



SCDA

Spring Newsletter

Feb 2009
Volume 1 Issue 4

Southern Colorado Dietetics Association

http://eatrightcolorado.org/district_southern.cfm

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National Nutrition Month

It's that time of year again! Time to celebrate our profession and get the word out about nutrition as well as our expertise as dietitians!

The theme for 2009 is: "Eat Right". To help our community "Eat Right", Mary Peet RD,CDE, along with SCDA's National Nutrition Month committee, have organized two grocery store tours in the Colorado Springs area. Kristie Kammer will lead one tour designed to focus on healthy food choices for kids. The second tour will be for seniors. Please contact Mary Peet (mary.peet@memorialhealthsystem.com) if you would like to be involved with promoting National Nutrition Month with SCDA.



Heart Resources

American Dietetics Association

- Nutrition Fact Sheets. These are a collaboration from industry sponsors and other organizations.
(http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_350_ENU_HTML.htm)

American Heart Association <http://www.americanheart.org>

- Has a variety of videos including signs and symptoms of heart attacks, healthy eating, controlling high blood pressure, and treatments for heart attacks.
- Free recipes.

Please see *Heart* on page 3

National Nutrition Month Event Ideas

Looking for some way to promote National Nutrition Month? Here are some ideas from ADA.

Workplaces

- Organize a "healthy recipe" contest among employees. Have the judges be VIPs from your workplace. Award NNM t-shirts, mugs or other items as prizes.
- Distribute coupons for discounts on a healthy meal featured in your cafeteria.
- Decorate the cafeteria with NNM materials. Have the cashier ask every 10th customer to tell them the NNM theme. Give those customers a discount on their meal, a NNM pencil, pen or button.
- Create a "take one" box with a nutrition brochure, NNM bookmarks, Nutrition Fact Sheets, or My Pyramid handout.
- Sponsor a canned food drive, and deliver the food to a homeless shelter or food depository.
- Send out an NNM "Tip of the Day" via e-mail to staff or clients. For suggestions, visit the ADA Tip of the Day Archive (http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_4602_ENU_HTML.htm)

Schools

- Create a "nutrition quiz corner" with a nutrition question every day for the entire month of March. Students complete an answer form and place it in a box, which is emptied daily. You may award a daily prize, or enter the name of every contestant who answered correctly in a weekly prize drawing. Prizes could be NNM promotional items.
- Contact the local library and schedule a story time, movie, nutrition program or a poster/coloring contest for kids.
- Conduct a "Fear Factor"-type event. Provide unusual vegetables and fruits cut into bite-size pieces. Offer an opportunity to taste and guess the food.
- Have an ethnic food night, i.e., Asian cuisine, Mediterranean, French, Cajun, etc. This may be done by inviting local restaurants to participate, or have your own organization provide the food.

NNM Ideas from page 2

Family Focus

- **Eating the Rainbow**
Use "Eating the Rainbow" as a theme and provide examples of colorful fruits and vegetables that are yellow, orange, red, green, blue and purple. Give tips on including more fruits and vegetables in meals and snacks.
- **Voting Booth**
Ask participants to vote for their favorite vegetable or fruit. Post a tally board to record votes. Use a vegetable or fruit theme for booth decorations.
- **Sizing It Up Display**
Set up a display with food models and household items to represent food portion sizes. Let participants try to match up foods with the appropriate serving size item.

Registered Dietitian Day

Wednesday March 11, 2009 is the second annual Registered Dietitian day. Thank you, RDs and DTRs, for all of your hard work. We couldn't do it without you!

