

NUTRITION NEWS

Optimal You Dietitians Bringing Nutrition Straight to You.



OCTOBER 2021

The sunshine may no longer be as intense, but hopefully the tips and information in our newsletter will brighten your day! Get the facts on Vitamin D, gain techniques to choose and prepare fish, read the latest headlines and learn about our upcoming Real Nutrition program. Don't miss the facts and nutrition foundation from our Registered Dietitians!





SUMMER SHOULD GET A SPEEDING TICKET.

What happens when there's limited time to let the sun shine in?

Does our Vitamin D supply end with summer?

Unlike other vitamins, vitamin D is found naturally in relatively few foods and the only vitamin produced by your body when skin is exposed to sunlight—thus its name “sunshine vitamin”. Exposure to sunlight for 5 to 15 minutes per day (between 10 am and 3 pm) is recommended at least three days per week. Dark skin tones absorb less sunlight and don't get as much vitamin D from sun exposure. Since sunlight during the winter months is limited, supplementation or special consideration from food sources should be considered during that time.

Why do we need vitamin D?

The best known function of vitamin D is to promote bone growth and help your body absorb calcium. It also helps regulate your immune system and plays a major role in the health and development of every cell in your body. Adequate Vitamin D intake may also reduce your risk of bone disease, involuntary muscle contractions, cancer, heart disease, type 1 diabetes, rheumatoid arthritis and multiple sclerosis.

How much vitamin D should we strive for?

The current recommended daily intake for Vitamins D is 600 IU per day for adults (800 IU for 70 years or older).

Can we get enough vitamin D from food?

Naturally occurring sources of vitamin D include oily fish (salmon, mackerel, sardines), cod liver oil, egg yolks, and mushrooms. Many foods are fortified with vitamin D for example, three glasses of fortified milk provides about 300 IU. Cereals, orange juice, cheese, and yogurt may also be fortified with vitamin D.

Supplementing Vitamin D

While the Institute of Medicine sets the RDA (Recommended Daily Allowance) for Vitamin D at 600 IU per day, some physicians recommend up to 2000 IU. Talk to your healthcare provider about the right dose for you and meet with the Optimal You Registered Dietitians to incorporate this vitamin into your day.



Contact the *Optimal You* Dietitians for your FREE nutrition consultation.
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FANTASTIC FISH



Choose your Source

Fish can be a good source of vitamin D, as well as healthy fats and inflammation fighting factors. Trout, salmon, sardines and tuna all boast levels of Vitamin D that can contribute to the recommended daily amount. Aiming for at least two servings of fish per week is recommended, but the Mediterranean Diet suggests a goal of three.



Shop Safely & Sustainably

Environmental contamination is a concern due to water and toxin accumulation in fish. Ensure you vary your options and avoid choosing the same fish from the same waters every time. Investigate your favorites at www.seafoodwatch.org, a non-profit program that tracks toxins in the seafood supply and sustainably sourced fish options.



Add Interest with Healthy Pairings

Fish can be part of a healthy plate. Take it to the next level with plant foods. Try pairing with a healthy carbohydrates like quinoa, farro, sweet potatoes or lentils and a heavy dose of vegetables. Try combinations including lemon baked salmon with farro, tomatoes, cucumber, spinach and a Greek dressing or trout with roasted sweet potato, carrot and parsnips flavored with herbs and garlic.



Be an Adventurous Cook

There are many ways to cook fish, and though they may seem intimidating can be very forgiving. A sheet pan method can be a simple way to start. Bake the fish alongside vegetables and cut potatoes on the same pan. Explore recipes that use a pan fry method, en papillote (in paper), on the grill or in a cast iron skillet.



SALMON AND MUSHROOM WITH GARLIC & HERBS

Serves 4

- One 1 1/2-pound salmon fillet, or two 12-ounce fillets
- 2 T extra virgin olive, plus about 1 tsp for baking sheet
- Salt and freshly ground pepper
- 1 pound washed white mushrooms
- 2 T extra-virgin olive oil
- 2 shallots, minced
- 2 to 4 garlic cloves (to taste), minced
- 1 tsp dried rosemary or Herbs de Provence
- 1/4 cup dry white wine, such as Sauvignon blanc

Preheat the oven to 300°F. Cover a baking sheet with foil and lightly oil the foil. Place the salmon on top. Season with salt and pepper. Bake in oven until the fish flakes, 10 to 20 minutes, depending on the thickness of the fillets. Meanwhile, cook the mushrooms in a large pan over medium-high heat with 1 T oil. Cook, stirring, for a few minutes, until they begin to sweat. Add the 1 T oil, turn the heat to medium, and add the shallots, garlic, and herbs and cook for another 1 to 2 minutes. Add the wine and cook, stirring and scraping the bottom of the pan, until the wine has just about evaporated. Serve the salmon with mushrooms on the side. Pairs well with wild rice and roasted asparagus.



IN THE NEWS

Yogurt intake may improve BP in older adults. Recent studies found older adults with high blood pressure who consumed yogurt had modest but significant reductions in systolic blood pressure but no improvements among those within normal blood pressure range.

-Journal, *Neurobiology of Aging*

Eating breakfast regularly may reduce mortality risks. New research linked eating breakfast regularly to a lower risk of overall cardiovascular mortality, compared with not eating breakfast.
Journal: *American Board of Family Medicine*

Less sugar linked to fewer heart disease events. Researchers found reducing sugar content in commercially prepared food by 20%, and in beverages by 40%, may help prevent 2.48 million heart disease events over 10 years. The study also revealed health care cost savings could reach \$4.28 billion over that same time period.

Journal: *Circulation*

“ Well, all I know is this—nothing you ever learn is really wasted, and will sometime be used.

- Julia Child

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ARE YOU LIVING YOUR BEST LIFE?

REMEMBER:

All Ada Amway employees, retirees, spouses and dependents receive FREE nutrition services, regardless of *Optimal You* Fitness Facility membership. Send us an email, we look forward to working with you to meet your health and well-being goals!



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EMAIL THE
OPTIMAL YOU
REGISTERED
DIETITIANS
FOR AN APPOINTMENT
TODAY!

UPCOMING EVENT: REAL Nutrition Program

Real well-being is not a fad. With the proper support and skills, healthy living can be a reality. REAL Nutrition can fit into your every day.

Program Starts October 18—December 17, 2021

Live Classes Tuesdays 1-1:30PM EST (no class week of Thanksgiving)

REAL Nutrition is meant to inspire and encourage sustainable healthy habits. We won't ask you to give up dessert, avoid pizza or become a sous chef. We will challenge your systems and attitude around food, diets and cooking.

Click [here](#) to register today!

