

# NUTRITION TO NOURISH



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## Cultivating Change: What Works?

We're two months into the year and have Valentine's Day behind us. You may have made health-related New Year's goal or you may just have some things in your mind that you'd like to improve even if you never got around to officially writing them down. If you are focused on improving your health, there is an observational study that may have some ideas to help. Because it is not a clinical research study, we cannot draw cause and effect information from it; however it does shed some light on being successful with improving health as well as long-term weight loss. It's called the National Weight Control Registry, and it tracks over 5000 people who must

be 18 years or older, have lost a minimum of 30 pounds, and maintained the weight loss for a minimum of one year to be included. As this group has been tracked and

studied, there are some common denominators they share that are good starting points for improving health, and there are also backed up clinical research from other studies. Here goes:

- \* 98% modified their food intake in some way to lose weight
- \* 94% increased their physical activity, with walking being the most frequently reported activity
- \* 90% exercise, on average, about 1 hour per day.
- \* 78% eat breakfast every day
- \* 75% weigh themselves at least once per week
- \* 62% watch less than 10 hours of TV per week

Most participants report maintaining a low calorie, low fat diet and a high level of physical activity to keep the weight off.

Thinking about these statistics, do they encourage you to start any new habits to get back to making progress on goals you've set or ideas you've had to im



prove your health? Perhaps you could make time to go on a 30 minute walk, or two, 15 minutes walks daily. You could consider limiting your TV time and finding an activity to do instead. Maybe it's cutting out added sugar or decreasing process carbohydrates and replacing those foods with non-starchy vegetables or fresh fruits instead. Whatever it is, I hope this motivates you to make one change and see that you can be successful with whatever your health goals are! Go after it – you're worth it!  
<http://www.nwcr.ws/research/>

Happy and Healthy Eating,

*Mary Beth*



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### Special points of interest:

- Turnips—nutrients, benefits, and saving money by using them as part of your weekly meal plan.

**Produce Item of the Month:**

# Turnips

**Fun Facts about Turnips:**

- ◆ Turnips are thought to be a root vegetable but actually fall under the category of cruciferous vegetables (from the Latin *cruciferae*, meaning “cross bearing” because the four petals resemble a cross). This is important in cancer protection because cruciferous vegetables (which also include broccoli, cauliflower, cabbage, and Brussel sprouts) are on the American Institute for Cancer Research’s list of cancer fighting foods
- ◆ Research shows a diet rich in cruciferous vegetables may lower rates of cancers of the breast, pancreas, bladder, lung, prostate, and colon. This is thought to be related to these veggies naturally containing certain enzymes that protect cell DNA from damage as well as protect cells from known cancer causers nitrosamine and polycyclic aromatic hydrocarbons (found in charred, cured, or barbecued fish or meats). Sulforaphane (found in broccoli, broccoli sprouts, bok choy, and Brussel sprouts) is also thought to play a significant role in the prevention of prostate and colon cancer. Turnips are rich in Vitamin C and contain good amounts of Vitamins B-6, A and K in addition to calcium, folic acid, and manganese. Turnips are also low in calories as they are mostly fiber and water.
- ◆ When compared to the potato, the turnip is a better option for not only cancer prevention, but also weight management. When comparing 1 cup of cubed turnips to the same amount of cubed potatoes, you would consume 18 calories and 4.2 grams of carbohydrates from the turnips compared to the 59 calories and 13.5 grams of carbohydrates provided by the potato.
- ◆ Use instead of potatoes for roasting (you could roast it with sweet potatoes, beets, and fennel - depending on the time of the year and produce availability) as well as adding to vegetable soup or vegetable beef soup.

[www.aicr.org](http://www.aicr.org)

<https://foodprint.org/real-food/turnips/>

<https://health.clevelandclinic.org/crunchy-and-cruciferous-youll-love-this-special-family-of-veggies/#:~:text=Many%20common%20vegetables%20belong%20to,like%20a%20crucifer%2C%20or%20cross.>



### Ask the RD

*Question: Are plant-based burgers actually healthier than hamburgers?*

Answer: This is a great question without a straightforward answer. Partially because it depends on which plant-based burger to which you are referring and partially because it depends on your food intake for the remainder of the day and the week. See the table below for some comparisons. A few notes based on these numbers:

\* If you are following a vegan diet, the soy protein products have much less fat, saturated fat, and calories compared to the newer versions of plant-based protein sources (e.g., the Beyond Burger) and still are a good protein source. The current American Institute for

Cancer Research recommendations include that one serving of soy-based foods are safe to consume, even for women who have had an estrogen dependent breast cancer.

