

Total Care for the Athlete at Heart June 23, 2013

Cooking Demonstration
Marisa Spiegel, RD, LDN
NorthShore University HealthSystem

Black Bean and Corn Salad

- Ingredients:
 - 1 package (7-10 oz) grape tomatoes
 - 1 avocado
 - 1 can of low or reduced sodium black beans
 - 1 bag of frozen white shoepeg corn, cooked
 - 1 Tbsp cilantro
 - 2 Tbsp olive oil
 - 1 Tbsp red wine vinegar
 - Juice from 1 lime
 - $\frac{3}{4}$ tsp salt (more or less to taste)
 - $\frac{1}{2}$ tsp pepper

Step 1: Cook the corn & place in large bowl



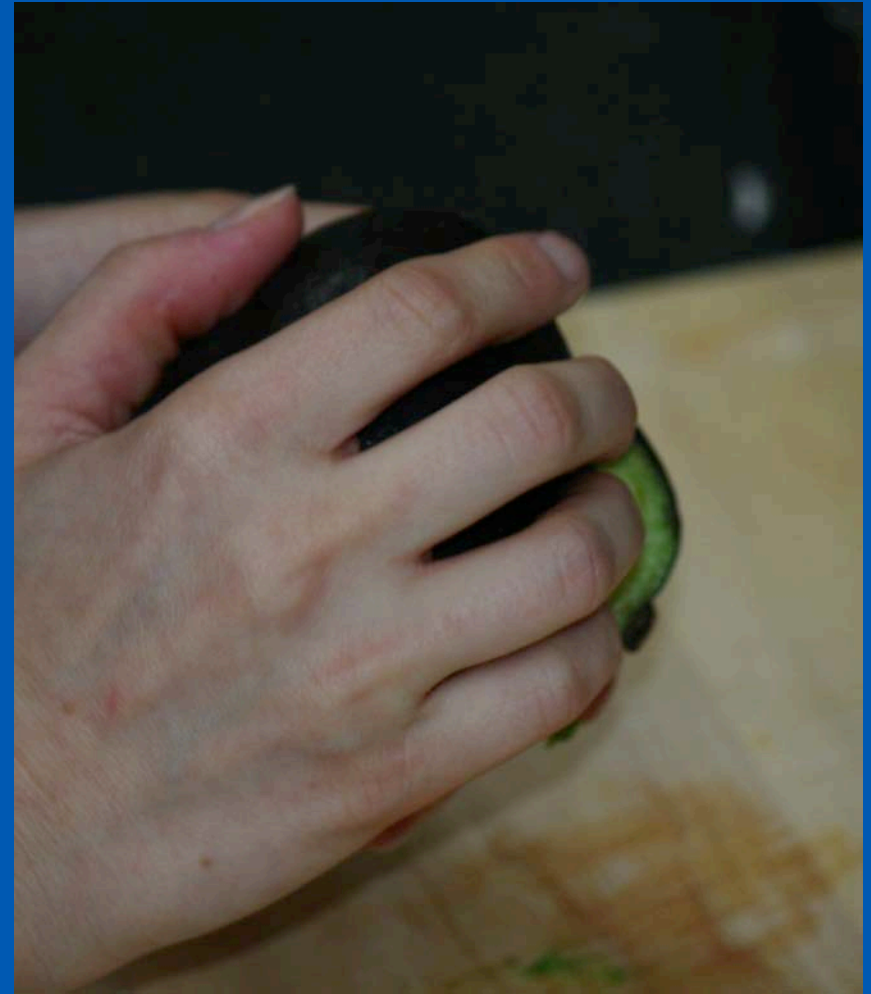
Step 2: Wash tomatoes



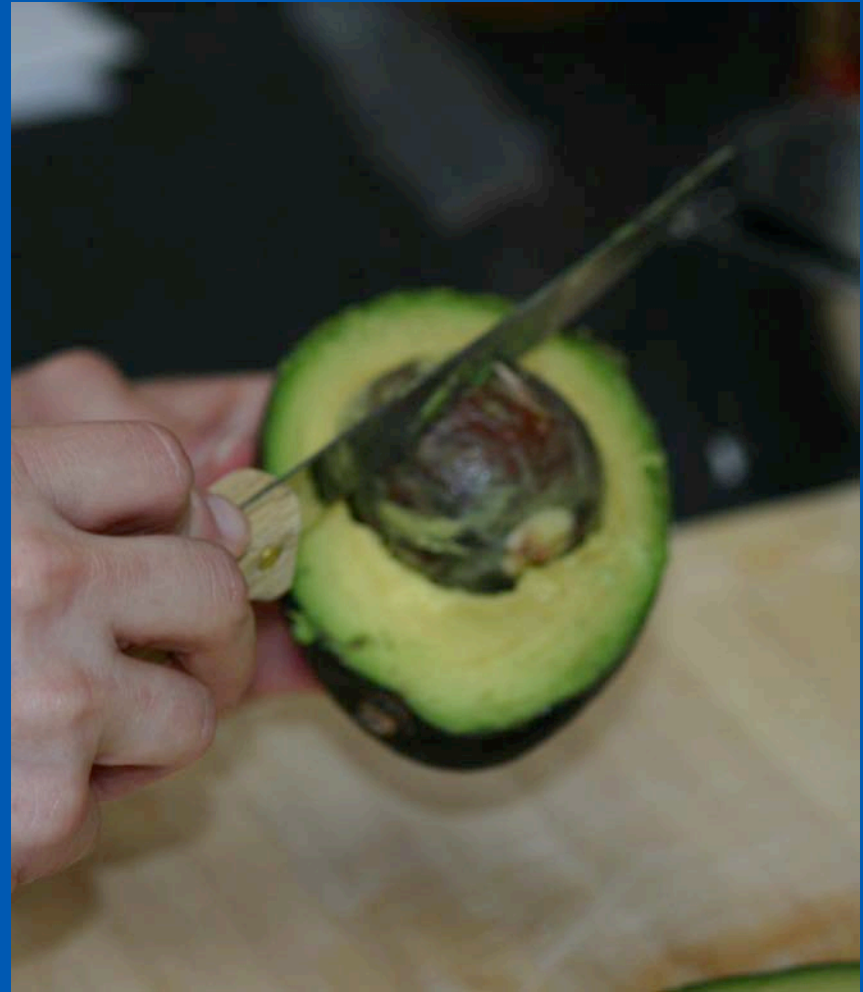
Step 2: Cut tomatoes & place in the bowl



Step 3 – Cut avocado into chunks (~1/2 inch pieces)



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Step 3a: Toss with juice from 1 small lime



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Step 3b: Place avocado into the bowl



Step 4: Rinse and drain black beans



Step 4: Place beans into the bowl



Step 5: Wash & chop cilantro



Step 5: Place cilantro into the bowl



Step 6: In separate bowl, mix olive oil, red wine vinegar, salt and pepper



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Step 7: Pour vinaigrette onto corn and black bean mixture



Step 8: ENJOY!



Getting your children to eat healthy

- Involve children in the planning and preparation of meals.
- Allow children to choose between two options already approved by you.
- Eat with your child. Be a role model by eating and enjoying the same foods you want him or her to eat
- Offer foods but don't punish your child for not eating them.
- Offer a food at least 10-20 times.
- Don't stop offering fruits and vegetables just because the child often refuses them.

Getting your children to eat healthy

- Deceptively Delicious by Jessica Seinfeld
 - Adds pureed fruits and vegetables into kid friendly recipes.
- Bento boxes
- Pinterest
- www.Kidseatright.org
- <http://www.fruitsandveggiesmorematters.org/>
- Add fruit, such as blueberries, to pancakes, waffle or muffin batter
- Homemade juices with fruits and vegetables
- Add mushrooms, peppers, onions or shredded carrot to spaghetti sauce or meatloaf
- Add apples, grapes or raisins to chicken salad

Getting your children to eat healthy

- <http://meetthedubiens.com/category/cute-food/page/2>
- <http://www.nutritioulicious.com/2013/06/fruity-greek-yogurt-popsicles-recipe-redux/>



