

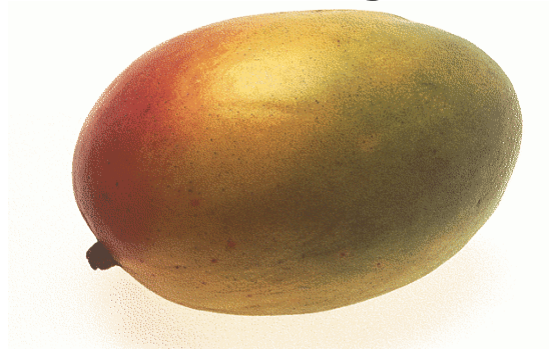
Food For Thought

March 13, 2009



Tasty spinach salad with mango vinaigrette recipe inside!

Volume 3, Issue 2



Seasonal Spotlight: Mouthwatering Mangos by Kris Timme

Adapted from the ADA Nutrition Factsheet "Mangos: Tropical Indulgence and Antioxidant Rich"

Did you know that there are at least six different types of mangos available at grocery stores across the US (Ataulfo, Francine, Haden, Keitt, Kent, and Tommy Atkins)? Interestingly, the six varieties have overlapping seasons so they can be enjoyed all through the year.

Mango is packed with flavor and nutrients. One mango yields approximately one cup of fruit, or two servings of fruit. One cup has approximately 110 calories, 3 grams of fiber, and zero grams of fat, cholesterol, and sodium. Mango contains vitamin C as well as beta-carotene. Its sweet tropical flavor and smooth texture makes this fruit delicious as well as nutritious.

Selecting and Preparing a Mango

This is one fruit you cannot judge by the color of its skin. Unlike some fruits, skin color does not suggest ripeness of the mango. Instead, gently squeeze the mango. A slightly soft mango will be best eaten within one to two days. Buy a firmer mango to eat later in the week. Keep mangos at room temperature to ripen. Once ripe, mangos can be refrigerated for up to five days. Never refrigerate unripe mangos!

The key to cutting the mango is to work around the long flat seed in the middle.

- 1) Stand the mango on your cutting board stem end down and hold. Place your knife about 1/4-inch from the widest center line and cut down through the mango.
- 2) Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the "cheeks." What's left in the middle is mostly the mango seed.
- 3) Cut parallel slices into the mango flesh, being careful not to cut through the skin.
- 4) Using your thumbs, firmly grasp onto each end of the mango cheek.

Using your fingertips invert the mango so that the flesh is easy to access. Scoop the mango slices out of the mango skin using a spoon or carefully cut with a knife.

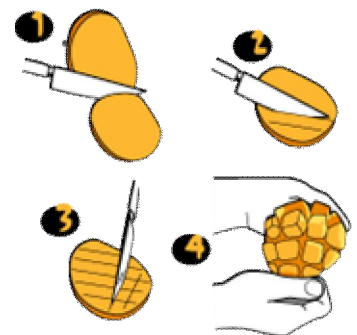


Image courtesy of Pinata Marketing

Inside this issue:

| | |
|--------------------------------------|---|
| Spinach Salad with Mango Vinaigrette | 2 |
| National Nutrition Month® | 2 |
| Sports Nutrition | 3 |
| Food Safety | 3 |
| Alumni Spotlight | 4 |
| Upcoming Events | 4 |

Spinach Salad with Mango Vinaigrette by Kris Timme

Makes 6 servings

Prep time: 15 minutes

- *1 (10-ounce) bag baby spinach
- *1 ½ large ripe mangos, peeled, pitted, and cubed
- *1 medium tomato, cored, seeded and finely chopped
- *⅓ cup toasted, chopped walnuts
- *⅓ cup sliced green onions
- *⅓ cup crumbled blue cheese
- *Mango Vinaigrette (recipe follows)
- *Freshly ground pepper to taste

Mango Vinaigrette:

Combine ½ peeled and pitted mango, 3 tablespoons extra virgin olive oil, 3 tablespoons white balsamic vinegar and ¼ teaspoon salt in a blender container or small food processor; blend until smooth. (May be made several days ahead and refrigerated until ready to serve.)

Place spinach, mango, tomato, walnuts and green onions in a large bowl. Drizzle with Mango Vinaigrette

and toss well to coat. Add blue cheese and toss again very lightly. Serve immediately with freshly ground

Nutrition per serving:

194 calories
5 g protein
17 g carbohydrate
13 g fat
6 mg cholesterol
244 mg sodium
2 g fiber



"Eating right and staying fit are important no matter what your age."

