

NUTRITION NEWS

Optimal You Dietitians Bringing Nutrition Straight to You.



AUGUST 2021

Our August edition provides tips to decrease food waste and savor your fresh finds. From picking and storing produce to utilizing leftovers and composting at home, get the most out of your fruits and vegetables from harvest to expiration. Are you dreading changes in school or work schedules? Learn a few brain foods and tips to keep daily productivity at its peak, all from your Registered Dietitians!



OPTIMAL TASTE & REDUCED WASTE

KEEPING IT FRESH

Select Fruits and Vegetables Wisely

Whether from a garden or market follow a few simple tips when picking and storing fresh produce. Choose fresh produce toward the end of shopping trips to keep cool longer. Pick produce or shop farmers markets early because the heat of the day can alter quality or hasten ripening. Note: Don't hunt for perfect. Embrace produce imperfections, but steer clear of vegetables or fruits that are overly bruised or damaged.

Store Produce Properly

Store perishable fresh produce in a clean refrigerator at 40°F or below. If produce is refrigerated at a grocery store, refrigerate it at home to help maintain quality.

Some fruits produce a large amount of ethylene gas during ripening, which can ripen other produce when stored together.

- Ethylene 'releasers': avocados, unripe bananas, nectarines, peaches, tomatoes, apples, apricots, cantaloupe, figs, kiwis and plums.
- Store these fruits in a no-vegetables-allowed crisper drawer and away from fruit that doesn't need to be quickly ripened.

After a fruit or vegetable ripens, it can be refrigerated. Pay attention to produce with a short lifespan once ripened;

- Apricots, blackberries, raspberries and strawberries
- Herbs, sprouts, corn, cucumbers, eggplant, green beans, leafy greens, lima beans, mushrooms, peas and summer squash

Fresh produce with a longer shelf-life include;

- Apples, pears, beets, carrots, garlic, onions, potatoes, winter squash.
- Plan your meals and snacks based on produce shelf life to reduce waste. Use bags or storage containers designed for produce. Avoid storing fresh produce in regular, air-tight plastic storage bags or containers –this can start the decaying process, promote bacteria and mold growth.

Plan to Prepare Fruits and Vegetables

Rinse or scrub and use the entire fruit or vegetable when possible, including all edible skins and seeds, cutting away any bruises and blemishes. Prepare only what you need. Make half portions or plan for leftovers to help reduce excess food that might go to waste. If you're unable to enjoy all your fresh produce, make your own frozen food! Cut fruit and blanch vegetables before placing in air-tight containers for freezing. Blanching vegetables before freezing helps slow down the spoiling process and preserve the color and texture of these foods.

Note: Be creative when produce is at the end of its edible life. Puree fruits into smoothies or vegetables into a hummus. Mash fruit to create fresh jam or pancake topping. Finely dice fruit to make a salsa. Sauté cut veggies and toss with pasta or sprinkle atop cheese pizza. Roast vegetables and stuff into a burrito or sandwich wrap.

By taking care of produce from purchase to plate, you can make a noticeable difference in the amount of food wasted in your home.



Composting puts food scraps to use and reduces methane emissions in landfills. Begin with an old trash bin, wooden chest, or any available large container. Next, use "greens and browns", two main ingredients in a compost mix. "Greens" are 'wet' like food scraps, fruit and vegetable peelings, coffee grounds, or yard, grass clippings, all add nitrogen for microbial growth and decomposition. "Browns" are 'dry' and more carbon rich like egg cartons, newspapers, dried leaves, and pine needles. (Shred paper products before putting them in your pile.) Layer the dry browns on the bottom with the wet greens on top. The number of layers depends on your space and amount of food scraps, but try to keep the layers to an inch or two. Turn the layers with a stick or spade to keep air flowing, typically once every 7-10 days.



LEANING INTO LEFTOVERS

Roasted or grilled vegetables are a simple way to add servings of produce, fiber and essential nutrients to your plate. But what can you do with the extras? Put your leftovers to good use with these delicious ideas.



ROASTED VEGETABLE SOUP

Ingredients

3 c Low sodium chicken or vegetable stock
2 c Roasted mixed vegetables (carrot, onion, parsnip, sweet potato, zucchini, summer squash, etc.)

Directions

Heat stock in a large saucepan. Add vegetables, and puree with a handheld blender. Alternately, puree the vegetables in a standard blender with a bit of stock, then add to the pan. Thin with more stock and heat, adding herbs, a pinch of salt and black pepper if desired. If you enjoy a thinner soup, add a bit more stock. Sprinkle with pepitas and/or parsley on top.

