



The Well Way

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WINTER 2012

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Winter Nutrition

The winter season is upon us which means colder days and less sunlight makes it more challenging to stick to your work out plan and healthy eating habits. This can lead to weight gain, depressed mood and a weak immune system. Here are some tips on how to stay healthy during this dark and cold season.

1) Eat High Quality Carbs: Fewer sunny hours in the winter may lead to a drop in serotonin, the “feel good” brain chemical. This can cause depression and food cravings for carbohydrate loaded comfort foods. When trying to satisfy these cravings choose the right kinds of carbohydrates such as whole grains and high quality carbs like sweet potatoes, yams, pumpkin and squash. Exercise increases serotonin levels in the brain leading to improved mood.

2) Get your Sunlight: Exposure to sunlight is your body’s best source of vitamin D. Spending as much time as you can outside in the winter months will help your body maintain adequate vitamin D levels. Fortified dairy products, fatty

fish and egg yokes are all good sources of vitamin D. Many studies have found that 1,000 IU of vitamin D can reduce risk of colon, breast and ovarian cancer. Supplementation may be needed to reach daily recommended intake of 600 IU.



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News Bites

Many of us will be raising a glass to celebrate the holidays and toast the new year. Recent research is recommending that red wine be in your glass. Resveratrol, a constituent of red wine, has long been believed to offer cardiovascular benefits. In recent years, studies have found that it may have cancer protecting abilities as well. Evidence from animal and cell studies have found that treatment with resveratrol inhibited growth of cancer cells and decreased the number

of cancer cells. Studies published in the *International Journal of Cancer* show that drinking a glass of red wine (4oz) a day may cut men’s risk of prostate cancer in half. Many research studies are concluding that resveratrol can prevent or delay the onset of cancer. Recommended intake of wine is 1 serving (4oz) for women and 2 servings for men who are currently consuming alcohol in their diet. If you do not drink it is not recommend that you start simply for the possible health benefits.

Health Tip:

Homemade soup has much less sodium than canned soup. This recipe is a great option for people on sodium restricted diets.



In a hurry?
Substitute 3-4 tbsp
of store bought
pesto sauce

The "Winter Blues" are characterized by mild depression, lack of motivation and low energy which many people experience during the cold winter months. Eating a healthy diet can help fight these blues by giving your body more energy!

Recipe Corner: Chicken and Spinach Soup

Total Time: 30 minutes

Serving Size: 1 1/2 cups, makes 5 servings

Ingredients:

2 tsp plus 1 tbsp extra-virgin olive oil, divided
1/2 cup carrot or diced red bell pepper
1 large boneless, skinless chicken breast (cut into quarters)
1 large clove garlic, minced
5 cups reduced-sodium chicken broth
1 1/2 tsp dried marjoram
6 oz baby spinach, coarsely chopped
1 15-ounce can cannellini beans, rinsed
1/4 cup grated Parmesan cheese
1/3 cup lightly packed fresh basil leaves
Freshly ground pepper to taste
3/4 cup herbed multigrain croutons for garnish

Preparation:

Heat 2 tsp oil in a large saucepan over medium-high heat. Add carrots (or bell peppers) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3-4 minutes. Add garlic and cook, stirring for 1 minute. Stir in broth and

marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes

With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.

Combine the remaining 1 tbsp oil, Parmesan and basil in a food processor. Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.

Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

Nutrition Information: per serving
204 calories; 8 g fat; 16 g carbs 18 g protein; 6 g fiber; 691 mg sodium

Recipe from Eatwell.com

Best Bets to Boost Your Mood

If winter blues are getting you down here are some eating strategies and healthy nutrients to incorporate into your diet that help improve you mood.

Eat more often: Eating consistently throughout the day will provide your brain and body with constant sources of fuel preventing dips in blood sugar that can cause mood changes.

Incorporate soluble fiber: Oats, brown rice, apples, pears and beans contain soluble fiber that will slow down absorption of sugar, helping to prevent swings in blood sugar and mood.

Source: todayhealth

Omega 3 fats: These healthy fats are found in your brain and may have the ability to improve mood. Flaxseeds, walnuts and salmon all contain omega 3 fats.

Folic Acid and B12: Studies have shown that low blood levels of these vitamins are sometimes related to depression. Food rich in folate: fortified whole-grain cereals, lentils, soybeans and broccoli. Food rich in B12: fortified whole-grain cereals, cottage cheese, milk, eggs, shellfish and lean beef.





Winter Nutrition



3) Enjoy winter produce: The gardens may not be growing in New England but there are still in season produce offered at your nearby supermarket. Carrots, cabbage, celery, kale and potatoes are winter produces that can easily be added to soups. Other winter produce include clementines, pomegranates, citrus fruits, cranberries, squash and pears.

