



# Wellness Nutrition Fun FaCts

December 2016

## Have a Happy Healthy Red & Green Holiday

Eating several servings of a variety of colorful fruits and vegetables each day helps maintain good health, protects against the effects of aging, and reduces the risk of cancer and heart disease. Have some fun with the red and green colors during the winter holiday season. Here's a list of red and green fruits and vegetables from the National Cancer Institute.

### RED

Tomatoes



Spaghetti sauce

Red peppers



Beets

Red cabbage

Kidney beans

Red Apples



Red grapes

Strawberries

Cherries



Watermelon

Raspberries

Cranberries



Pomegranates

### GREEN

Leafy greens



Asparagus

Green peppers



Broccoli

Green beans

Peas



Cabbage

Green onion

Brussels sprouts



Zucchini

Green apple

Green grapes

Kiwifruit



Limes

### Some quick red and green fruit/vegetable combos include:

- Red and green apple slices surrounding your favorite fruit dip like a wreath
- Cole slaw with red apple chunks
- Cole slaw with cherry tomato or grape tomato halves
- Tomato soup garnished just before serving with a sprinkle of green onion stems, sliced into small rings
- Small sprigs of red and green grapes used as an edible garnish around a holiday meat platter
- Peas garnished with bits of pimiento
- Pomegranate juice garnished with a slice of lime

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# breastfeeding blurb

## What can I take to help my body make more milk?

You are definitely NOT alone in wondering this! “Galactagogue” is a very fancy word for “milk producing aid.” And did you know: of the thousands of galactagogues on the market, none of them are proven effective in research? However, this is nothing to be discouraged about. All you need to do to make more milk is to express milk more frequently! The hormone that tells your body to make milk is secreted every time you remove milk. Shorter intervals between milk removal causes the hormone to build up...and your body makes more milk as a result! What are some suggestions on how to do this?



- ◆ Feed your baby “on cue” (or, anytime your baby wants to nurse, let him/her)! Babies naturally space their feedings closer at times to help boost Mom’s milk! If you’re separated from Baby during the day, try to add an extra pumping session in. You may not see more milk at that session, but it will catch up!
- ◆ Pump after feedings. You can save any expressed milk (bonus!), but the extra stimulation to the breast will cause more hormone to be released.
- ◆ Snuggle with your baby skin-to-skin. Babies of any age can do this, from newborn on up (older babies just may not lay still very long)! Baby’s skin on Mom’s skin also causes this hormone be secreted—just by snuggling!

## Winter Fruit Compote yield: 6 servings

### Ingredients:

1 (12-oz.) bag frozen cranberries  
1/3 cup sugar  
3/4 cup water  
3 large red grapefruits  
1/2 cup orange juice  
Pinch of cinnamon

COOK'S



CORNER

### Preparation:

Combine cranberries, water, orange juice, sugar, and cinnamon in a medium saucepan. Bring to a boil over medium-high heat. Cook until the cranberries are tender and begin to pop, adding more water if needed. Transfer mixture to a bowl, cover, and refrigerate until thoroughly chilled. Remove the skin and all of the white pith from the grapefruits. Cut the segments from their membranes. Combine grapefruit segments with the chilled cranberry mixture, stir to blend well, and serve.

Serve by itself or with low-fat frozen yogurt.

Each serving provides 108 calories, 1 gram protein, 26 grams carbohydrate, 0 gram fat, 2 milligrams sodium, 3 grams fiber.