

**The
Nutrition
Corner**

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New Year, New You!

Despite all of the fad diets that claim otherwise, the reality is that when the amount of food we eat doesn't balance with our needs, our weight changes – either up or down.

Getting to the right balance doesn't have to mean giving up our favorite indulgent foods. Instead, enjoy your food, but eat less. This sounds simple enough, but for many of us it isn't. Whether you find it difficult to estimate how many calories you are eating, how many calories you need for the day or you simply don't know where to start if you are out of balance, it may not seem as easy as just changing how much you eat. To get us heading down the right path, the Dietary Guidelines recommend the following tips that have been shown to help.

Start the Day Off Right

Studies show that breakfast can be important in maintaining a healthy body weight. People who eat

breakfast appear to be better able to keep their weight where they want it and change it if they need.

Watch Your Portions

We tend to eat and drink more when presented with larger portions. Start with smaller portions of your usual food and drinks and only go back for seconds if you are actually hungry when you are done. For many the answer isn't giving up your favorite foods, just eating less of them.

Limit Screen Time

This is particularly true in children, but the distraction can make even adults lose touch with how much we are eating. Remember that televisions aren't the only screens to watch out for – computers, video games, tablets and even phones will all keep us sitting still and eating more than we intended.

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Get the scoop
on a Dining Services
Staff Member



Meet Georgette "Emily" Bass

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Emily has been working at KMH for 14 years!

Her native land is Gambia, West Africa bordering the Atlantic Ocean.

Food is Emily's passion and she loves to cook. Her favorite part of this job is being able to make the residents happy with the food they

get during the dining experience.

She loves helping others and giving people advice when she's able to. During her spare time she enjoys listening to authentic African music and watching African movies as it reminds her of home.

Please feel free to stop by the kitchen and say hello to Emily!

Employee of the Month

Emily is also our Employee of the Month due to her willingness to help in all areas needed and taking initiative to always do better!

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Keep Track

As busy as we are, many of us find it hard to remember what we had for our last meal. This lapse in memory can make balancing your intake for the day difficult. If keeping an old fashion journal isn't right for you, consider an electronic one on your computer or phone.

Looking for more tips?

Check out

www.choosemyplate.gov

Try these unusual Citrus Foods

Blood Orange:

Originally from Sicily and commonly eaten in Italy, this fruit is high in Vitamin A!

Pummelo:

This large citrus fruit can grow to be the size of a volleyball!

Kumquat:

Often called "the little gold gem of the citrus family", these have a thin, sweet peel and a zesty, somewhat tart center.

Clementine:

Easy to peel and delicious!

Source: January Nutrigram 2012

Fun January Dates

- 6 Cuddle Up Day
- 8 Bubble Bath Day
- 13 Bad Back Day
- 19 Diabetes Awareness Day
- 23 Peanut Butter Day
- 26 Alzheimer's Awareness Day
- 29 French Fry Day

Upcoming Culinary Events

Jan 16th is Cooking with Culture for Martin Luther King Jr.'s Birthday.

Jan 19th is National Popcorn Day.

We will be offering a variety of flavored popcorn in the Manor after lunch.



We're Listening

The Towers and Manor residents have chosen to have more seasonal fruits and vegetables at meals. These items will start to appear soon!



Dining Services *Recipe of the Month*

Lucky Black-Eyed Pea Soup

4 slices bacon, chopped	1 jalapeno pepper, finely chopped
1 pound dry black-eyed peas	1 clove garlic, minced
6 cups water	1 tablespoon chili powder
1 onion, chopped	salt to taste
1 (14.5 ounce) can diced tomatoes, undrained	

Place the bacon in a large, deep skillet, and cook over medium heat, stirring occasionally, until evenly browned, about 10 minutes. Place the dried peas, water, onion, tomatoes, jalapeno pepper, garlic, and chili powder into a slow cooker, and stir to combine. Stir in the bacon and bacon grease, and set the cooker on High. Cook until peas are tender, about 4 hours. Season to taste with salt, and serve. Amount Per Serving Calories: 168 -- Total Fat: 2.5g -- Cholesterol: 4mg Fiber: 12g