



March 2017

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Wellness

# Rise and shine...

## with a veggie-centric breakfast of champions!

“So many vegetables, so little time,” goes the produce lover’s lament. But hold the tissues. There’s more time than you think! Since most of us eat two-thirds of our daily veggies at dinnertime, and the rest at lunch, our morning meal is ripe for veg-ifying. (Don’t look for that word in Webster’s... yet!) **“When we think of produce in the morning, we tend to think of fruit,”** notes Cleveland Clinic nutritionist Amy Gannon, R.D. But adding veggies at breakfast ups your intake of all those health-promoting phytonutrients as well as fiber, and it sets you up for stable blood sugars all through the day.



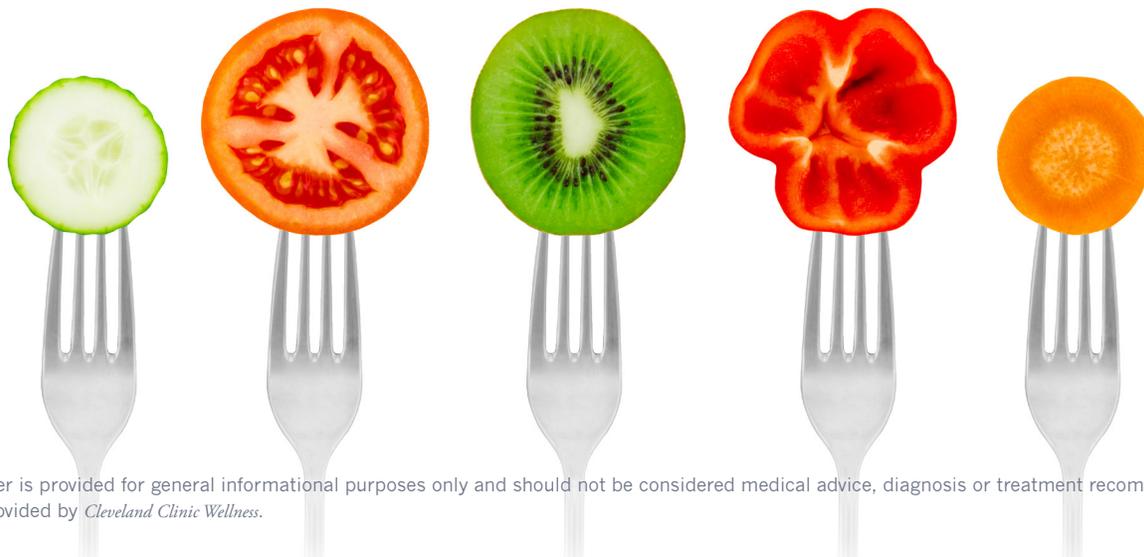
**The classics.** Egg white omelets and frittatas (try scrambled tofu or tempeh for vegan versions) are great vehicles for spinach, tomatoes, onions, peppers, or leftover roasted veggies. A frittata with baby greens and feta will get you started.

**Oatmeal, the next generation.** Brown sugar and pancake syrup aren’t the only game in town. Savory steel cut oatmeal is delicious, says Gannon, who enjoys oatmeal stir-ins such as steamed kale, tomatoes, mushrooms, and fresh herbs.

**Veggie-rific yogurt.** “Long ago, my father taught me to add cucumbers and tomatoes, diced very small, to my yogurt every morning,” says Cleveland Clinic Wellness Enterprise medical director Roxanne Sukol, MD. And we promise you — it’s absolutely delicious.

**Dinner for breakfast!** Try a breakfast salad with greens, avocado, walnuts, and berries. Or set aside a roasted sweet potato at dinner, and top it with almond butter or Greek yogurt for breakfast. Leftovers such as veggie-filled soups can also be a breakfast of champions. Just reheat and victory is yours!

*By: Cleveland Clinic Wellness Editors*





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## Have a Cold? It's Too Late for OJ

Imagine being a scientist and believing you found the cure for the common cold! There once was such a man... Back in the 1960s and 1970s, Linus Pauling discovered that mega-doses of vitamin C could allegedly (key word!) prevent him from catching a cold for years. Pauling published a best-selling book and the rest, as they say, is history.

Scientific evidence doesn't back up Pauling's claims. According to the National Institutes of Health, "Overall, the evidence to date suggests that regular intakes of vitamin C at doses of at least 200 mg per day do not reduce the incidence of the common cold in the general population." The story is the same if you think taking vitamin C regularly will reduce the severity of a cold (nope). There is some good news, however,



if you're popping vitamin C supplements, you may experience a slightly shorter illness. However, to get the benefits you need to be taking vitamin C regularly or preventively. Sorry, but once you already feel sick, it's too late.

It's important to remember that vitamin C does play an essential role in supporting your immune system, which is why it's important to get the recommended daily dose of 75 mg a day for women and 90 mg a day for men. That's easier to achieve than you may think—eat a large orange or a cup of strawberries, or try some roasted cauliflower or Brussels sprouts. Other foods high in vitamin C: mango, pineapple, kiwi, broccoli, kale, and green bell pepper. If you go the supplement route, be careful: More than 2,000 mg per day of vitamin C can cause nausea, diarrhea and stomach cramps.