4) Eating for Immunity: There is no supplement or super food that can prevent a cold. Some studies have found that 1,000 mg of vitamin C can make your cold milder and shorten its duration while others have found that vitamin C supplementation has no benefit on treating a cold. Vitamin C Recommended Daily Allowance for men is 90 mg and 75 mg for women. Simply eating foods high in

vitamin C such as green peppers, citrus fruits, tomatoes and broccoli will help your body build a stronger immune system. Immune-boosting antioxidants found in many fruits and vegetables can also help build a healthy immune system, just another reason to eat your fruits and veggies!

5) Avoid the quick warm up: It's cold out there and you want to warm up fast so you throw a frozen dinner or can of soup in the microwave. Beware that processed foods such as these contain a high amount of sodium. A diet high in salt can lead to high blood pressure. 2010 Dietary Guidelines for Americans recommend limiting salt to less than 2,300 mg a day. Progresso Chicken Noodle soup contains 1,380 mg per can, more than 1/2 the recommended amount!

Know Your Numbers: Holiday Cooking Temperatures

Whole Turkey or game bird	165°F (180°F in thigh)
Poultry	165°F
Lamb	145°F
Pork	160°F
Ham	140°F
Beef, steak, roasts, chops	145°F
Ground Meat	160°F
Seafood	145°F
Stuffing (inside or outside bird)	165°F
Cooked vegetables and fruits	140°F

Use this chart and a food thermometer to ensure your delicious holiday meals are being cooked to a safe temperature.

Hold hot foods at 140°F or higher and cold food at 41°F or lower.

Snack Food Spotlight: Clementines

Clementines are a delicious citrus fruit that comes from Spain with prime picking season in the winter months. They are loaded with juice, flavor and about half the Recommended Daily Allowance of vitamin C. They are also a good source of fiber. When buying clementines choose ones with a uniform orange color, shiny skin and no blemishes or

wrinkles. They should feel soft at time of purchase. Store at room temperature or refrigerator. You can enjoy these small fruits simply as a snack or incorporate them into dishes as well. Try adding them to your salads or salsas. Bake with them, they make great tasting muffins and breads.



Mark Your Calendar

December-January 1: Enchanted Village Now at Jordan's Furniture, Free

December 1-24: Zoolights, Franklin Park Zoo Lights, Ice carvings & Santa!

December 6-26: Holiday Pops various performances, tickets \$34-\$127

December 18: Cookie Swap for a Cause 2pm-5pm Space with a Soul, bostoncookieswap.com

December 31: First Night Boston 10am-Midnight

January 7: Frozen Fenway 4:00pm

January 17: Martin Luther King Day

January 21-22: Boston Wine Expo, Seaport World Trade Center

February 3-13: Salem's So Sweet Chocolate and Ice Sculptures Festival *Chocolate and Wine tasting Feb. 5th*

Have an event date you'd like to share?
Email us at nutrition@gometro.com



Work In Time to Work Out

OK ski bums here are four moves to help prep you for the upcoming ski season. With these exercises you'll gain strength, balance and endurance for any snow sport you enjoy.

Easy glider: Works shoulders, arms, butt, legs, builds balance. Stand with feet hip-width apart, a 5-pound weight in each hand in front of you, elbows bent, palms facing each other. Squat. Stand and sweep left leg to the side and raise arms overhead. Return to start. Switch legs, repeat.



Quad touch-back: Works legs, back, obliques. Start on all fours. With a flat back, extend left leg and right arm in line with body so both are parallel to the floor. Look over your right shoulder, bend left knee 90 degrees, so heel is pointing toward the ceiling, and touch right hand to left foot. Return to beginning position, switch sides and repeat.

Pole position: Works shoulder, arms, abs, butt, legs. Stand with feet hip-width apart, a weight in each hand at shoulder height in front of you, palms facing in, to start. Lunge back with right leg, and draw a circle with arms, bending elbows to swoop hands down to hip, up along rib cage and back up to front. Return to start, repeat on opposite side.



Sliding abs: Works back, abs, legs. Lie face up with hands behind your head, elbows out and legs extended with a gliding disk or paper plate under each heel. Engage abs, and lift shoulders off the floor as you slide heels towards butt. Return to start and repeat. For help with these exercise visit <http://www.self.com/fitness/workouts/2011/12/winter-sports-strengthening-moves-slideshow#slide=1>



Keeping It Healthy...During the Holiday Season

It's that time of year again to celebrate the holidays. With many celebrations comes unhealthy foods and overeating. The average American gains 1 pound during the holiday season. This may not seem like a lot but if you keep that pound, over 10 years you will be 10 pounds heavier simply from all that holiday eating. The following are the top offenders of the holiday weight gain.

Spinach & Artichoke Dip: Sounds healthy...but this appetizer is typically loaded with mayonnaise, sour cream, cream cheese and more cheese making it a not so healthy pick. Using low fat cheese products is an option to lower the calories and fat.

Gin and Tonic: This light-tasting beverage is in fact loaded with sugar and calories. A 8 oz cocktail contains 22 g of sugar and 240 calories. Try

toasting the holidays with champagne, which contains one-fourth the sugar and half the calories.

