



Nutrition in the News

“You Are What Your Food Eats Too!”

In the words of Michael Pollan, author of the books *In Defense of Food* and *Omnivores Dilemma*, the diet of the animal you're eating matters as well. Cows that are fed a diet of grass are healthier and have only 2g of saturated fat compared to 9g with corn fed beef. Also, in grass fed animals, the fat content contains omega 3 fatty acids in DHA and EPA form, the same fatty acid that is in fish. Grass fed animals can also contain as much as 4 times the amount of vitamin E in them.

Feedlot animals, specifically cows that are fed corn, are not as healthy animals and are given antibiotics to maintain health and to prevent the spread of disease from animal to animal in such close quarters.

Another benefit from grass fed animals is that there is less strain on the environment with the animals having a free lunch on the sun through the process of photosynthesis. The average American meal has traveled 1500 miles. Go out this summer to your local farmers market and pick up some grass fed beef, chicken, bison or whatever animal you can find.

Source: *In Defense Of Food* by Michael Pollan

July is National Picnic Month



Plan ahead and pack a nutritious picnic basket full of fresh fruits and vegetables. Instead of meat, make peanut butter and honey sandwiches on whole wheat bread or make whole grain tortilla roll-ups with black beans, onions, tomatoes, cheese and cilantro.

Take the First Steps to Good Health Eat More Fruits and Vegetables

Looking for ways to increase your fruit and vegetable intake? Starting July 2009-Through June 2010

The Coulee Region Childhood Obesity Coalition has partnered with Viterbo University, Gundersen Lutheran-500 Club, and Festival Foods to assist you with increasing your fruit and vegetable intake!

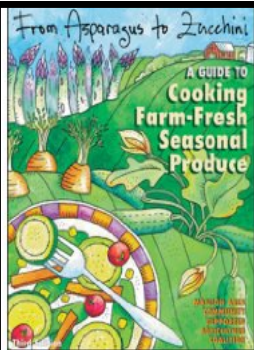
Stop by Festival Foods for nutrition demos that include nutritious samples, recipes, and nutrition handouts.

July

Friday 7/17/09 from 4-6pm La Crosse Festival Foods
Saturday 7/18/09 from 11-2pm Onalaska Festival Foods
Thursday 7/23/09 from 4-6pm Holmen Festival Foods

For upcoming dates, nutrition material and recipes visit:
<http://www.childhoodobesitycoalition.org/>

Upcoming Event: Skin Safety Screening Thursday, July 23rd between 11am and 1pm HHS Auditorium
Dr Stephen Webster of Gundersen Lutheran will have a machine there that will show you any skin damage in just a minute's time. He'll also be available for consult. No need to register. National Parks participants



Meet us at the Market!

A Dietitian will be at the La Crosse Saturday Market each month this summer from 9:00—11:00.

July 11th: Cucumber Whole Wheat Pasta Salad
August 29th: Homemade Chips and Salsa

Stop by and register to win a fabulous cookbook!
From Asparagus to Zucchini, by the Madison Area Community Supported Agriculture Coalition.

Farmers Markets Listing

La Crosse County Parking Lot Saturday 6 a.m.

Onalaska Festival Foods Parking Lot
Sunday 8 a.m. till 1 p.m.

Cameron Park Friday 4:00 p.m. to 8:00 p.m.

Holmen Festival Foods Parking Lot
Wednesdays 3 p.m to 7 p.m.

“How to Eat Blueberries”

The month of July gives attention to a berry that usually isn't eaten as much as strawberries: the blueberry. Sure it's easy to pick up and start munching away at strawberries, but it is a lot harder to do with blueberries.

The best ways to get blueberries in the diet is to sneak them into meals like oatmeal, low-fat yogurt, smoothies, or whole wheat breakfast items like muffins, pancakes, and waffles. This makes blueberries an easy fit into the diet and gives you the benefits of anti-oxidants like vitamin c and fiber, which have been shown to help increase good cholesterol and fight high blood pressure.



Whole Wheat Blueberry Muffins

Ingredients

- 1 egg
- 1/2 cup of skim milk
- 1/4 cup of almond oil
- 1 1/2 cups of whole wheat flour
- 1/2 cup of brown sugar
- 2 tsp of baking powder
- 1/2 tsp. salt
- 1/2 cup of chopped walnuts
- 1 cup of blueberries fresh

Directions

Preheat Oven too 400 degrees. Beat egg; stir in oil and milk. Mix in remaining ingredients just until flour is moistened. Fill muffins 2/3 full and bake for 20-25 minutes or until muffins are gold brown