JUST ADD EGGS

Roasted Vegetable Frittata

Ingredients

2 c roasted vegetables
12 extra-large eggs
1 c skim half-and-half
1 T unsalted butter
1/3 c chopped scallions
1/4 c feta cheese

Directions

In a large bowl, whisk the eggs, half-and-half, a pinch of salt and 1/2 teaspoon pepper. In a 10-inch ovenproof sauté pan, melt the butter and sauté scallions for 1 minute, then add the vegetables and toss with the scallions. Turn heat to low.

Pour the eggs over the vegetables and cook for 2 minutes without stirring. Transfer the pan to the oven and bake the frittata for 20 to 30 minutes, until puffed and set in the middle. Sprinkle with feta and bake for another 3 minutes, until the cheese is just melted. Cut into 6 or 8 wedges and serve hot. Pairs well with a simple spinach salad.

WHOLE GRAIN BOWL

Roasted vegetables are the perfect topping for a nutrient-dense grain bowl. Use the following formula to put those leftover veggies to good use.

Choose a Whole Grain: Explore in-tact grains like quinoa, wild rice, barley, farro and bulgur. To stretch the base and add nutrition, consider adding a can of salt-free beans, rinsed and drained.

Choose a Protein: For a filling bowl, add chicken, salmon, shrimp or ground turkey. Or choose quality plant proteins like tofu, edamame or lentils.

Choose a Healthy Fat: Up the satisfaction factor with avocado, nuts, seeds or a dressing made with healthy oil.

Add leftover roasted vegetables and you've got a meal! Try various flavors, like Southwest, Lemon Herb, Spicy Cajun or Thai Peanut.



ROASTED VEGGIE SALAD WITH GREEN DRESSING

Ingredients

4 c greens
2-4 c roasted vegetables
5 cloves garlic (peeled and crushed)
1 c packed cilantro
1 c packed parsley
3 T avocado (1/4 whole avocado)
1/4 tsp salt
3 T lime juice
1 T maple syrup, honey or agave
3 T water to thin
1/4 c pepitas, optional

Directions

Place greens and vegetables on a large platter. Blend remaining ingredients in blender or food processor. Drizzle on salad. Top with extra herbs, diced avocado and pepitas, if desired.

10 FOODS FOR BRAIN HEALTH



FATTY FISH
BERRIES
DARK LEAFY GREENS

AVOCADO
TURMERIC

RED GRAPES
NUTS & SEEDS
GINGER

GREEN TEA
GARLIC

Don't forget to fuel your success!

Choose meals for optimal productivity



As your daily schedule changes with return to the workplace and/or school, so will your meal plans. Take charge with Dietitian-approved tips for fueling yourself in the home and beyond.

Plan Plant Forward Whole, plant foods are prime fuel for your body and brain. Pack plenty of fresh options for your snacks and lunch. Try raw fruits and vegetables, grainy salads, pre-portioned nuts and bean-based dishes like hummus or black bean dip.

Balance is Key Each nutrient plays a key role in the diet. At the most basic level carbs provide energy, proteins offer building blocks, healthy fats help keep us full and vegetables bring fiber. Aim to plan balanced meals with whole-food choices from each category.

Grain Bowl Basics Grain bowls are perfect for lunches! You can make multiple servings at once, include plenty of whole foods, and the flavors are flexible, making them customizable to your palate. Try an Asian-Inspired Bowl with farro, chickpeas, edamame, carrots, scallions and peanut sauce. Or, spice it up with a Southwest Quinoa Bowl built with black beans, bell peppers, onions, salsa and guacamole.

Salads that Satisfy A salad makes a great lunch, but if it's green only you'll be hungry shortly after. Along with high-fiber greens like romaine, kale or spinach, be sure to add nutrient-dense foods to sustain you. Try chicken, beans, or shrimp for a dose of protein. Whole grains, fruit or leftover roasted sweet potato brings energy from carbohydrates and nuts, seeds, avocado or an olive-oil dressing offer satisfying healthy fats.



COMING UP!

Nutrition classes & events

8/03/2021

Grilling with OY TEAM 4:00pm—5:00pm EST

Join the Optimal You Fitness Facility team as we share our favorite grilling tips and dishes to make your backyard barbeques a healthy hit! Share your comments and creations during the event as well!

Email Sarah.VanEerden@Amway.com for the TEAMS link to join.

LEARN MORE

fitnessamway.com

The Optimal You Fitness Facility website has tips on nutrition, well-being, physical activity, managing disease & more. Visit our nutrition page for healthy recipes, meal ideas, cooking previous cooking classes, videos, our library of newsletters and simple tips to include nutrient-dense foods in your meals & snacks.



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DID YOU KNOW?

All Michigan Amway employees, spouses and their dependents receive **FREE** Nutrition Consultations? We are available in person, virtually, by phone and email to address your nutrition questions & concerns.

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