Green bean casserole with fried onions: Yes green beans are a vegetable so this dish should be healthy for you..right? This casserole is far from wholesome. Butter, cheese, salt and fried onions take away from any health perks this dish may offer. Cook fresh green beans with chunks of potatoes instead of cream soup and garnish with almonds to lower the calories.

Gravy: Before you automatically pour gravy all over your plate you should know that it is loaded with fat and salt. One cup of canned gravy has about 1,000 mg of salt. Limit gravy to one item on your plate. If you're making homemade gravy, refrigerate it, then skim off the fat that floats to the top.

Cranberry Sauce: Don't let this simple traditional side dish fool you. It's loaded with sugar usually in the form of high fructose corn syrup. Typical canned cranberry sauces have 21 grams of sugar and 115 calories only in 1/4th cup. Skip it, it's not worth the extra calories.

Sugar cookies: Santa may love these cookies but you may want to think twice about these classic Christmas treats. The recipe calls for large amounts of all-purpose flour, butter and eggs making the average cookie 200 calories and 14 grams sugar. For a healthier batch, use egg whites and less butter to lower the saturated fat and cholesterol and a touch of whole wheat flour to add some fiber.



Keeping It Safe...During the Holiday Season

It's important to keep your holiday season healthy but it's equally important to keep it safe as well. Here is some safety information to ensure you have a safe and healthy holiday season.

Avoid cross-contamination: Cross contamination occurs when a bacteria from one food products spreads to another. This can be dangerous and cause food born illness. To prevent cross-contamination prepare raw meat and poultry in separate areas from produce and ready-to-eat foods. An easy way to do this is to have separate cutting boards for meats and produce. Color code them, red for meats and green for produce, to help you remember.

Know how to stuff your turkey: It's still OK to stuff your turkey. The trick is to stuff loosely, rather than packing it in. You also want to make sure you mix your stuffing right before you place it in the turkey, cook the turkey immediately after stuffing and use a food

thermometer to make sure the center of the stuffing reaches 165°F.

Store leftovers correctly: Refrigerate turkey and stuffing within 2 hours after removing it from the oven. If it sits at room temperature longer than 2 hours, discard. Divide leftovers into smaller portions and put into shallow containers for quicker cooling. Leftover turkey, stuffing and gravy should be used within 3-4 days. If freezing leftovers, use within 2 to 6 months for best quality.

Reheating: Reheat leftovers to 165°F which can be safely done in the oven or microwave.

Source: USDA

Holiday Party Quiz



Happy Holidays

Do you know the nice and healthy holiday treats to choose while celebrating and the naughty unhealthy ones to stay away from? Test your knowledge of traditional holiday foods and see if you can choose the ones lowest in calories and fat. If you want to have a healthier holiday season take this quiz!

1. Which appetizer contains the least amount of fat?
 - a. 3 stuffed mushrooms
 - b. 2 tbsp of cheese ball with nuts
 - c. 3 pizza rolls
2. Which cookie has the most calories?
 - a. 1 medium gingerbread man
 - b. 1 medium butterscotch chip cookie
 - c. 2-inch square lemon bar
3. Which cocktail has the least calories?
 - a. Rum and Coke
 - b. Whiskey Sour
 - c. Martini

4. Which candy has the least fat?
 - a. 2" cubic square of chocolate fudge
 - b. 1 fudge dipped Oreo
 - c. 1 medium piece peanut brittle
5. Which meat has the most fat?
 - a. 3 ounces boneless ham
 - b. 3 ounces boneless duck
 - c. 3 ounces cooked chicken leg with skin
6. Which starch has the most sodium?
 - a. 1/2 cup homemade bread stuffing
 - b. 1/2 cup homemade mashed potatoes
 - c. 1 dinner roll

7. Which warm beverage has the least calories?
 - a. 1 cup hot chocolate with whole milk
 - b. 1 cup apple cider
 - c. 1 cup eggnog made with whole milk
8. Which of the following contains the most sugar?
 - a. 1 piece of fruit cake
 - b. 1 pecan roll
 - c. 2" square frosted brownie

Wishing you a Happy & Healthy Holiday Season!

Answers: 1. c (6g fat), 2. c (143g kcal) 3. b (123kcal) 4. c (2g fat) 5. b (15g) 6. a (542mg) 7. b (117kcal) 8. a (34g)



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The Well Way, a health and wellness initiative launched by A&R Food Service, aims to provide customers with innovative, accessible, health and nutrition knowledge so they can be well—and stay well—at work. We hope you'll visit us at one of our five GoMetro Cafes to learn more about our commitment to your better health.

- **Ashburton Café: 1 Ashburton Place, Boston**
- **Metro Café: 332 Congress Street, Boston**
- **MITC Café: 200 Arlington Street, Chelsea**
- **O'Neill Café: 10 Causeway Street, Boston**
- **McCormack Café: 5 Post Office Square, Boston**
- **JFK Café, 15 New Sudbury Street, Boston**

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