For more ideas about recognizing Registered Dietitian Day please visit:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_landing_14219_ENU_HTML.htm



Heart from page 1

Centers for Disease Control and Prevention <http://www.cdc.gov/heartdisease/>

- Heart Disease Fact Sheets
- Atlas of Heart Disease and Stroke

Centura Heart <http://www.centura.org>

- Assess your heart health
- Visuals (how your heart works, heart problems, and ways to improve your health <http://centura.dvcotechnology.com/centuraheart/flash/index.html>)

Kids Health http://kidshealth.org/kid/growup/conditions/heart_disease.html

- Easy to read healthy information for children and teens.
- Recipes
- Games

National Heart Lung and Blood Institute

<http://www.nhlbi.nih.gov/health/public/heart/index.htm>

- Fact sheets in English and Spanish
- Recipes
- Portion distortion Power Point slides: <http://hp2010.nhlbihin.net/portion/>

Grilled Italian Vegetables with Pasta



Getting tired of soups, stews and casseroles? Try this light new recipe for spring.

Ingredients

1 (1 ¼ lb.) eggplant, cut into 1/2-inch-thick slices
1 teaspoon salt, divided
¾ pound zucchini, quartered lengthwise and cut into 1-inch-thick slices
1 red bell pepper, seeded and quartered
Cooking spray
4 plum tomatoes, halved
4 cups (3-inch) sliced green onions (about 2 bunches)
2 tablespoons extra-virgin olive oil
1 tablespoon grated lemon rind
½ cup thinly sliced fresh basil
6 cups hot cooked penne (about 12 ounces uncooked tube-shaped pasta)
¼ cup (1 ounce) grated fresh Parmesan cheese

Preparation

Place eggplant in a colander; sprinkle with ¾ teaspoon salt. Toss gently to coat. Cover and let stand 30 minutes. Rinse eggplant with cold water, and drain well.

Prepare grill.

Place eggplant, zucchini, and bell pepper on grill rack coated with cooking spray. Grill 10 minutes, turning once. Add tomatoes and onions; cook 5 minutes, turning often. Remove the vegetables from grill; cut all into 1-inch pieces except tomato. Cut tomato halves in half lengthwise.

Combine ¼ teaspoon salt, oil, rind, and basil in a large bowl. Add vegetable mixture, pasta, and cheese; toss well.

Yield: 6 cups (2 cup servings)

Nutrition facts: Calories 333, Fat 7.3g, Protein 12.2g, Sodium: 295 mg, Carb 57g

Excerpt from Cooking Light, June 2000

February Meeting

Topic: **Food Safety**

Date: Monday, Feb. 16th

Time: 6 - 8 p.m.

Location: Penrose St. Francis Cancer Center, Conference rooms B-C

Speaker: Russell Saunkeah, Sodexo Foodservice Director for UCCS

In light of recent and more frequent warnings about the safety of specific foods, Mr. Saunkeah will discuss the importance of HACCP and food safety training for food service operations and clinicians.



March Meeting

Topic: **To Be Announced.**

Date: Monday, March 16th

Time: 6 - 8:30 p.m.

Location: Penrose St. Francis Cancer Center, Conference rooms B-C

April Meeting

No meeting this month. See you at CDA's annual conference and exhibition. Visit <http://www.eatrightcolorado.org/ameet.cfm> for more information about this event.

Around the Town

Rocky Mountain 2009 Metabolic Syndrome Symposium

Date: Tuesday April 21, 2009

Time: 6:45 am- 4:40 pm

Location: Renaissance Denver Hotel

CEU: 7.5 for RDs

Hear updates about cardiovascular disease, obesity, pediatrics, fatty liver, pregnancy and diabetes, and other subjects. For more information, visit:

<http://www.cme.hsc.usf.edu/metabolic/>

We Want Your Input

Do you have a bright idea, great tip, resource, website, meeting topic, speakers, or upcoming nutrition related event that you would like to share?

Looking for a place to publish your article? Share your ideas with us by the 15th of each month. We may edit submissions for clarity.

Do you know of an upcoming nutrition related event that you'd like to advertise for free? We can post it in the calendar section of CDA's website or on our webpage. Contact Julie Reiss (JulieReiss@Centura.org) for website related posting criteria.

Contact Julie Stegall (julie.stegall@abbott.com) for more information about sending out emails to SCDA regarding upcoming nutrition related events or jobs openings.

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