



FAMILY NUTRITION NEWSLETTER

• JANUARY 2012 EDITION •

The featured produce of the month are **BROCCOLI** and **GRAPEFRUIT!**



EYE & VISION HEALTH FOR YOUR CHILD

Parents and caregivers play a vital role in our children's eye health. Vision problems affect one-in-twenty preschoolers and one-in-four school aged children. A child can have a serious vision problem without a parent or caregiver being aware of it. Good eye health begins early in life. The American Optometric Association recommends a program entitled "InfantSEE." This program entitles parents to have their infant child examined for free at a participating InfantSEE provider, such as StylEyes. The child must be between six and twelve months of age to be eligible for the program. A complete eye exam, by an eye care professional, should be conducted for all children by three years of age and then again before starting school. Eye exams are important for children because vision changes can occur without anyone, including the child, noticing. As a child grows, his/her vision may change as well. Learning and recreation activities can both suffer if a child is unable to see clearly up close or at a distance.

If there is a family history of eye problems or if you are concerned about a problem your child is having, you should speak with a qualified eye health professional, such as an Optometrist or Ophthalmologist. There are many conditions that can threaten a child's good vision. The conditions that typically affect children are:

- Amblyopia, or lazy eye
- Refractive errors, such as nearsightedness, farsightedness and astigmatism
- Strabismus, or crossed eyes
- Color Deficiency, or color blindness

Eye safety is also important. We can protect our children's eyes by providing toys that are age and maturity level appropriate. Toys with sharp, protruding or projectile parts should be avoided. Sadly, sports related eye injuries affect thousands of children every year. There are an estimated 42,000 sports-related eye injuries every year, with the majority affecting children. Many of these injuries could have been prevented by wearing the appropriate protective eyewear.

Lastly, one of the best ways to ensure that your child keeps his/her good vision throughout life is to set a good example. Do not allow your children to use fireworks. Wear protective eyewear when working in the yard, the garage, on the car, or when working with harsh chemicals. And of course, have your and your family's eyes examined at recommended intervals. This shows your child that his/her body is worth taking care of.

By: Angela Berghoff, Independent Doctor of Optometry. Dr. Berghoff's practice, StylEyes, is located at the St.Vincent Physician Network office at 10801 North Michigan Road in Zionsville. To make an appointment, please call 317.344.1266 or visit www.styleyoureyes.com.

HELPING YOUR CHILDREN EAT HEALTHY

Broccoli is very easy to work into your child's diet in lots of fun ways. Try these...

- Sprinkle some low-fat shredded cheddar cheese over steamed broccoli.
- Add broccoli florets as a topping on your next pizza.
- Serve it raw along with low-fat ranch dressing (or your favorite kind of salad dressing).

Grapefruit may be a bit trickier for young ones due to its bitterness at times. You may want to give these suggestions a try...

- Sprinkle a little sugar on freshly peeled grapefruit to offset the bitterness.
- Add grapefruit sections to your next fruit salad recipe.
- Grapefruit pairs well with chicken...add a few grapefruit chunks to a chicken salad recipe.



ST.VINCENT EVENTS

Champions of Diversity Awards Dinner • January 11, 2012 at 5:30 pm
Hyatt Regency Hotel, Downtown Indianapolis

Join St.Vincent Health as a sponsor of the Awards Dinner as individuals and organizations who have promoted diversity within their hiring practices and outreach programs are honored. Visit www.indyrecorder.com for additional information.

2012 Circle of Stars Gymnastics Invitational January 20-22, 2012
beginning at 8:00 am • Indiana Convention Center

St.Vincent Sports Medicine is pleased to be a sponsor of the Circle of Stars Gymnastics Invitational. During January, the Girls meet will occur. For the third consecutive year, free admission is being offered to spectators. For additional information, visit www.circleofstars.org.

Did you know that the grapefruit got its name because of the way it grows in clusters (like grapes) on the tree? • Grapefruit is a cross between a sweet orange and a pummelo and was introduced to Florida from the Bahamas by Count Odette Philippe in 1823. • The average person eats four pounds of broccoli every year! • The son of a Roman Emperor loved broccoli so much that he refused to eat all other foods except broccoli for an entire month.

PRODUCE TIPS

For grapefruit...Choose grapefruit with smooth, firm & shiny skin. Avoid those that are soft or that have full or wrinkled skin. The grapefruit should be heavy for its size, and "springy" to the touch. Because grapefruit is ripe when picked it will not ripen further once off the tree. Grapefruit will last for several days if stored at room temperature. Otherwise refrigerate in a plastic bag or in the high humidity crisper section of the refrigerator where it will keep for several weeks.

For broccoli...Pick bunches that have a clean fresh scent. Good quality broccoli will be dark green to almost blue in color on the flower end and will also be tightly budded. Give the bunch a squeeze, and if it squeaks, you know it is fresh. Avoid broccoli that is even slightly limp or that has yellow, blooming buds. Store broccoli in the crisper section of your refrigerator for up to three days.

RECIPE CORNER

Cranberry and Ruby Red Grapefruit Compote

(recipe from www.EatingWell.com)

Eat this yummy dish by itself or ladle it over frozen yogurt for a dessert or over yogurt for breakfast.

- Ingredients
- 1 3/4 cups fresh or frozen cranberries
 - 1 1/4 cups water
 - 2 3/4-by-2 1/2-inch strips orange zest
 - 1/2 cup orange juice
 - 1/2 cup sugar
 - 1 cinnamon stick, (optional)
 - 3 large red grapefruit
 - Fresh mint sprigs, for garnish

Preparation

1. Combine cranberries, water, orange zest, orange juice, sugar and cinnamon stick (if using) in a medium saucepan. Bring to a boil over medium-high heat. Cook, stirring often, until the cranberries are tender and begin to pop, 3 to 5 minutes. Transfer to a large bowl. Cover loosely and refrigerate until thoroughly chilled, about 2 hours.

2. An hour or two before serving, prepare grapefruit: With a sharp knife, remove the skin and all the white pith from the fruit. Working over a bowl, cut the segments from their surrounding membranes. Squeeze juice from the membranes into the bowl before discarding. Add the segments and juice to the cranberry mixture. To serve, divide the compote among 6 dessert bowls and garnish with mint.



Nutrition Facts	
Serving Size 1 cup chopped 91g (91 g)	
Amount Per Serving	
Calories 31	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A	11% • Vitamin C 135%
Calcium	4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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← BROCCOLI GRAPEFRUIT →

HOW MUCH DO I NEED?

Recommended Daily Amounts Of Fruits & Vegetables*

Kids, Ages 5-12	2½ - 5 cups per day
Kids, Ages 13-18	3½ - 6½ cups per day
Adults, 19+	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov to learn more.

Nutrition Facts	
Serving Size 1 cup sections, with juice 230g (230 g)	
Amount Per Serving	
Calories 97	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 2g	
Vitamin A	53% • Vitamin C 120%
Calcium	5% • 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.

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