



Nourish

ISSUE 100

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

ASphotowed_istockphoto.com

Be a Mindful Eater at Spring Events

We are entering the season of graduation parties, weddings and other spring events. These celebrations often are loaded with high-calorie foods and beverages. While a taste of the delicious treats will not harm you, too many treats is not good for our health.

Just 100 extra calories per day can add up to a 10-pound weight gain in a year. That's about the amount in a small cookie or bar or a cup of punch.

The colors, flavors and textures of foods can serve as cues to eat more. We might not even notice that we are continuing to eat. Try these tips to eat more mindfully regardless of the situation.

- Before eating, think about how you feel. Are you actually hungry, bored or stressed?
- Use a small plate and focus on vegetables, fruits and whole grains as appetizers.
- Choose moderate portions for the main course.
- Limit beverages with calories, such as punch. Opt for infused water.
- Move away from the serving line and sit down to avoid the temptation of bountiful food.
- Take the time to really taste the food. Is it sweet, savory, crispy or chewy?
- Spend time socializing with your friends. Remember the rule: don't talk with your mouth full.



Make Healthy Swaps

If you are preparing food for guests, consider making some healthy swaps in your recipes:

Ingredient	Healthier Swap*
1 cup sour cream	1 cup nonfat plain yogurt
1 cup mayonnaise	1 cup nonfat plain yogurt
1 cup all-purpose flour	½ cup flour plus ½ cup whole-wheat flour
½ cup oil (in brownies, quick breads)	¼ cup oil plus ¼ cup applesauce

*These swaps increase the protein or fiber in the recipe

See more ingredient swaps by exploring “[Now You're Cookin': Recipe Makeovers](https://www.ndsu.edu/agriculture/extension/publications/now-youre-cookin-recipe-makeovers)” (<https://www.ndsu.edu/agriculture/extension/publications/now-youre-cookin-recipe-makeovers>) from North Dakota State University Extension.

NDSU

EXTENSION

Get this newsletter in your email **every** month. Subscribe at
www.ag.ndsu.edu/food

Question

I like to spend time outdoors gardening and walking my dog in the sunny spring. I know that skin cancer is fairly common, especially among fair-skinned people like me. What can I do?

You can still enjoy the sun, but be sure to protect your skin. Anyone can get skin cancer, even those with darker skin. Skin cancer is the most common cancer in the U.S., with more than 5 million cases diagnosed each year.

- Apply broad-spectrum SPF 30+ sunscreen daily, and reapply every two hours. The sun can damage unprotected skin in as little as 15 minutes.
- Wear a broad-brimmed hat, sunglasses and protective clothing, and seek shade. The hours from 10 a.m. to 2 p.m. have the strongest rays.
- Check your skin for any new moles and look for the ABCDEs (Asymmetry, Border, Color, Diameter/Dark and Evolving).

May is Melanoma and Skin Cancer Awareness Month. Learn more about skin cancer by visiting the Centers for Disease Control and Prevention's [skin cancer resources](https://www.cdc.gov/skin-cancer/risk-factors/index.html) (<https://www.cdc.gov/skin-cancer/risk-factors/index.html>).



simonkr_istockphoto

Here's a dessert with several healthful ingredients – and much lower calories than a slice of double-crust pie. Antioxidant-rich berries are in season in the spring. Using whole wheat flour and oatmeal boosts your whole-grain (and fiber) intake. Nuts and flaxseed provided healthful fats.



Cherry Blueberry Crumble

For Filling:

- 3 cups (16 ounces) fresh or frozen pitted cherries
- 3 cups (16 ounces) fresh or frozen blueberries
- ¼ cup maple syrup
- 2 tablespoons cornstarch
- 3 tablespoons whole-wheat flour

For Crumble:

- 2 cups oats
- ¾ cup whole-wheat flour
- ¼ cup ground flaxseed
- ½ cup brown sugar
- 2 teaspoons cinnamon
- ½ cup oil of your choosing, such as canola or vegetable
- ¼ cup pecans, chopped
- ¼ cup walnuts, chopped

Preheat oven to 375 F. In a large bowl, mix together the filling ingredients. Spread the mixture in the bottom of a 9-by-13-inch baking dish. In a medium bowl, blend all the crumble ingredients, except for the pecans and walnuts. Add oil to the oat mixture, blend until crumbly (if dry, add additional oil until mixture resembles small peas). Stir in the pecans and walnuts. Spoon the crumble evenly over the fruit mixture. Bake for 30-35 minutes, or until edges are bubbly and the top is browned. If desired, top with a dollop of vanilla yogurt.

Makes 15 servings. One serving has 250 calories, 12 grams (g) fat, 4 g protein, 35 g carbohydrate, 4 g fiber and 5 milligrams sodium.