

Arbor Management's Nutrition Bulletin



December 2023

Dispelling Food Myths



Myth: It's the turkey that makes me feel so tired after eating.

Studies have linked an amino acid in turkey, tryptophan, to sleepiness. But to achieve this effect, it must be eaten alone on an empty stomach. Feeling tired is more likely due to the energy your body requires to digest a large meal.

Myth: Carbs should be avoided.

Carbs are an important part of a healthy, balanced diet. They are our bodies preferred source of fuel and aid digestion. Refined carbs (sweets, added sugars, white grains, etc.) should be limited and replaced with complex carbs (whole grains, fruits, vegetables, etc.) to supply a steadier supply of glucose to the bloodstream.

Myth: Fresh produce is healthier than frozen.

Frozen fruits and vegetables are flash-frozen at the peak of their ripeness, which packs in a lot more of those vitamins and minerals. Fresh produce can lose up to 50% of its vitamin C in transit to your grocery store.

Myth: All fat is bad.

Mono and polyunsaturated fats are good for us and an essential part of our diets. They boost HDL and lower LDL cholesterol. They are found in fatty fish, avocados, nuts, and olive oil. However, we do want to limit or avoid saturated and trans fats, which have been linked to heart disease and stroke.

Food Focus of the Month – Brussels Sprouts

Brussels sprouts are low in calories but high in fiber, vitamins, and minerals.

Roasting them in the oven takes a little more time to prepare but it mellows and enhances their natural flavor, since they may have a slightly bitter taste otherwise.

BRUSSELS SPROUTS TRIVIA

- Brussels sprouts are named after the capital city of Belgium, which is why their first letter is capitalized.
- They are grown on a stalk.
- Over-cooking sprouts can result in an unpleasant odor.
- Their growing season in the Midwest is Sept-Dec.

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RECIPE OF THE MONTH

Roasted Brussels Sprouts with Dried Cranberries

Makes 3 servings.

Ingredients

- Nonstick Cooking Spray
- 3 c halved Brussels sprouts
- Pinch of salt
- 2 tsp olive oil
- ¼ c dried cranberries
- ¼ c chopped pecans
- 2 tsp balsamic glaze

Instructions:

1. Preheat oven to 400° F. Spray baking sheet with cooking spray.
2. Place the Brussels sprouts on the baking sheet, drizzle with olive oil, and a dash of salt.
3. Roast for 20 minutes. Toss the sprouts and add the cranberries and nuts.
4. Continue roasting for an additional 15 min until they are lightly browned.
5. Transfer to serving bowl. Drizzle with balsamic glaze and serve.

Recipe Adapted from: DASH Diet for Two Cookbook

