



Journal

Volume 2, Issue 4, March 2011

JDA Spring Meeting

Friday April 8, 2011 6 CEUs

Shands Hospital, Tower 2

8:00-8:15 a.m. Welcome and Introductions

8:15-9:15 a.m. Evelyn Schumacher **Diabetes Current MNT**

9:15 - 11:15 Dr. Judy Perkin **Nutrition Supplements**

11:15 - 12:15 Dr. Marie Michael **The Role of Medicine in Treatment of GI issues.**

12:15-1:15 p.m. Lunch

1:15-2:15 p.m. Dr. Joe Czerkowski **Corporate Wellness**

2:15-3:15 p.m. Dr. Catherine Christie
Preventing Medical Errors

See www.eatrightjax.org for details



March is National Nutrition Month!

Letter from the Editor:

Spring has sprung! In celebration of National Nutrition month, we have prepared this issue of the journal with articles pertaining to spring and all of its glory! In this issue, you will "meet" a wonderful and versatile vegetable, hear what Jacksonville has to say about heart health and be motivated to "spring" into a fitness program.

Please note the date and time of our JDA Spring Meeting. We have put together a great group of speakers for a variety of topics. See eatrightjax.org for more details and to register. Please plan to attend!

However you choose to celebrate spring, we wish each of you to make healthy choices and enjoy the beauty of the season!

-Sue Stemke

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About JDA

The Jacksonville Dietetic Association is an organization of Registered Dietitians, Dietetic Technicians, and Dietetic Students. JDA is an affiliate of the American Dietetic Association (ADA) and the Florida Dietetic Association (FDA) - District 4 serving Baker, Clay, Duval, Flagler, Nassau, St. Johns and Union counties in Northeast Florida.

Our mission is to provide expert nutrition education and support to our members and the community. JDA meets 4 to 5 times per year with opportunities for continuing education at each meeting.

Visit us online at <http://www.eatrightjax.org>

MEET FENNEL!

By, Brittany Bialas

This versatile produce is closely related to parsley, carrots, dill, and coriander. You will find it in the produce section of the grocery store this spring called Sweet or Florence fennel, *finocchio*, or "sweet anise." It has a white, bulbous base with green, celery-like stalks and feathery leaves at the top. This plant has a sweet, subtle flavor that is reminiscent of licorice. This particular flavor is most abundant in the leaves, which are used as an aromatic herb in many cuisines. If you are not a fan of black licorice, don't stop reading just yet. This particular intensity mellows as the vegetable is cooked, and the produce is actually known to enhance flavors of other foods when combined with them.

Fennel is native to the Mediterranean region and is at its best from autumn through early spring. The Greeks and Romans revered fennel and used it for medicinal purposes. Its seeds have been used to relieve stomach cramping and indigestion as well as to increase the digestion of fatty foods and to loosen phlegm in the lungs. These same seeds are known to also freshen the breath and are traditionally chewed after a meal in India to serve the same purpose of our "mint." As for the rest of the plant (which is the part you will find in the produce section), it has an excellent source of vitamin C and a very good source of fiber, potassium, manganese, and folate. In just one cup of raw fennel, this powerhouse produce also has a good source of phosphorus, calcium, iron, and niacin, among others, for only 27 calories. If this list of nutrients has not yet won you over, consider fennel's several phytonutrients known for their antioxidant activity. The most abundant of these is *anethole*, which has continually been shown to reduce inflammation and prevent cancer.

You should now be more than persuaded to try this produce. When selecting your fennel, choose those with firm, white bases that do not have any browning or cracked areas. Make sure the stalks are crisp and the leaves are bright green and feathery. Fennel should be stored in the refrigerator crisper drawer where it will last 3-4 days. It should be used soon after purchase as the unique flavor fades when the plant dries out. Chop off the bottom of the base as you would the side of an onion, and then cut it lengthwise into quarters so the tough core is removed, like an apple.

Fennel is enjoyed many ways raw or cooked. Once cleaned and prepared, it can be chopped, sliced, or diced whichever way you or your recipe would like. In its raw form, make it a topping to a sandwich or toss into a salad for a flavorful crunch. It is also an exceptional substitute for celery in many recipes. For a cooked version of fennel, try steaming, braising, or sautéing to complement salmon or scallops as a side dish. Add an exciting twist to your fish by stuffing it with fennel and lemon first before grilling. You can even make a puree from the base and stalks and add it to a creamy soup. However you choose to incorporate fennel into your meal, sprinkle some of its fronds across your dish as a flavorful garnish and decorative touch. Thanks to this multiple-purposed plant that offers tons of nutrition, you can now spring into action with Fabulous Fennel!