*By: Cleveland Clinic Wellness Editors*

## LEARN TO READ LABELS TO SAVE YOUR HEART

The back of packaged foods is where you'll find the real information—nutrition facts and ingredients. Buy on facts, not hype. Here's your guide:

**Quantity:** Generally, the fewer ingredients, the better.

**Sugars:** Ingredients that end in -ose are variations of sugar. You want a total of four grams or less of added sugars in a realistic serving of any and all foods eaten within a one-hour period. Added sugars are put into products, as opposed to the naturally occurring sugars in whole, unprocessed foods, such as apples. The concern is really about what raises your blood sugar level.

**Carbohydrates:** If it is refined or enriched, reject it.

**Syrups:** If you see the word syrup in any shape or form, run.

**Protein:** Don't worry about limits here. Protein is good for you, and as long as it comes from sources without significant levels of saturated fat (like fish, skinless chicken and turkey, beans, and nuts), you're good.

**Fats:** Saturated fats should be under four grams per hour of eating. And you should look for products with no trans fats. Foods containing "partially hydrogenated" ingredients contain trans fats, even if the nutrition facts label states "0 grams" trans fat. Companies are required only to label trans fats above 0.5 grams per serving — so look out for hidden trans fats.

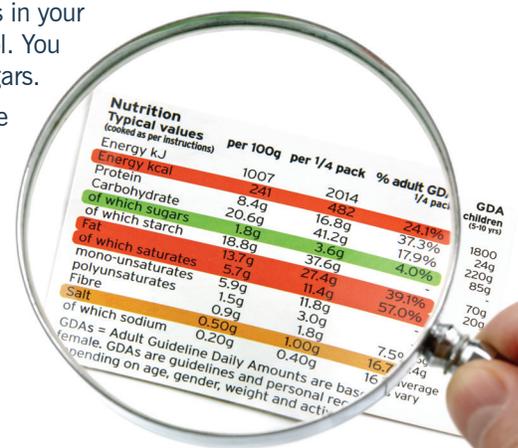
**Sodium:** Unless you have high blood pressure, you don't need to worry much about sodium. If you do have high blood pressure, make sure your daily sodium intake is under 1,500 mg.

**Cholesterol:** Dietary cholesterol has virtually nothing to do with the cholesterol levels in your blood. You do not need to worry about this number, even if you have high cholesterol. You should, however, be concerned with saturated and trans fats, syrups, and added sugars.

**All natural:** Sugar is natural. So are cyanide and arsenic. That doesn't mean they're good for you. Ignore the phrasing and look at the ingredients.

**Whole grain:** Just because the label says a food "contains whole grains" doesn't mean they're of the 100 percent variety. In fact, companies are allowed to label a product "whole grain" as long as merely 51 percent of it is composed of whole grains by weight. If you don't see "100%" along with "whole wheat" or "whole grains," there might be too many simple carbs in the product.

*By: Michael F. Roizen, M.D.*



Nutrition Typical values (rounded as per instructions)	per 100g	per 1/4 pack	% adult GD.	GDA children (5-10 yrs)
Energy kJ	1007	2014		
Energy kcal	241	482		
Protein	8.4g	16.8g	37.3%	180g
Carbohydrate	20.6g	41.2g	17.9%	24g
of which sugars	1.8g	3.6g	4.0%	22g
Fat	18.8g	37.6g	39.1%	70g
of which saturates	13.7g	27.4g	57.0%	20g
mono-unsaturates	5.9g	11.8g		
polyunsaturates	0.9g	1.8g		
Fibre	1.5g	3.0g		
Salt	0.50g	1.00g		
of which sodium	0.20g	0.40g		

GDAs = Adult Guideline Daily Amounts are based on a diet of 2,000 kcal per day for a 70kg male. GDAs are guidelines and personal requirements vary depending on age, gender, weight and activity level.



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# Healthy Recipe

## MEXICAN CHICKEN AND LIME SOUP

Your taste buds will thank you for this one! Our Mexican Chicken and Lime Soup is a taste sensation—with zesty lime juice, spicy jalapeño, and more. In addition to the fabulous flavor, this dish is packed with vitamins, nourishing fats (hello, avocado!) and disease-preventing phytonutrients. That's a lot to get from a soup that takes just 25 minutes to prepare. Serve it up tonight and treat everyone to a fun family meal with fiesta appeal!

**Yield:** 4 Servings

**Ingredients:**

- 1 skinless, bone-in double chicken breast (about 1 pound total)
- 2 carrots, cut into 4 chunks
- 1 celery stalk, cut into 4 chunks
- 1 yellow onion, peeled and quartered
- ½ teaspoon kosher salt
- 2 tablespoons fresh lime juice
- 8 radishes, thinly sliced into rounds
- 1 jalapeño, thinly sliced into rounds
- 1 avocado, diced
- 1 cup loosely packed fresh cilantro leaves

**Instructions:**

Put the chicken, carrots, celery, and onion into a medium saucepan and fill with 7 cups water, or just enough to cover the chicken. Season with salt. Place over medium-high heat and bring to a boil. Reduce the heat to medium and simmer until the chicken is cooked through, about 25 minutes.

Remove the chicken. Strain the broth and return it to the saucepan; toss the vegetables into your compost heap or feed them to the dog. Shred the chicken into bite-size pieces and add back to the broth. Reheat, if necessary. Stir in the lime juice.

Divide the soup among bowls. Top with the radishes, jalapeño, avocado, and cilantro.

**Nutrition Info Per Serving:** (4 servings) 144 calories, 8 g total fat, 1.2 g saturated fat, 10 g protein, 10 g carbohydrate, 5 g dietary fiber, 2.7 g sugar, 21 mg cholesterol, 356 mg sodium

*By: Sara Quessenberry for Cleveland Clinic Wellness*

