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M NUTRITIONWISE MONTHLY

OCTOBER 2008

OCTOBER IS VEGETARIAN AWARENESS MONTH

Every year, October 1st kicks off world Vegetarian Day, founded by the North American Vegetarian Society (NAVS) in 1977.

VEGETARIANISM AND DISEASE RISK

The American Cancer Institute has said that choosing a diet rich in fruits, vegetables, legumes and minimally processed grains combined with not smoking could reduce cancer risk by approximately 60 to 70 percent (saving the lives of more than 375,000 Americans each year). In addition, according to the Oxford Vegetarian Study in England, vegetarians have 30 percent less risk of heart disease. A diet rich in plant foods has been shown to lower your risk of; heart disease, cancer (especially colon and lung), Type II Diabetes, hypertension, and obesity. According to Vegetarian Times, 46 percent of Americans, or 120 million, are already reducing their meat consumption to try to improve their health.

BENEFITS OF A PLANT BASED DIET

Why are plant foods so protective? They are loaded with health-promoting nutrients such as fiber, powerful antioxidants, and phytochemicals (fight-o-chemicals). "There is no question that largely vegetarian diets are as healthy as you can get," said Marion Nestle, chair of the nutrition department at New York University. "The evidence is so strong and produced over such a long period of time that it's no longer debatable."

ACTION STEPS

To reap the benefits of a vegetarian diet, you don't have to go totally vegetarian... Take it one step at

KIDS IN THE KITCHEN

Vegetarian Chili

Ingredients:

- * 1 cup barley, soaked overnight in 3 cups water (or use quick cooking barley)
- * 2 tbsp olive oil
- * 2 large onions, chopped
- * 2 carrots, chopped
- * 2 celery stalks, chopped
- * 4 garlic cloves, chopped
- * 1 tbsp cumin
- * 1 tbsp chili powder
- * 1 tbsp dried basil
- * 1 can (15 oz) chickpeas, drained and rinsed
- * 1 can (15 oz) black beans, drained and rinsed
- * 1 can (15 oz) tomato sauce
- * Juice of ½ lemon
- * vegetable broth (will use to adjust thickness)
- * Cheddar cheese for serving

Directions:

Soak barley overnight in a medium container that has a lid. In a large stockpot, heat the olive oil over medium heat. Add the onions, carrots, celery and garlic and sauté for about 5-7 minutes. Add the spices and the barley and cook for another 3-5 minutes. Add the tomato sauce, lemon juice, and beans and simmer for approximately 30 to 45 more minutes, stirring often, until the barley is tender. Add the vegetable broth to thin to desired consistency. Serve in bowls topped with cheddar cheese. (Make a nice green salad or some veggies on the side and you have a complete dinner!)

*** Kids can help drain and wash the beans, measure spices and set the table (older children can chop veggies with appropriate and safe utensils). Get them involved to help increase their acceptance of new foods*

a time! Start by eating less animal products and eating more plant foods.

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PLANET FRIENDLY

When most people think of protecting the planet they think “reduce, reuse, recycle.” Not many people realize that the foods we eat also impact our environment. Raising animals for food in large “factory farming” operations uses vast amounts of natural resources like grain, land, and water. It also produces damaging outputs like water pollution, soil erosion, and “greenhouse gases.” A move toward a diet centered on plant foods uses fewer resources and take less of a toll on the environment.

BOTTOM LINE

Try increasing your plant based foods before you start decreasing your animal based foods, that way the transition will happen naturally. Ideally, your plate should be half vegetables/fruit (veggies or salad), 1/4 whole grains and 1/4 protein (either meat or vegetarian based).

NutritionWise News Flash!

embody

An education and support group for kids & families! Starting on October 16th

A 6 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 a designed for children and families who are struggling with issues such as overweight, poor body image, picky eating, and others. The group will meet weekly from 6:30-8pm starting on October 16th and have sessions with both a pediatric dietitian and a marriage and family therapist who specializes in eating disorders. Cost is \$600 for 6 weeks including all materials.

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

Upcoming NutritionWise Events

October 4 | 10 - 11 am
Introduction to the Gluten Free Diet Class
16055 Ventura Blvd, Encino
Register online www.nicolemeadow.com

October 16 and 18 | 10 - 11 am
ABC's of Preschool Nutrition Class
16055 Ventura Blvd, Encino
Register online www.nicolemeadow.com

October 20 | 6 - 7:30 pm
Food Allergy Support Group
16055 Ventura Blvd, Encino
Register online www.nicolemeadow.com

October 21 and 25 | 10 - 11 am
Prenatal Nutrition Class
16055 Ventura Blvd, Encino
Register online www.nicolemeadow.com

October 27 | 7 - 8 pm
Breastfeeding Class
16055 Ventura Blvd, Encino
Register online www.nicolemeadow.com

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.

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.