March is National Nutrition Month® and the theme for 2009 is "Eat Right". National Nutrition Month® is a nutrition and education campaign created by the American Dietetic Association (ADA). The campaign emphasizes making informed food choices and the importance of physical activity.

The ADA's 2009 Key Messages include Eating Right Messages for Everyone: "Eating right and staying fit are important no matter what your age. Help yourself to feel your best by making healthy food choices and being physically active every day."¹

The ADA stresses that eating right doesn't have to be complicated. They recommend following the Dietary Guidelines for Americans, which emphasizes fruit, vegetables, whole grains, and low-fat or fat-free milk

and milk products. The Guidelines also suggest diets to include lean meats, poultry, fish, beans, eggs and nuts, but to be low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.²

National Nutrition Month® gives us an opportunity to take a closer look at our food choices. According to the Food Marketing Institute's Grocery Shopper Trends 2008, more families are cooking at home instead of eating out.

We all know the economy is tight, and this has precipitated the need to spend less on restaurant meals. However, eating at home is an opportunity to experiment in the kitchen, to prepare and eat meals as a family. You can find some inexpensive but delicious recipes including gnocchi with zucchini ribbons,

sweet and sour chicken, and Tijuana torta at www.eatingwell.com/recipes/healthy_hurry/cheap_eats.html.

Additional National Nutrition Month® resources including promotional ideas, education materials, and Key Messages for 2009 can be found on the ADA website (www.eatright.org).

Reference:

1. www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_landing_20224_ENU_HTML.htm
2. www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_landing_20224_ENU_HTML.htm



Sports Nutrition: How to Fuel Your Body by Anna Carroll

Adapted from Edward Burke and Jacqueline Berning's 1996 book,
Training Nutrition: The Diet and Nutrition Guide for Peak Performance.

Page 3



With warmer weather just around the corner (fingers crossed!), many of you are likely gearing up for all sorts of fun outdoor activities. If these activities include races, endurance events or moderate to intense exercise, you can use nutrition to improve your performance.

The basics of energy use: During exercise your body relies mostly on carbohydrates for energy. First your body will use up its stored carbohydrates, also called glycogen. The muscles prefer carbohydrates because they provide quicker energy.

If you're performing mod-

erately hard, prolonged exercise, you will use both glycogen and stored fat. For high-intensity exercise like sprinting, only glycogen is used.

Once your glycogen stores run out, fatigue kicks in. This can happen in even the most conditioned athlete.

Pre-event nutrition:

Days before the event:

- Avoid high fat diets. They can lower glycogen stores, which greatly reduces your ability to sustain high-intensity exercise and limits endurance capacity.
- Get a minimum of 60% of your calories from carbs while training and in the

few days before your race.

The night before the event:

- For particularly intense or long events, consider increasing your carb consumption to 70% the day before.
- Never fast before an event - you will be prematurely depleting your glycogen stores.

The big day:

- Eat a low-fat, high carb meal 2-4 hours before competition time to help increase your glycogen stores.
 - Time this meal based on your own needs - you don't want to feel hungry at the starting block.
 - You do want some protein, but make sure the protein content is no more than 10-15%. These foods take longer to digest and can increase dehydration.
 - You also want some fat, but make sure the fat content is no more than 15-20%.
- Foods you eat that day should be something

you're accustomed to eating.

- Stay away from foods with lots of fiber.
 - Avoid whole wheat, bran, fresh fruits and vegetables
- And of course, don't forget lots of liquids.

Post-game fuel:

If your workout or race is 60-90 minutes or longer, or involves high-intensity exercise like sprinting, you need to replenish your glycogen stores quickly. This will ensure that you have sufficient energy the next time you exercise.

- The faster you eat carbs post-exercise, the better
 - Try to get these carbs within 20 minutes of finishing. The more time lapses, the less efficient your body is at re-upping your glycogen stores.
 - Focus on medium to high glycemic index foods:
 - ◆ Fruits like bananas or oranges
 - ◆ Starchy veggies like potatoes and carrots
 - ◆ Juices

Safety First—especially when it comes to eating by Kate Murphy

The recent peanut butter recall has thrust food safety into the limelight and probably caused you to question everything you eat.

