

NUTRITION TO NOURISH



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Focus on Improving Health During Breast Cancer Awareness Month

Happy October! Most of you are likely aware it is Breast Cancer Awareness Month. Thinking of what can be done to reduce the risk of breast cancer and breast cancer recurrence, I went to the hot off the press 2022 American Cancer Society Nutrition and Physical Activity Guidelines for Cancer Survivors. This group of clinician authors reads and evaluates multiple studies and pulls information from the ones that were designed to determine more of a cause and effect relationship instead of just a relationship based on coincidence. Their research found that women who focused on reducing dietary fat to less than twenty percent of calories coming from fat and increasing fruit and vegetable intake had a reduction in total mortality (the number of deaths in a population over a given time)

because of their healthful dietary patterns. In trying to focus on those risk reduction strategies, I worked to include some low-fat recipes with non-starchy vegetables in this edition to give you some flavorful fall options to try this season. I encourage you try at least one new recipe with a non-starchy vegetable (especially one that you may not eat very often) this month as you step away from something in your regular recipe rotation that may be higher in fat and/or calories in an effort to elevate your health. You're worth it!

Happy and Healthy Eating,
Mary Beth



Cultivating Cabbage

Cabbage is the Veggie of the Month for October. Read on to learn more about the health benefits of cabbage, recipes to make it delicious, types of cabbage, and ways to incorporate it into your eating pattern.

If growing it in the future interests you, a great resource is Virginia's Home Garden Vegetable Planting

Guide. This is available at https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/426/426-331/SPES-170.pdf. It also includes information about planting other vegetables based on the Hardiness Zone where you live.

For example, Chinese Cabbage should be planted between

April 1st and May 10th to harvest between May 24th-July 10th if that is a type of cabbage you enjoy.

Fall and winter are a great time to plan any planting you'd like to do for the upcoming year, select seeds, and order seeds. Start looking at on-line seed catalogs or order print catalog copies now to be ready for 2023 gardening.

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"Fitness starts at home. What you eat is what you will look, just as what you sow is what you reap. Eat good food: eat fruits, vegetables, healthy grains, and don't go for sweet and trite

food. *Rakul Preet Singh*

Go vegetable heavy.
Reverse the psychology of
your plate by making meat
the side dish and
vegetables the main
course.

Bobby Flay

BrainyQuote®

Cruciferous Vegetables

Cabbage is a member of the cruciferous family of vegetables. Additional family members include broccoli, collard greens, kale, cauliflower, and Brussel sprouts. These all contain the cancer-fighting phytochemical group called sulforaphanes and specifically contain indoles and glucosinolates. These are thought to reduce cancer risk by inducing detoxification of carcinogens (things that cause cancer), limiting production of cancer-related hor-

mones that would encourage cancer growth, and blocking carcinogens as well as preventing tumor growth. If cabbage is not your favorite, try to eat some of the other vegetables from this group that are more appealing to you. And add a little cabbage the next time you make a stir-fry...just to give it a chance.

Cabbage—Big Benefits from a Simple Superfood

Cabbage is a beneficial fall vegetable that can add variety, taste, and health benefits to your eating pattern. Read on to learn more:

- **Great Vitamin C Source**—one cup of cabbage provides 54% of your Vitamin C for the day. Vitamin C helps make collagen (which promotes anti-aging for your skin and helps with wound healing), boosts your immune system, and helps your body absorb iron from plant-based foods.
- **Inflammation Fighter**—the antioxidant group called anthocyanins are present in cabbage and can reduce long-term inflammation to reduce the risk of cancer and heart disease.
- **Heart Health**—Potassium in cabbage can help control blood pressure, while fiber and phytosterols (sterols that come from plants) lower LDL or “bad” cholesterol to prevent them from building up in your arteries.
- **Filling Fiber**—Those same phytosterols as well as insoluble fiber in cabbage help you feel fuller for longer, have regular bowel move-

ments, and feed healthy bacteria that produce essential nutrients and protect your immune system. Those prebiotics are found in highest concentrations in fermented cabbage products, such as sauerkraut or kimchi.

*Source: <https://health.clevelandclinic.org>



Cabbage Options

There are many varieties of cabbage from which to choose. Green cabbage is the most common, however I recommend trying other options for plenty of variety and flavors from the *Brassica oleracea* species.

- **Bok Choy**—has leaves that flow out of a central stalk
- **Brussels sprouts**—tiny round cabbages that grow on a thick stem
- **Green cabbage**—has tightly packed smooth leaves and a firm head that can grow as large as a basketball
- **January King cabbage**—a vibrant cabbage with green and purple tinted leaves
- **Kale**—has crinkled, dark green leaves fanning out from a central stalk
- **Napa cabbage**—has long, light green leaves on a thick white stalk
- **Red cabbage**—a round, red-colored cabbage
- **Savoy cabbage**—a curly cabbage with loosely layered, ruffled leaves

*Source: <https://health.clevelandclinic.org/benefits-of-cabbage/>



Ask the RD

Question: *Is there anything I can do to prevent the gas I get when I eat cabbage?*

This is a common complaint when eating foods with insoluble fiber, which may include cabbage, broccoli, onions, peppers, cauliflower, beans, nuts, or other foods. Insoluble fibers are a type of carbohydrate that are not digestible in the small intestine, so they reach the colon relatively intact. Healthy bacteria in the colon eat, digest, and use the fiber to stimulate their growth and activity to benefit your health. This fermentation process

also can result in the production of gas in your colon.

