



CSB NEWS

EDITOR: KATE SCHENK, MS, CN

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MARCH IS NATIONAL NUTRITION MONTH®

BY KATE SCHENK, MS, CN

Since 1973, the month of March has been dedicated to nutrition awareness. Created by the ADA, the campaign focuses on the importance of making informed food choices and establishing sound eating habits. Try implementing one or more of the following tips this month and see if you feel better!

- Eat breakfast
- Include a fruit or vegetable in every meal

- Try replacing sugary drinks with water
- Establish a regular eating schedule for meals and snacks
- Consume more high fiber foods like beans, whole grains and vegetables
- Shop in the bulk section for raw nuts, whole grain flours and spices
- Try a new recipe each week to keep mealtime interesting



CSB WELCOMES A NEW EXECUTIVE CHEF!



Chef Jim Watkins

CSB is very proud to welcome Jim Watkins as our new executive chef. Originally from Baltimore, Jim helped open Café Flora, acted as executive chef for UW and Aveda, worked in the gourmet food industry in London and was the proud owner of two restaurants. We're lucky to have such talent and experience on board.

WHO IS YOUR RD?

BY KELLY HORTON, MS, RD, CD

You know who your doctor is. But who is your registered dietitian?

Chicken Soup Brigade's Nutrition Services Department offers Comprehensive Nutrition Care to their clients. "In the same way that you have a physician whom you see regularly to manage your medical needs, everyone should also see a dietitian routinely for help in managing your nutritional needs," says registered dietitian and ADA spokesperson Joan Salge Blake. She encourages all consumers to mark National Nutrition Month and the first annual Registered Dietitian Day on March 10, 2008 by establishing an ongoing relationship with a

registered dietitian.

Many who work with dietitians are amazed to discover how small lifestyle changes, such as adding more vegetables to their diet, pay big health dividends over time. CSB's dietitians use their science-based nutrition expertise to help individuals make unique, positive lifestyle changes.

Do you have high cholesterol or high blood pressure? Are you struggling with medication adherence? Are you overweight or have just a few pounds to lose? Don't wait for a health crisis to do something about it.

'Nutrition checkups' allow individuals to obtain dietary advice and guidance based on their changing

health needs. These checkups enable clients to not only address current nutrition and health problems, but most importantly, prevent potential problems down the road. Preventative health care is one of the best ways to improve quality of life.

Meet CSB's Nutrition Staff!

Our Registered Dietitians are Kelly Horton, CSB's Nutrition Services Manager, Shannon Turner, who started with CSB this past fall, and Kate Schenk, a Certified Nutritionist who joined our team in January. We will be adding a new dietitian to our team this spring.

CONTACT US

To make an appointment or to speak to a dietitian, please call:

206.957.1688

Or email us at:

nutrition@llaa.org





HAPPY BIRTHDAY JOHNNY!

BY KATE SCHENK, MS, CN

When you hear the name Johnny Appleseed, a barefoot, countrified man with a bag of seeds and a tin pot for a hat probably comes to mind. Born in 1774 as John Chapman, this legendary American is remembered as a kind, gentle man with a passion for planting apple trees.

As American settlers began moving westward, Johnny Appleseed saw the

need to extend the growth of apple trees as well. At the turn of the century, armed with a cartload of seeds, he began planting nurseries across the Midwest, including much of Ohio, Illinois and Indiana. Apples proved to be a very handy crop. Not only did they provide food and a livelihood for many generations, they were easy to grow, store and make into various products for year-round use. To date,

the US is the 2nd leading producer of apples, with Washington State accounting for 60% of those commercially sold.

So when the first crop of crisp Pink Ladies appears in the market each year or when you smell the comforting aroma of warm apple pie, tip your hat to the American legend whose foresight and dedication made it all possible.

Sign Up Now

OPERATION FRONTLINE CLASS SERIES!

March 28th-May 2nd

A 6-week series offering:

- * Nutrition lectures
- * Cooking demos with guest chefs
- * Grocery bags including demo ingredients

For more info or to sign up, please contact Shannon Turner, RD at 206-957-1698

AN APPLE A DAY...

That famous adage isn't just folklore. Check out what apples have to offer:

- Low in calories
- Sodium-free & fat-free
- Good source of vitamin C
- Contains Quercetin, an antioxidant mainly found in the skin, so don't peel your apples!
- Good source of fiber:
 - Pectin: soluble fiber that helps body eliminate cholesterol
 - Insoluble fiber: may help prevent cancers
- Contains fructose, a natural sweetener that, along with fiber, helps keep blood sugar levels stable

APPLE CINNAMON OATMEAL PANCAKES

Ingredients:

- 2/3 cup rolled oats
- 1 1/4 cups milk
- 1 egg, lightly beaten
- 2 tablespoons firmly packed brown sugar
- 3/4 cup firmly packed grated apple, excess juice squeezed out
- 3/4 cup flour *
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 2 tablespoons vegetable oil

Directions:

In a small bowl, combine oats and 1 cup of the milk; let stand 15 minutes.

In a large bowl, whisk the egg and brown sugar. Add flour, baking soda, salt, cinnamon, oil, oat mixture and the remaining 1/4 cup milk; stir to combine. Fold in grated apple.

Drop 1/4 cup portions of batter onto hot, lightly greased griddle (medium heat). Cook for 1 to 2 minutes on each side or until golden brown.

Serve warm with butter and maple syrup.

* For more fiber, try substituting half of the white flour with whole wheat flour.

Adapted from Gourmet, Sept. 1990