- <http://www.bentoriffic.com/>



Energy Bites

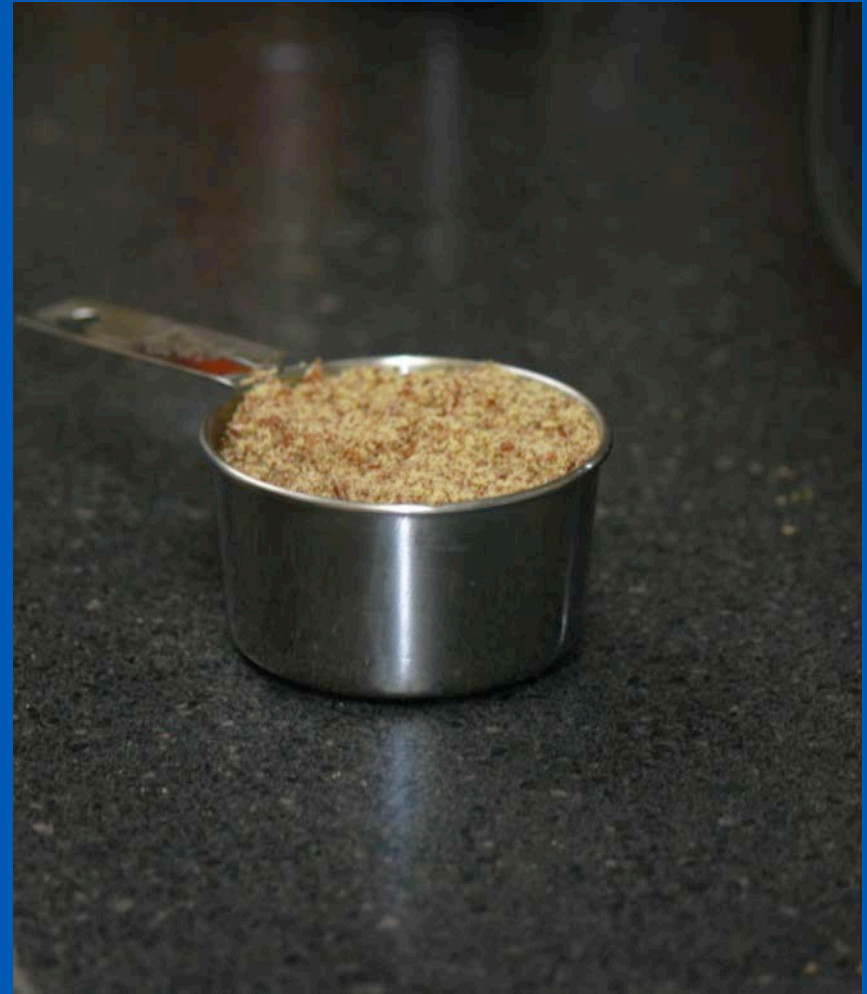
- Ingredients:
 - 1 cup dry oatmeal
 - ½ cup natural peanut butter
 - ½ cup ground flaxseed
 - ½ cup dried cherries
 - 1/3 cup honey
 - 1 Tbsp chia seeds (optional)
 - 1 tsp vanilla extract



