especially this time of year, when soup warms the body, soul, and can be good if you're watching what you eat too. (The fiber and water content of a cup of vegetable soup prior to a meal can help curb appetite and help reduce overall caloric intake for those trying to adhere to a weight loss regime).

Before there was soup, there was broth, which people used to pour over a piece of bread in a bowl. That bread was known as sop, and from sop came the word soup.

No matter what you call it, there are lots of variations on the basic theme of soup, each offering a wide range of nutritional benefits. Cream soups such as chowders and bisques are often high in calories and fat due to the cream or milk content. Broth-based soups such as consommés will usually be low in calories because of the high water content. Soups loaded with beans and vegetables, such as chili and lentil are great sources of fiber and phytochemicals/antioxidants. Canned and condensed soups typically contain large amounts of sodium to enhance the flavor.

NUTRITIONWISE NEWS FLASH:

NutritionWise is now offering appointments in Beverly Hills and the Santa Clarita Valley! Call (818) 304-1876 or email nicole@nicolemeadow.com for details.

BLOG WITH US!

NutritionWise is bloggin'... join us once a week as we blog about the most up to date nutrition research, recipes, kids cooking ideas, and more. Visit our blog and read our most recent posts "Refreshing New Years Resolutions" and "Nuts or Nuts?". If you have an idea that you would like discussed, feel free to email nicole@nicolemeadow.com with your ideas. Make sure that you click on the link "follow this blog" if you would like to receive a notice when we post new entries.



NUTRITIONWISE BLOG

WEDNESDAY, JANUARY 14, 2009

Food Allergies with Style

Managing your child's food allergies involves not only food but a list of other things including medical ID bracelets, medication carriers and emergency plans/phone numbers. We try to do everything that we can to make our kids feel included by bringing foods that are like their friends but then, what about that bracelet or bag they have to carry? Are they wearing it when we aren't with them? Do they have emergency phone numbers or information in case something happens?

Never fear... there are several online resources, like www.sticky.com, that offer a wide variety of very fashionable medical ID bracelets (think leather, watches and beaded bracelets) or www.lasunshope.com (glow in the dark and mood straps). With all of the cool styles offered, your child will actually WANT to wear it (and their friends will probably want one too). My son has his eye on the camo wristband... I think it will be my next purchase!

In all seriousness, medical ID bracelets and portable self-injectable epinephrine and other medications are essential and can save your child's life. Always remember to educate others about your child's allergies, teach them how to avoid exposures and what to do in the event of an accidental exposure/ingestion.

Additional resources:
www.medicalidstore.com
<http://www.petsiteboutique.com/>
www.vitalid.ca
<http://www.americanmedical-id.com>
<http://lifecare-short-stress-colore.net/>



ABOUT ME
NUTRITIONWISE

NutritionWise is a group of Registered Dietitians who specialize in working with clients in all ages and stages of the lifespan. We provide personalized nutrition counseling to assist with a variety of nutritional concerns including food allergies, celiac disease, overweight/obesity, pre/post-natal nutrition, eating disorders and others. Services include personal nutrition counseling, supermarket tours, metabolic testing, group classes, consulting for agencies and food industry professionals.

VIEW MY COMPLETE PROFILE

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NutritionWise News Flash!

embody

A nutrition & therapy group for children 8-14 years old and their families

A six week education and support group for kids and families to help foster self esteem, healthy body image, nutritious food choices, physical activity and much more!

This group is designed for children ages 8-14 and their families who are struggling with issues such as overweight, poor body image, picky eating, and others. We will have sessions with both a pediatric dietitian and a marriage and family therapist who specializes in eating disorders. Program cost is \$600* including all materials.

BOYS group starts January 15, 2009

Meetings are 1/15, 1/29, 2/12, 2/26, 3/12, 3/26
All groups are Thursdays from 6:30-8pm

GIRLS group starts January 22, 2009

Meetings are 1/22, 2/5, 2/19, 3/5, 3/19, 4/2
All groups are Thursdays from 6:30-8pm

To learn more or register, please call
Nicole Meadow, MPN, RD (818) 304-1876 or
Mira Rocca, MA, MFT (818) 468-1198



ABOUT THE AUTHOR

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

KIDS IN THE KITCHEN

Curried Cauliflower Soup Serves 4-6

Ingredients:

- * 2 tablespoons olive oil
- * 1 small onion (chopped about 1 cup)
- * 1 medium tart apple (peel, cored and coarsely chopped)
- * 1 tablespoon curry powder
- * 1 garlic clove (sliced-1 tsp.)
- * 1 large cauliflower (cut into 1 inch pieces)
- * 4 cups soup broth (veggie and low sodium if you have)
- * 1 teaspoon honey
- * 1 teaspoon rice wine vinegar

Directions:

1. Heat the olive oil in a large pot and saute the onion until its golden brown and soft. About 5-7 minutes.
2. Stir in the apple, curry, garlic and cook for 2 more minutes or until the curry powder turns a deep yellow shade.
3. Add the cauliflower and veggie broth. Bring to a simmer and cover.
4. Reduce heat to medium-low, and simmer for 20 minutes, then blend in a food processor or blender. (I use a hand held emersion blender.)
5. Stir in the honey and vinegar.
6. Season with salt if desired.



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.