

Spring into Health

Staying Well Nourished

It's no secret that healthy eating is a cornerstone of health, so how can you best meet your nutrient needs? There are several ways to think about this question, the answer needs to include:

- ✓ Adequate essential nutrients- vitamins and minerals- which your body uses for all its cellular functions of activity, repair, and building.
- ✓ What, how much, and when you eat to keep you energetic and satisfied
- ✓ Keeping you at low risk for diseases related to nutrition like diabetes, heart attack, stroke and certain cancers.

So, how do you translate all this into a practical approach to eating?

From multiple studies about health we know that taking supplements can not replicate the health power of eating nutrients from food. So that is a good place to start: **eating a wide variety of nutrient dense whole foods every day**. Not only will this give you all the nutrients you need, but will also allow the digestive system to work as it evolved to – slow and steady instead of rapidly absorbing food that has been processed and concentrated like chips, desserts, baked goods and frozen meals.

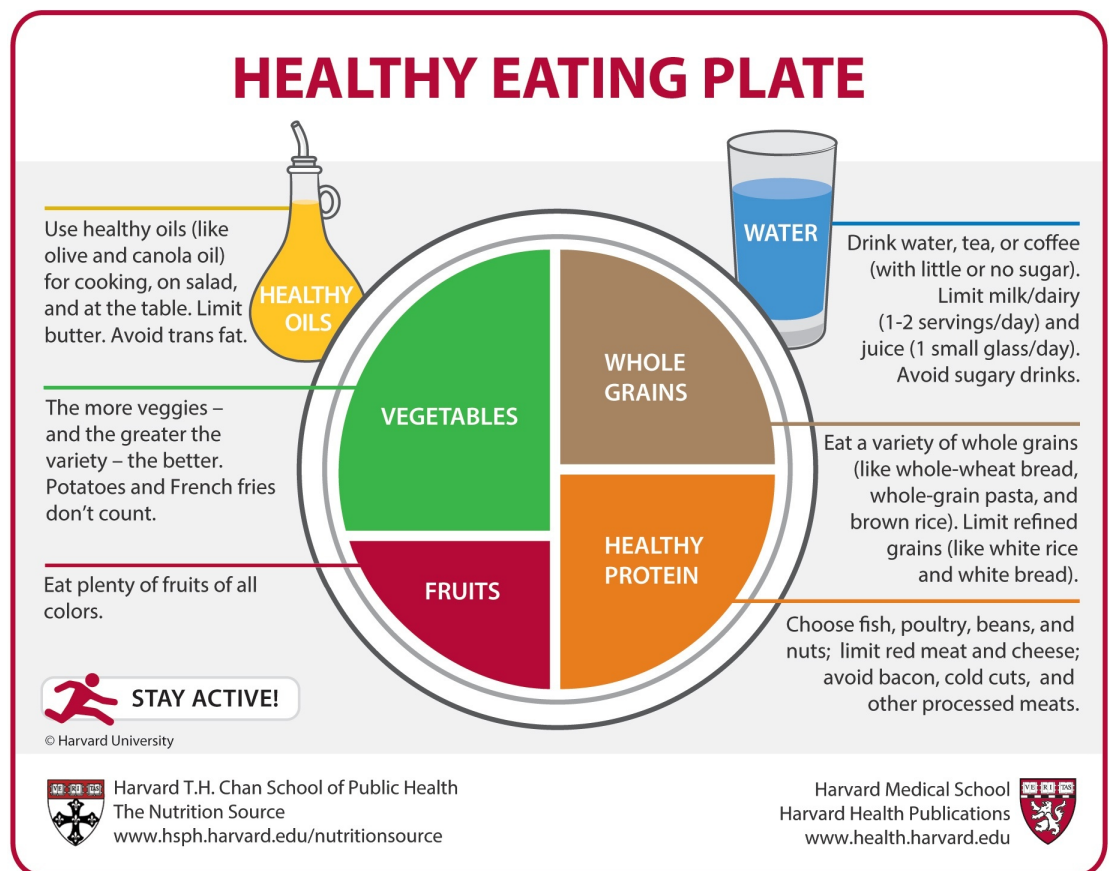


Food Sources of Essential Nutrients

- **Vitamin A:** Carrots; sweet potatoes; egg yolks; dark, leafy greens; cod liver oil
- **Vitamin B6:** Bananas, potatoes, brown rice, chicken, salmon, tuna
- **Vitamin B12:** Salmon, liver, egg yolks, fortified cereals
- **Vitamin C:** Citrus fruits, peppers, broccoli, Brussels sprouts, strawberries
- **Vitamin D:** Fatty fish; liver; egg yolks; fortified foods like milk, orange juice, and cereals
- **Vitamin E:** Whole-grain foods; avocados; nuts; spinach, and other dark, leafy greens
- **Vitamin K:** Collards, spinach, kale, and other dark, leafy greens; broccoli; carrot juice
- **Calcium:** Nonfat and low-fat milk, yogurt, and cheese; kale; broccoli; canned sardines
- **Copper:** Liver, oysters, sesame seeds, unsweetened baking chocolate, potatoes, cashews
- **Folate:** Liver, spinach, avocado, lentils, fortified cereals
- **Magnesium:** Almonds, cashews, peanuts, black beans, spinach, shredded wheat, soy milk
- **Potassium:** Apricots, lentils, prunes, potatoes, kidney beans, orange juice, bananas
- **Zinc:** Oysters, beef, Alaska king crab, fortified cereals



As you can see, including lots of vegetables, fruits, and whole grains along with healthy proteins like fish, beans, dairy and chicken is a good general guideline. The Healthy Plate can help you visualize this: aim for ½ plate vegetables, ¼ plate whole grains and ¼ plate healthy protein.



What's Good to Eat?

Two Step Marinated Tofu for Haters

If you don't have much experience with tofu you may find its texture or flavor odd and dissatisfying. But with a simple marinade, tofu is transformed into a delicious, filling food that is a good source of **protein, healthy fats, calcium, iron, B6 and magnesium**. Tofu is made from soybeans and is eaten frequently in traditional diets from China, Japan, and Southeast Asia. Much like cheese, tofu is made from coagulating soy milk and pressing the resulting curd into blocks.

Ingredients

1 14-ounce block of firm or extra firm tofu

Choose your marinade:

- Asian style: 1 jalapeño thinly sliced (optional), ¼ cup reduced-sodium soy sauce, 1 tablespoon light brown sugar, 2 teaspoons grated peeled ginger.
- Italian style: 1 teaspoon chili flakes (optional), 3 tablespoons balsamic vinegar, 3 tablespoons olive oil, ½ teaspoon salt, 1 teaspoon each: basil, oregano, and thyme.

How to Make It

1. Cut tofu into ¾"-wide pieces and place in a baking dish.
2. Whisk the marinade ingredients of your choice in a small bowl, pour over tofu, and toss to coat. Let sit at least 30 minutes.

You can make this ahead of time, it will keep in the refrigerator for up to three days. Add this tofu to salads, soups, stews, or with grains and vegetables for a balanced, nutrient dense meal.

