

Nutrition News

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Arbor Management, Inc.

Get Heart Healthy in February

Heart disease is the leading cause of death in America. Cooking with the right ingredients is important to know for prevention for your family. To lower your risk, try these heart healthy tips:

Heart Healthy Tips

Limit Saturated and Trans Fat (these increase your LDL or bad cholesterol).

- Include plant foods as your protein sources, including, walnuts, soybeans, black beans, and lentils.
- If you eat meat, select lean cuts, especially cuts with "loin" or "round" in their name.
- Eat fish regularly
- Make salad dressings with olive oil and flax seed oil.

Eat More Omega-3 Fatty Acids

- Try using more Canola Oil or Flax Seed Oil.
- Add walnuts to cereal, salads, or muffins.
- Eat two 4 oz portions of salmon, lake trout, albacore tuna (in water, if canned), or mackerel.

Reduce Sodium

- Use as little salt as possible. You can cut at least half the salt from most recipes.
- Season foods with herbs and spices, garlic, onions, peppers, and lemon or lime juice to add flavor.

5 Interesting Facts about Grapefruit

1. The name grapefruit comes from the way they grow in clusters like grapes.
2. It is a hybrid fruit originating in Barbados as an accidental cross between sweet orange and pomelo.
3. The average lifespan of a grapefruit tree is 50 years.
4. Grapefruit has 92% water more than almost any other fruit.
5. Grapefruit is an excellent source of vitamin C and antioxidants.

Grapefruit Spinach Salad

Serves: 8

Ingredients:

- 1 Medium Grapefruit
- 10 oz Fresh Spinach, torn
- ½ Cup Walnuts
- ½ Cup Shredded Rainbow Carrots
- 2 Tbsp Green Onion, chopped
- 2 tsp Cider Vinegar
- 2 tsp Olive Oil
- 2 tsp Honey
- 2 tsp Prepared Mustard



Instructions:

1. Cut Grapefruit in half, with a sharp knife, cut around each section to loosen fruit, reserving juice.
2. In a salad bowl, toss spinach, onion, and grapefruit sections. (Citrus paired with iron rich foods like spinach, helps your body increase the absorption of non-heme iron.)
3. In a jar with a tight-fitting lid, combine the vinegar, oil, honey, mustard, and reserved grapefruit juice. Shake well.
4. Drizzle over salad and toss to coat. Top with walnuts and shredded carrots. Serve immediately.

What's in season?

Brussel Sprouts, Grapefruit, Lemons, Mushrooms, Onions and Leeks, Tangelos, Pears, Potatoes, Chicories, Endive, Radicchio, Turnips, and Kale.



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