

# Curry's Nutrition Newsletter

Edited by Dr. Gayatri Borthakur, Ph.D (Clinical Nutrition)

## In this Issue:

### Nutrition

Obesity Crisis and New Food Icon "My Plate"

### Wellness

Mind, Body and Soul Reconnection

### Health Tip

Sweet Potato- a "Super Food"?

### Recipes

Freedom to a new World of Flavors

## Obesity Crisis and New Food Icon "My Plate"

The obesity crisis among kids are increasing and children as young as six are suffering from strokes due to obesity - alarming news published in the Daily Mirror, a leading newspaper from England, on June 13<sup>th</sup> of this year. Approximately 40 British babies less than a year old have been hospitalized due to their overweight and other associated problems over the last five years.

This is the direct result of ignorance of the parents on what they should feed their babies. A spokesperson from the obesity charity MEND reported that parents simply feed their kids junk food mashed up with milk. Hundreds of children under three years of age are added to the list of about 5,500 under-aged kids, suffering from a number of obesity problems.

In America, childhood obesity has tripled over the last three decades. Nearly one in three children in America is overweight or obese. Data shows that one third of all children born in 2000 or after are going to suffer from diabetes later in their lives and many others will be diagnosed for chronic obesity-related health problems such as heart disease, high blood pressure, cancer, and asthma.

Based on this alarming data, First Lady Michelle Obama undertook a nationwide awareness program "Let's Move!" The Let's Move campaign was built on effective strategies to control the

epidemic of childhood obesity through awareness among different age groups by providing schools, families and communities simple resources to encourage our kids to be more active and get healthy by choosing the right foods at the right amounts.

Alongside this great program, the USDA's new food icon "My Plate" was unveiled recently this year and has been accepted by all segments of the elite population including doctors, nutritionists and dietitians. "My Plate" replaces the previous food guide "My Pyramid" and it's quick and simple to use by all age groups of consumers to choose their food based on the 2010 Dietary Guidelines for Americans. It is rather easy to use your plate visually to control how much you are eating and what you should be eating.



There is no more confusion among people about how to select food and what quantity to serve on the plate during every meal time. "My Plate" guides you effectively to choose your food in a healthy way so that your diet is a balanced one, including everything from fruits, vegetables, whole grains, lean protein foods and a serving of important low-fat dairy food. Just choose a medium size plate, select the correct foods, and fill up your plate according to the picture shown above. It has been made so simple, even a kid can determine how their plate should look like. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information on healthy eating. So now 'let's move' towards a healthier choice of food and activities!

## Mind, Body, and Soul Reconnection

A study on money, happiness, and satisfaction done in 2010 shows that Denmark ranks no. 1 in life satisfaction, 7th on positive feelings, and 5th in income. In contrast, the US ranks no. 1 in income but ranked 16th in life satisfaction and 26th on positive feelings. This data shows that even after earning a fortune you may still long for real peace and happiness in your life.

Material comforts never can replace real happiness which you can attain only by reconnecting with yourselves. For that, you need to know about the interdependent relationship between mind, body, and soul.

In the real world, we focus mostly on our wellbeing in terms of physical health. We do not take care of our mental health or our inner power (soul). But true happiness is possible only when we learn to reconnect our body, mind, and soul, and realize that one cannot function optimally without the other. Yoga - an age old tradition of physical, mental, and spiritual practices - originated in ancient India is now practiced all over the world but the majority of its fans consider it as only a physical fitness program. However, traditionally, yoga helped develop self-awareness about the union between the individual self and the universal self in other words, the true self (atman) of all beings.

On 21<sup>st</sup> June, the longest day and the first official day of summer, New Yorkers celebrate every year with a day-long yogathon. All of the yoga fans flock to Times Square to practice yoga. As they all perform various yoga forms, a strange eternal peace and tranquility surrounds the air - totally opposite from what you'd normally see in one of the busiest areas of the world.

If a busy and noise-filled area can be transformed to a peaceful place just by practicing yoga, you can imagine how it can help you to feel that kind of eternal peace when you practice it in your own home! So join a yoga-meditation group and learn how you can try to reconnect to yourselves and strengthen your positive feelings to bring peace in your own life as well as in other's lives.

## Sweet Potato - a "Super Food"?

As opposed to common belief, there is no such thing as a complete super-food. To have a healthy body and mind we need to eat a balanced diet containing foods from all the food groups from the food guide pyramid.

