



*Fields to Families is committed to providing nutritious food to those in need in our community. As an integral part of this effort, our nutrition newsletter is intended to help everyone involved in Fields to Families — volunteers, donors, and recipients — become informed about how they can get more involved in their own health.*

## Get Active, Stay Active, Be Happy

~ easy tips for an active lifestyle ~

♦ *Family activity:*

Located in West Ashley, off of Playground Drive, is Forest Park. They have basketball hoops & tennis courts that are hardly ever in use. Bring a healthy packed lunch and get some fresh air. Or head to the beach and take a walk along the water. You can relax with the peaceful sounds of the ocean.

♦ *After dinner:*

Include the family in cleaning up. Then set up your favorite family game and spend time with each other. Laughter is the best medicine and setting aside time for “family time” is a positive way to end the day. Or pick up your favorite book or magazine. Reading helps decrease those late night cravings you typically get while watching television.

♦ *Start your morning off right:*

Wake up 15 minutes early and include three sets of 15-30 jumping jacks into your routine. Then sit down and stretch out your body in any way that feels good to you, include deep breathing and get your blood flowing. Make these extra 15 minutes alone time for you to get ready to have a productive and happy day!

## Budget Buy: Garbanzo Beans (Chickpeas)

**C**hickpeas are an inexpensive way to increase fiber and protein in your diet. They can be included in many recipes. Foods that are high in fiber help us to control our level of hunger, improve digestive health, and lower cholesterol.

Unfortunately, many of us fall very short of the recommended 20-35 grams of fiber daily. There are two different types of fiber that we will find on food labels, soluble and insoluble. The soluble type helps by absorbing the bad cholesterol and improving the health of your heart. Insoluble fiber works with the digestive system to get rid of waste and maintain regularity. Foods high in fiber are also lower in calories, but stay in our system longer, keeping our stomach full for longer. The benefits of a high fiber diet are endless and should be included in

everyone's daily routine. Chickpeas are a great ways to do this. By adding 3 tablespoons of chickpeas to your lunch or dinner salads you get 2 grams of fiber.

If you like to include spreads or dips in your diet, make hummus by combining 1 16-oz. can of chickpeas, 3-4 tablespoons of lemon juice, 2 tablespoons of olive oil, 1 & 1/2 tablespoons of tahini and salt in a food processor. Dip sliced veggies or sliced whole wheat pita into the hummus to increase your fiber intake even more. You can also add a can of chickpeas to soups and stews to boost your fiber intake. You will feel great and know you are doing a good thing for you and your family! (Blackwook, Alisa. Fiber fundamentals. Cooking Light. Oct 2007.)



# Disease Prevention & Awareness: Keeping Bones Healthy

## Healthy Recipes ~ just what you need ~

### Simple Kale Soup

- In a large soup pot, heat 1/3 cup olive oil. Add 4 cloves of garlic, finely chopped, and cook over medium high heat. Stir, until lightly brown (about 30 seconds).
- Add 1 1/2 cups chicken stock or vegetable stock. Then add 3 pounds kale (stems and inner ribs discarded, leaves coarsely chopped). Add the kale in large handfuls, allowing some to wilt to make room for the remainder. Season with salt and pepper.
- Cover the soup pot and cook until kale is tender (about 5 min). Remove the lid until the liquid is gone (about 3 min.). SERVE & ENJOY!
- This recipe can be made the night before and refrigerated. Heat prior to serving.

### Rutabaga Mash

- Peel, remove the ends, & dice the rutabagas. Boil in 1/2 water & 1/2 chicken stock to increase the flavor.
- Once tender, remove & strain. Mash with a fork or potato masher. Add a sprinkle of salt & pepper. If desired, include 1/4 stick of butter for every 1/2 pound of rutabaga. A better heart healthy option would be to use a butter alternative, for example Smart Start.
- Mix all ingredients and serve as a side or have as a mid day snack to quench those afternoon carb cravings!

### Roasted Asparagus with Parmesan

- Preheat the oven to 450F. Trim the tough ends from 2 bunches of asparagus.
- On a rimmed baking sheet, toss the asparagus with 1 tbsp. olive oil; season with salt and pepper. Spread in an even layer. Sprinkle with 1/4 cup Parmesan cheese.
- Roast until tender and cheese melted, 10-15 minutes.

**B**ones give our bodies the structure that we need to support our everyday activities. Unfortunately, 55% of Americans over the age of 50 are affected by osteoporosis, a decrease in total bone mass and deterioration in bone tissue.

Deterioration can lead to increased risk of fractures, decreased stature, chronic back pain, and diminish a person's quality of life. Prevention needs to start as early as possible. This means a higher calcium intake and including weight bearing exercises in our exercise routine.

Once someone reaches their late 20s, their bones reach a density peak. Once we pass this age, our bone density steadily declines. It is so important to start building bone density as soon as possible.

Risk factors that increase chances of osteoporosis include; female, smoking, inactivity, family history, thyroid disorders, and cortisone drugs. Also people with Caucasian and Asian backgrounds have a higher risk.

Don't lose hope, it is never too late to start thinking of your bone health. Increase consumption of foods high in calcium by including one serving at every meal.

Try low-fat dairy products, orange juice or cranberry juice. Also, vitamin K makes a protein that binds calcium and increases bone strength called osteocalcin. This is found in green vegetables and the recommended intake for women is 90 micrograms/day and 120 micrograms/day for men.

An adequate amount of Vitamin D is also crucial to the reabsorption of calcium in your body. Vitamin D is found in sunlight, salmon, and fortified milks and juices. The final way to increase bone health is to keep your body in motion. Weight bearing exercises are best and include; yoga, dancing, hiking, and weight-lifting. For more information head to the local library or your home computer and research how you can make your bones healthier and improve your overall quality of life!

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*This nutrition newsletter is brought to you by Fields to Families, a nonprofit organization with a mission of increasing nutrition to the area hungry by coordinating distribution of fresh produce obtained by local gardens and farms. For more information, visit [www.fieldstofamilies.org](http://www.fieldstofamilies.org).*