While beneficial for your health, it might not be so beneficial for your social life. There are some ways to decrease the formation of gas:

1. Start eating high insoluble fibers in small portions (1/4th to 1/2 cup) if they are new to you, and increase your intake slowly. Realize you may always only be able to tolerate a small portion of certain foods, but they will still be

beneficial.



2. If you identify a certain food that causes gas, try taking Beano (or a generic version) immediately before or with the first bite of the problem-causing food.
3. If a certain food always causes you to have severe gas, you may need to avoid that particular food and look for another high insoluble fiber food that you tolerate better.

Egg Roll in a Bowl

From: Evolving Table at <https://www.evolvingtable.com/egg-roll-in-a-bowl-paleo-keto/>

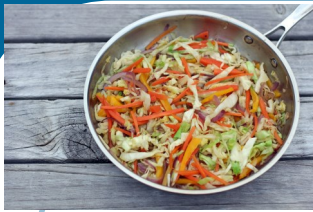
Ingredients

- 2 Tbsp. olive oil, divided
- 1 lb. ground turkey
- 1.5 cups sweet onion, finely diced
- 1 cup carrots, shredded
- 1/2 tsp ginger paste or minced ginger
- 3 cloves garlic, crushed
- 1/4th cup chicken broth
- 5 cups shredded cabbage, cut into 1/4th-inch shreds
- 2 Tbsp. soy sauce
- 2 tsp. rice wine vinegar
- 1/2 tsp. salt
- 1/4th tsp. pepper
- 1 tsp. toasted sesame oil, optional
- Toasted sesame seeds, optional
- Green onions, optional

Directions

1. In a large sauté pan over medium heat, drizzle 1 Tbsp. olive oil and add ground turkey. Cook for 5-6 minutes, or until turkey is almost cooked through.
2. Push turkey to the side of the pan. Add onion and other Tbsp. of oil. Sauté for 3-4 minutes.
3. Add shredded carrots, garlic, and ginger and sauté for 2 minutes. Stir the vegetables and turkey together.
4. Pour chicken broth in the pan and scrape the bottom to deglaze it.
5. Add cabbage, soy sauce, vinegar, salt, and pepper. Stir well and cover with a lid. Reduce heat to medium-low and cook for 12-15 minutes, or until cabbage is to your desired tenderness.
6. Just before serving, add toasted sesame oil and top with green onions and toasted sesame seeds (if using). Serve over brown rice, cauliflower rice, or eat it in a bowl by itself. Enjoy!

Tip from Mary Beth:
To save 14 grams of fat and 126 calories, I would sauté the ground turkey without adding 1 Tbsp. oil. The turkey has enough fat to sauté, and you can use a fat free cooking spray if you feel like it's helpful.



Mary Beth Landes, MS, RD, CSO
540.332.5522 or 540.932.5522
mlandes@augustahealth.com

Cabbage Fried Rice

from Natasha's Kitchen website at <https://natashaskitchen.com/cabbage-fried-rice-recipe>

This cabbage fried rice takes less than 30 minutes and is a great way to use up left-over rice. It's a breeze and has fabulous Asian-inspired flavor.

Ingredients:

- 1 small or 1/2 large green cabbage, (about 8 cups), finely sliced
- 1 large carrot, 1 cup peeled and grated
- 1 medium onion, 1 cup, finely diced
- 2 Tbsp. cooking oil
- 3 cups cooked Jasmine rice (with 1 Tbsp. unsalted butter and 1/2 tsp. salt)*
- 2 Tbsp. unsalted butter
- 2 Tbsp. soy sauce
- 1 tsp. sesame oil, this gives the rice an authentic Asian aroma & flavor
- 1/4 tsp. salt, or to taste or no salt at all!
- 1/8 tsp. freshly ground black pepper, or to taste

*Or 1 cup uncooked Jasmine rice with 1 Tbsp. unsalted butter and 1/2 tsp. salt

Instructions:

1. Rinse 1 cup rice about 4 times or until water runs almost clear; drain well and cook rice according to package instructions with 1 Tbsp. butter and 1/2 tsp. salt. You can also use a rice maker. Once it's cooked, remove from heat and set aside.
2. Finely slice a cabbage (a mandolin is the fastest way to slice a cabbage).
3. Finely dice the onion and grate the carrot.
4. Heat a large, heavy bottomed skillet or a Wok over very high heat. Add 2 Tbsp. cooking oil then toss in the sliced cabbage, carrot and onion. Sauté over very high heat for 7-10 minutes until cabbage is wilted and starting to turn a little golden. Stir constantly so it doesn't scorch to the bottom of the pan. The veggies will shrink down to 1/3rd to 1/2 of their original size.
5. Add in 2 Tbsp. butter and 3 cups cooked rice. Stir to combine. Add 2 Tbsp. soy sauce, 1 tsp. sesame oil, and salt and pepper to taste. Stir well to combine and serve.