\* If you are looking to decrease calories, fat, and saturated fat while still including animal products, the lower fat ground beef or ground chicken (or turkey) are your best bets compared with the meat substitutes (e.g., Beyond Burger and Impossible Burger). The meat itself is also a good source of zinc and B vitamins, which your body will absorb better from foods where it naturally occurs (e.g., poultry and beef) compared to foods where it's supplemented



(e.g. meat substitutes).

\* Another option is to make your own veggie burger at home to really have a whole foods plant based option without added fat or processed ingredients. Look for recipes made with beans and quinoa for a protein powerhouse! If you're interested in recipes, there are a variety on-line, and I've included the website address to one below:

<https://cookieandkate.com/best-veggie-burger-recipe/>

Product	Serving Size	Calories	Protein (grams)	Fat (grams)	Saturated Fat (grams)
Hamburger (85%/15%)*	113 grams	282	29.2	17.4	6.6
Hamburger (90%/10%)*	113 grams	245	29.2	13.3	5.2
Chicken Burger	113 grams	180	22	9	2.5
Beyond	113 grams (1 patty)	231	20	14	5
Boca Burger	71 grams (1 patty)	180	22	9	2.5

\*Refers to % lean meat/% fat

Note: The serving size for the Boca Burger is different because that is the available size of the prepared veggie burger.

## Root Vegetable Gratin

From: Country Living and found at <https://www.countryliving.com/food-drinks/recipes/a36646/root-vegetable-gratin/>

Yields: 8 servings

Prep Time: 20 minutes

Total Time: 1 hour 20 minutes

### Ingredients:

- 2 sweet potatoes, peeled and sliced
- 3 medium turnips, peeled and sliced
- 2 shallots, sliced
- 2 cups chicken stock
- 1 cup heavy cream (you can use skim milk to decrease calories and fat)
- 1/4th cup all-purpose flour
- Kosher salt
- Black pepper
- 2/3rd cup panko breadcrumbs
- 2 Tbsp. olive oil
- 4 oz. blue cheese, crumbled (you can omit for lactose intolerance or to decrease calories)
- 1 cup chopped hazelnuts
- 2 Tbsp. chopped rosemary

### Directions:

1. Preheat oven to 400 degrees F.
2. Layer sweet potato, turnips, and shallots in 8 (10-ounce) gratin dishes. Whisk together stock, cream, and flour. Season with salt and pepper. Pour cream mixture over vegetables. Bake, covered with foil, on a baking sheet, until vegetables are just tender, 40 to 45 minutes.
3. Meanwhile, combine breadcrumbs, oil, cheese, hazelnuts, and rosemary. Remove foil and top gratins with breadcrumb mixture. Bake until golden, 12 to 15 minutes.







## **Roasted Turnip Hummus**

### **From It's a Veg World After All**

Author: Lizzie Streit, MS, RDN

**Found at:** <https://itsavegworldafterall.com/roasted-turnip-hummus/>

Take the plunge and give turnips a try with this easy and delicious vegan hummus. Tastes great with freshly chopped vegetables and pita chips!

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

For the roasted turnips:

- 2 to 3 cups turnips - about 5 small turnips, diced
- 1 tablespoon olive oil
- Sea salt and ground black pepper - to taste

For the hummus:

- 1, 15.5 oz can chickpeas - rinsed and drained
- ¼ cup tahini
- ¼ cup olive oil - more as needed
- 2 cloves garlic - minced or crushed
- ½ lemon - juiced, more to taste
- ½ teaspoon sea salt
- ½ teaspoon cumin

Instructions:

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper. Toss diced turnips in olive oil, salt and pepper, and spread in an even layer on the sheet. Bake for 20-30 minutes or until tender and slightly golden brown.

In a high-powered blender or food processor, combine roasted turnips with the chickpeas, tahini, olive oil, garlic, lemon juice, sea salt, and cumin. Blend until smooth, adding more olive oil or water as needed to promote blending. You may also add some more lemon juice if desired.

Serve with fresh vegetables, apples, or pita chips. Enjoy!

\* Store leftovers in an airtight container in the fridge for up to 3 days.

\* You can also use this hummus as a condiment or sandwich spread.



Serving: 1 serving | Calories: 224kcal | Carbohydrates: 14g | Protein: 5g | Fat: 18g | Saturated Fat: 2g | Sodium: 379mg | Potassium: 220mg | Fiber: 4g | Sugar: 2g | Vitamin C: 15mg | Calcium: 50mg | Iron: 1mg