Step 1: Measure out 1 cup dry oats and place in bowl



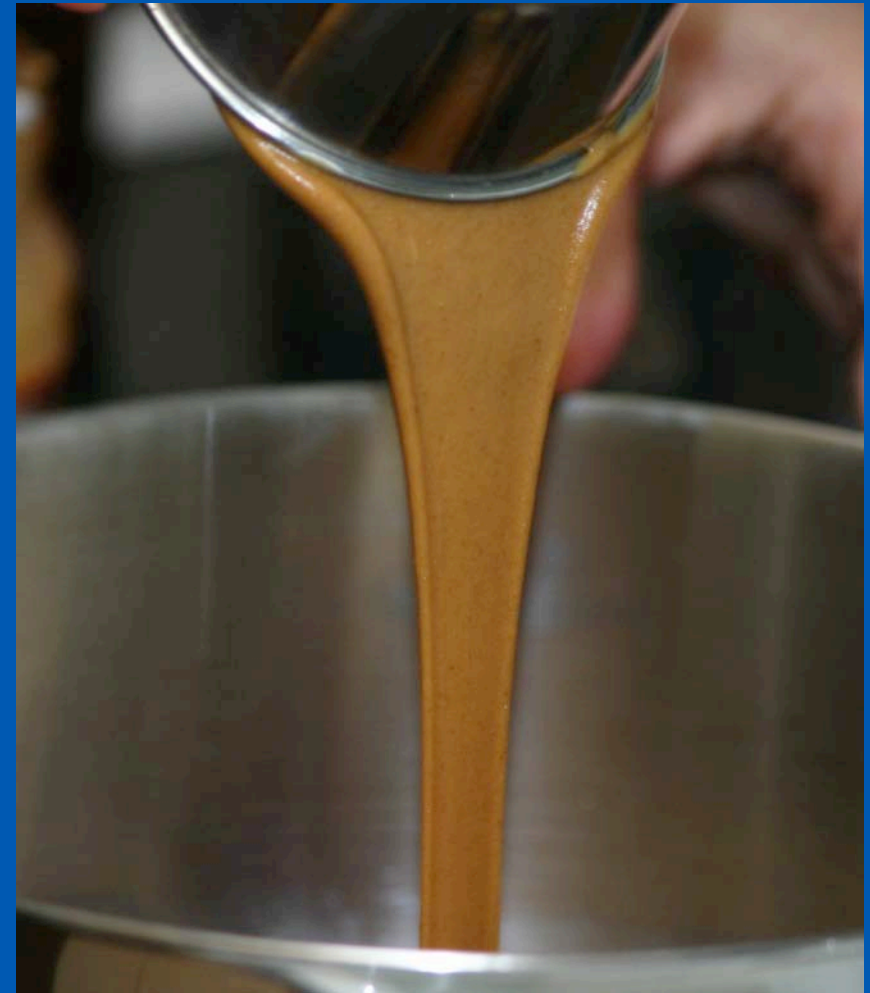
Step 2: Measure out ½ cup ground flaxseed and add to the bowl



Step 3: Measure out ½ cup dried cherries and add to the bowl



Step 4: Measure out ½ cup peanut butter and add to the bowl



Step 5: Measure out 1/3 cup honey and add to the bowl



Step 6: Measure out 1 Tbsp chia seeds and 1 tsp vanilla extract and add to the bowl



Step 7: Mix all the ingredients together & chill in the refrigerator for 30 minutes



Step 8: Roll into balls of whatever size you like and enjoy



Vitamin & mineral supplements

- Your body cannot manufacture vitamins or minerals, which is why you must obtain them through your diet.
- By eating a variety of wholesome foods, you can consume the right balance of vitamins and minerals needed for optimal health and performance.
- Active people do not need more vitamins and supplements to pave the way to better health and performance.

Vitamin & mineral supplements

- Although you do need adequate vitamins and minerals to function optimally, no scientific evidence to date proves that extra vitamins and minerals offer a competitive edge.
- Vitamin supplements will not enhance performance, increase strength or endurance, provide energy, or build muscle in healthy, active people. Nor does exercise significantly increase your vitamin and mineral needs.
- You can get the recommended intake of most nutrients by eating 1,500 calories of a variety of foods.

Vitamin & mineral supplements

- Multivitamins have not been shown to offer a clear health benefit. Also does not compensate for a poor diet.
- Antioxidants for athletes have shown potential harm (act as a prooxidant) and no benefits. The consensus to date is that daily high-dose antioxidant vitamin supplementation is unlikely to be of real practical benefit
- Vitamin and herbal supplements abide by a set of government regulations different from prescription drugs and other medications.
- The government has very little control over their purity, potency, safety, or effectiveness, and the supplement industry is able to hype their products with little need to prove their claims.

Vitamin & mineral supplements

- Supplementation is necessary in a few situations:
 - Restricting calories to less than 1200 per day
 - Food allergies
 - Lactose intolerance
 - Spend little time outside or use sunscreen
 - Pregnant or contemplating pregnancy
 - Vegans or vegetarians with a poorly balanced diet
 - Elderly

Vitamin & mineral supplements

- If want to take a one a day multivitamin for peace of mind:
 - Choose a supplement with the vitamins and minerals close to 100 percent of the daily values (DVs). Don't expect to find 100 percent of the DV for calcium and magnesium listed on a label; these minerals are too bulky to put in one pill.
 - Don't buy supplements that contain excessive doses of vitamins and minerals, particularly minerals. High doses of one mineral can offset the benefits of another.
 - Look for USP on the label. This indicates the manufacturer followed standards established by the U.S. Pharmacopeia.

Above all, think food first. No vitamin pill will compensate for hit-or-miss eating.