However, sweet potato does act like a "super" food since it is packed with many important nutrients. Unfortunately, it is never considered a useful root vegetable except during the holiday season. Nonetheless, including this nutrient rich food throughout the year will prove beneficial. Why?

Let's see how the sweet potato is healthy even though it's a starchy vegetable just like a regular potato.

\*Compared with regular potatoes, this fat-free starchy vegetable provides you with lower calories and higher levels of fiber, calcium, vitamin A, and vitamin C.

\*It's rich in beta-carotene. A medium baked sweet potato can provide more than the recommended daily amount of vitamin A, essential for vision, immunity, growth and development, and boosting power of white blood cells. A regular potato does not have beta-carotene.

\*Beta-carotene and anthocyanins, the color pigment in sweet potato that has antioxidant properties, help in fighting against chronic diseases such as cancer and heart disease, and inflammation related diseases like asthma and rheumatoid arthritis.

\*The high fiber content in sweet potato keeps you hunger free for several hours and thus reduces your calorie intake.

\*Fiber in sweet potato and its low glycemic index (GI) further helps in controlling your blood sugar level by metabolizing slowly unlike a regular potato (its GI is very high means its starch is converted to glucose quickly to shoot up blood sugar).

\*Recent researches have indicated that sweet potato maintains low blood sugar level by another mechanism: It reduces insulin resistance by increasing the level of the adiponectin hormone which improves the insulin metabolism.

\* High levels of vitamin C, potassium, and folic acid content of sweet potato makes it a definite winner.

So don't wait until Thanksgiving to make sweet potato pie, go out and buy some now!

## Balsamic-Glazed Chicken Tenders

Serves 4

### Ingredients:

1 small orange  
2/3cup apple sauce  
¼cup balsamic vinegar  
1tsp. Curry's Garam Masala  
1lb. chicken tenders  
2tsp. vegetable oil  
Salt and black pepper to taste

### Directions:

Finely shred peel from orange; set it aside. Juice the orange. In a medium saucepan combine applesauce, vinegar, Garam Masala, juice from the orange, and 1/2 teaspoon each salt and black pepper. Bring to boil temperature over high heat. Reduce heat to low. Cook uncovered, stirring occasionally for 10 minutes. Remove from heat and cover to keep warm.

Season chicken tenders lightly with salt and black pepper. Heat the oil in a nonstick skillet over medium high heat. Add chicken and cook until golden brown on bottom, about 4 minutes. Turn chicken and add 1/2 cup of the applesauce mixture to skillet. Cook 2 to 3 minutes or until chicken is cooked through.

To serve, top chicken with some of the applesauce mixture and orange peel.

## Vanilla Chai Smoothie

Serves 1

### Ingredients:

1/2 cup vanilla low fat milk or light soymilk  
1/2 cup vanilla light or low-fat Greek yogurt  
½ cup banana slices  
1/2 cup crushed ice  
½ tsp Curry's Chai Spice

### Directions:

Add ingredients to blender or food processor and pulse until mixture is blended and smooth. Pour into a tall glass and enjoy.

## Buffalo Chicken Tenders with a Twist

Serves 4

[This recipe can be adapted to make chicken wings. Just substitute tenders with wings].

### Ingredients:

2 tbsp hot pepper sauce

1 tbsp white vinegar

1 tbsp Curry's Tandoori Rub

2 tsp extra-virgin olive oil

Salt and black pepper to taste

1 lb chicken tenders

### Directions:

Whisk hot pepper sauce, 2 tablespoons vinegar, Tandoori Rub, salt and pepper to taste in a medium bowl.

Heat the oil in a large nonstick skillet over medium-high heat. Add chicken tenders and cook until cooked through and no longer pink in the middle, 3 to 4 minutes per side. Add to the bowl with the hot sauce mixture; toss to coat well.

Serve as a side dish or in a wrap with blue cheese sauce. The recipe is as follows:

### Blue Cheese Sauce:

2 tablespoons reduced-fat mayonnaise

2 tablespoons nonfat plain yogurt

Freshly ground pepper to taste

1/4 cup crumbled blue cheese

1 tablespoon vinegar

Whisk mayonnaise, yogurt, pepper and vinegar in a small bowl. Stir in blue cheese.

To assemble wraps:

Lay a flour tortilla on a work surface or plate. Spread with 1 tablespoon blue cheese sauce and top with one-fourth of the chicken tenders, shredded lettuce, celery slices and diced tomato.

Drizzle with some of the hot sauce remaining in the bowl and roll into a wrap sandwich. Repeat with more tortillas until chicken tenders are over.