



FAMILY NUTRITION NEWSLETTER

NOVEMBER
2017
EDITION

PRODUCE ITEMS OF THE MONTH ARE APPLES & ONIONS

At St. Vincent we believe in treating the whole person - mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three aspects of a person. We hope you enjoy the newsletters and that you find them useful for keeping your family healthy and happy. Thank you for reading!

PRODUCE SELECTION:

Onions:

- Onions come in various shapes and colors, none of which is a reliable indicator of taste or strength.
- Choose firm dry onions with shiny, tissue-thin skins.
- Dry onions keep three to four weeks if stored in a dry, dark, cool location.
- Avoid selecting onions that have bruises, cuts or blemishes.

Apples:

- When choosing your apples, pick one up and gently press a small area of the fruit's skin. It should be firm to the touch.
- Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin. Also, try to avoid apples that have noticeable bruises.
- A fresh, high-quality apple will have a pleasant smell to it.



Apple	
Nutrition Facts	
Serving Size 1 small 2-3/4 (149 g)	
Amount Per Serving	
Calories 77	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	14%
Sugars 15g	
Protein 0g	
Vitamin A 2%	Vitamin C 11%
Calcium 1%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
©www.NutritionData.com	



Onion	
Nutrition Facts	
Serving Size 1 cup, chopped 160g (160 g)	
Amount Per Serving	
Calories 64	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Sugars 7g	
Protein 2g	
Vitamin A 0%	Vitamin C 20%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
©www.NutritionData.com	

HEALTHY BODY FOCUS: National Family Health History Day

To help focus attention on the importance of family history, the Surgeon General, in cooperation with other agencies with the U.S. Department of Health and Human Services, has launched a national public health campaign, called the Surgeon General's Family History Initiative, to encourage all American families to learn more about their family health history.

Health-care professionals have known for a long time that common diseases - heart disease, cancer, and diabetes - and rare diseases - like hemophilia, cystic fibrosis, and sickle cell anemia - can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure. Tracing the illnesses suffered by your parents, grandparents and other blood relatives can help your doctor predict the disorders to which you may be at risk and take action to keep you and your family healthy.

Because family health history is such a powerful screening tool, the Surgeon General has created a new computerized tool to help make it fun and easy for anyone to create a sophisticated portrait of their family's health. The revised version of the "My Family Health Portrait" tool is a Web-enabled program that runs on any computer that is connected to the Web and running an up-to-date version of any major Internet browser. The new version of the tool offers numerous advantages over previous versions, which had to be downloaded to the user's computer.

The Web-based tool helps users organize family history information and then print it out for presentation to their family doctor. In addition, the tool helps users save their family history information to their own computer and even share family history information with other family members. Access the My Family Health Portrait Web tool at <https://familyhistory.hhs.gov/>.

HELPING YOUR CHILD EAT HEALTHY

Onions are not one of those vegetables that most children are going to want to eat raw! However, this versatile vegetable has a wide variety of uses. Here are some of our favorites:

- Grill onions and peppers on your stovetop or grill as a topping for chicken or steak.
- Dice raw onions for a crunchy salad addition.
- Incorporate onions into your favorite salsa recipe.

Apples are one of the most popular fruits in the US. Here are some ideas for including them in your meals and snacks:

- Take into consideration what you plan to do with your apples as most children seem to prefer sweet tasting apples like Red Delicious or Pink Ladies over sour ones like Granny Smith.
- Apple peels can be off-putting for some children so peel the skin and slice them into smaller, more manageable slices.
- For a special treat, dip apple slices into caramel sauce.
- Top pork chops with apple slices for a sweet and savory bite.
- Homemade applesauce made from fresh apples is an easy and delicious treat! We've included a recipe for you below.

RECIPE CORNER

HOMEMADE APPLESAUCE (RECIPE FROM THE PIONEER WOMAN)

Ingredients

- 6 pounds apples (peeled, cored and cut into 8 slices)
- 1 cup apple juice or apple cider
- Juice of 1 lemon
- 1/2 cup brown sugar, packed
- 1 teaspoon Cinnamon, more or less to taste
- Optional ingredients: nutmeg, maple syrup, allspice, butter

Instructions:

Combine all ingredients in a large pot and cook over medium heat, stirring occasionally, for 25 minutes. Carefully puree in a food processor or blender until smooth. Be careful not to fill the blender too full - it's best to split your mixture into two portions.

Store in the fridge and serve by itself, over pork chops, over ice cream, over pancakes...or any place where applesauce is needed!