Is PB safe to eat? The peanut products contaminated with Salmonella have been traced to one processor - Peanut Corporation of America. The majority of products affected by the recall are commercially processed foods containing peanut products such as cook-

ies, crackers, cereal, candy, ice cream, pet food or treats.

While production of tainted peanuts has been halted, affected peanut-containing products can still be found on shelves across America. The best way to make sure that foods you have on hand are safe to eat is to visit the FDA's website (www.accessdata.fda.gov/scripts/peanutbutterrecall) where you can search

by category of food for specific brands.

In addition to the FDA site, there are a number of tools available to consumers about all aspects of the food system.

- King County Public Health's online Restaurant Inspection reports:

www.decadeonline.com/main.phtml?agency=skc

- Washington State Department of Health's Shellfish Program:

www.doh.wa.gov/ehp/sf/recshell.htm

Just remember that staying informed and practicing good food handling skills yourself are the best ways to stay healthy.

A Quarterly Newsletter by Food Group @ UW

FOOD GROUP at University of Washington promotes and raises awareness of nutrition on campus and in the greater Seattle area. We aim to increase access to nutrition information for students, conduct educational outreach and fundraise with promotional messages.

Joining the Food Group is FREE!

For membership information, please contact foodgrp@u.washington.edu



<http://students.washington.edu/foodgrp>

Upcoming Food Group Events

April 18th (Sat): Strike Out Hunger Bowl-A-Thon

Help us raise money for Solid Ground's Food Security for Children program! Visit <http://www.solid-ground.org/News/bowl/Pages/default.aspx> for more details.

April 24th (Fri): Northwest Harvest

Join us for our monthly volunteer event at the food bank, and mingle with us afterwards during our post-volunteer happy hour!

April 25th (Sat): Rainier Beach Outreach

The Food Group will have a booth along with UW Medical School students in Rainier Beach to spread information about healthy eating!

TBA: Social with Bastyr Nutrition Students

Get to know nutrition students at Bastyr and their nutrition program!



Alumni Spotlight:

Katie Thomson, MS, RD, CD

by Mari Obara

Who is your employer, and what do you do?

In December 2004, I was hired as a contract worker at Starbucks Coffee Company responsible for nutritional analysis and accuracy of all nutrition data (Nutrition Facts Panels on all packaged foods; Beverage Brochure: Nutrition by the Cup; Bakery Nutrition Info on Starbucks.com). This was a great immersion into the company and its products.

In May, 2005 I was hired as the company's first Nutritionist. As I came to know the product portfolio, I began consulting on strategy (identifying opportunities for future initiatives and products) & R&D (working side-by-side with product developers to make foods and beverages that were nutritious and delicious).

In 2007, I joined the Marketing & Category Team as Senior Nutritionist and focused on Health

& Wellness strategy and communications. I have helped with several initiatives such as: removal of artificial trans fat, switch to 2% milk (instead of whole milk), switch to rBST-free milk, implementation of nutrition guardrails (caps on calories, fat, saturated fat, etc on all products), development of Vivanno & various nutritious breakfast items (Perfect Oatmeal, Seasonal Fruit Stella, Power Protein Plate, etc.). I also act as a spokesperson and performed over 40 interviews for TV, Radio, and Print including KOMO 4, USA Today, Reuters, and numerous health & style magazines.

What was your favorite class in the NS program, and why?

NUTR 462: Medical Nutrition Therapy. I loved this class because it offered so many hands-on experiences. Like most people, I learn best by doing. I enjoyed creating specific diets, measuring anthropometrics, and most of all: counseling. This class best prepared me for the internship, which I was so thankful for.

Any advice for current NS students?

Have an insatiable hunger for learning. Know that you will not 'know everything' after you graduate...and that's OK! Keep up with current science and consumer-facing messages.

Keep an open mind. During my internship, I realized that what I thought I wanted to do was actually not what I was best at and what fulfilled me most.

Make Connections! The best way to get your foot in the door is by a personal recommendation.

Know what you're strengths are. Be Passionate in what you do and believe in yourself.

In what year did you graduate from the Nutritional Sciences Program?

Short answer: 2007. Back story: I presented my Masters Thesis and graduated in 2007. However, I finished the Didactic Program in 2003 and the Dietetic Internship in 2004, but began working at Starbucks shortly thereafter, which became my primary focus and is why I didn't present my thesis until 2007.

What degrees/certifications do you currently hold?

MS, RD, CD.