Hey Jax Whadda Know?!?!

By, Antwiwa Hyman

Name 3 nutrition related things you do to keep your heart healthy:

"I avoid fried food most of the time. I try to eat lean meats...and not a lot of bacon... I avoid fatty meats most of the time. I try to take supplements that they recommend for healthy fats...the fish oil type, Omega 3 fatty acids." - Lori F.

"I eat cheerios, as opposed to sugary cereals. I workout, I drink water." - Alisha T.

"Nothing! I love Chinese, anything heart healthy, you won't find in my cabinet!" - Adam N.

"I drink and eat a lot of fiber. I basically stay away from bad oil. I use olive oil as opposed to some of the other oils... egg whites as opposed to regular eggs...stuff like that." - Avery P.

"I cut down on the red meat. I try to eat leafy vegetables. I quit smoking (with a proud smile!)" - Roland C.

Name 3 heart healthy foods:

"Anything low in fats, all your vegetables and fruits, lean turkey, fish since it naturally has the Omega 3 fatty acids, nuts and avocados." - Lori F.

"I'm not sure... fruits and veggies?" -Alisha T.

"Brown Rice, Salmon and Fruit Juice" - Arianne R.

What is a heart healthy blood pressure?

"Anything below 120/80" - Lori F.

When you were younger, before you actually knew what a heart looked like, how did you imagine it?

"I honestly never thought about it before we learned about it in school... but I did think it was literally heart shaped. " - Alisha T.

"An inflatable balloon...my uncle was heavy...they said the heavier you got and the larger your got, your heart did as well." - Adam N.

"Really red... like a fist" - Arianne R.

"I have always known what it looked like ...from (seeing) little birds while growing up in the West Indies." - Avery P.

"A regular heart shape with things shooting out of it, where the blood came in or out...maybe one going in and one going out!" - Roland C

Name 2 risk factors for heart disease:

"Anything in my refrigerator!" - Adam N.

Spring into Action!!

By, Ashley Jeffords

If you haven't begun your New Year's resolution, it's not too late... Spring is a great time to get started! With summer right around the corner, we all want to look and feel good about ourselves. Along with eating a healthy diet, physical activity is a very important key to living a longer and healthier life.

It's important for people of all ages to involve exercise and physical activity into our daily lives. To maintain good health, each week you should be shooting for at least 30 minutes of moderate to intense activity on most days (4-5 times a day) and resistance/strength exercises on the other days (about 2-3 days). To lose weight you will want to increase the amount of time you exercise. When you exercise you want to get your heart rate up and your blood flowing!

There are many benefits to exercising and staying physically active. Just to name a few, exercise may reduce your risk of developing arthritis, heart disease, stroke, diabetes, back pain, depression, obesity, osteoporosis, and Alzheimer's as you age. If you already have one or more of these conditions, exercise can help you better manage them. If you are feeling low on energy, exercise will give you more energy by providing more oxygen and blood flow through your muscles and organs. Exercise may also help you sleep better as well as improve your overall quality of life by boosting your self-confidence and your self-esteem.

Today gyms offer many different types of classes for people of all ages and physical levels. Many of these classes like Yoga, Pilates, Spinning, Bootcamp, etc., often show ways to raise and lower the intensity of the exercise. This is because not everyone has the same physical ability and this allows each person to do what they feel comfortable doing while still pushing themselves.

With that said, physical activity is not limited to organized group settings, it can also include things like gardening, dancing, working around the house, swimming or surfing, walking the dog, riding your bike, playing with your Wii Fit, and many more!

Exercise doesn't have to be boring...enjoy the spring weather and take your workout outside! Maybe find a walking buddy; set a goal and push and encourage each other to reach your goal by doing more each week whether it is walking further, begin running, or train for a marathon. Keeping track of your progress will also encourage you to keep going.

Also be cautious when you plan to exercise. You should remember to stretch; Yoga is a great stretching exercise that also involves strength training and helps with balance as well. Here are some more safety tips to remember:

- If you have a health condition or haven't exercised in a while, ask your health care provider about ways you can safely increase the amount of physical activity you do now.
- Take time to warm up, cool down, and stretch.
- Start slowly and build up to more intense activity.
- Stop the activity if you experience pain, dizziness, or shortness of breath.
- Drink plenty of water before, during and after exercising or physical activity.
- When you are active outdoors, wear lightweight clothes in the summer and layers of clothing in the winter.
- Wear sunscreen and a hat for sun protection.
- Wear shoes that fit well and are right for your activity.

