



Spring Has Sprung

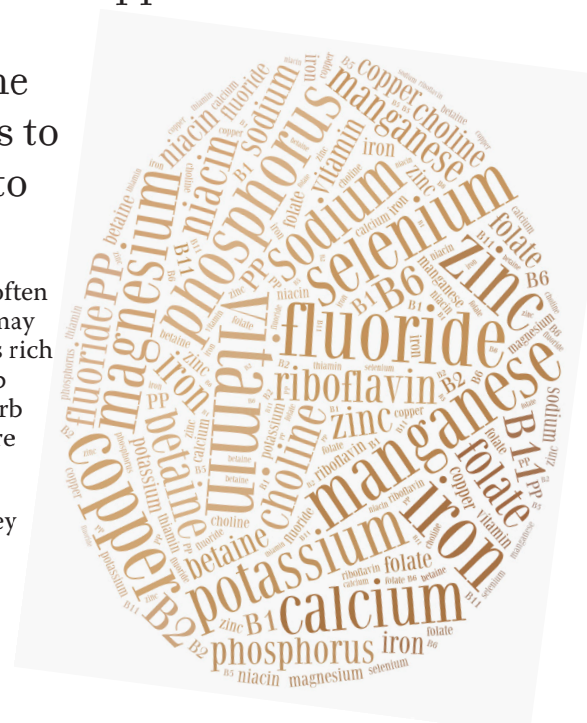
— On Our Plates!

by Melissa Majumdar, MS, RD, CSOWM, LDN

Spring has sprung! Or, depending on what part of the country you live in, spring is trying but has reverted back to winter. Either way, it's the season of regrowth and opportunity. As we approach longer days, budding flowers and more sunshine, we have the perfect opportunity ahead of us to look to our plate for new ways to boost our health and wellness.

For those of us on a weight-loss journey, our diets often revert back to old habits if we're not careful. They may need a rebirth with a focus on nutrient-dense foods rich in color. Furthermore, while multivitamins can help cover some of the gaps in our diet and help us absorb foods better, there are still opportunities to get more of these specific vitamins from what's on our plate.

Enjoy these spring recipes and incorporate some key nutrients into your diet that may have been lying dormant this past winter.





Choline

Choline sparked recent attention when the American Academy of Pediatrics recognized the need for more choline in prenatal vitamins. But it's more than just pregnant and breastfeeding mamas that need this brain-boosting nutrient.

Choline helps regulate the three M's: memory, muscle and mood. Our liver does a good job of making a bit of choline, but we rely on food for most of our choline needs. Choline is a very large nutrient, making it hard to formulate into a multivitamin. It's also not routinely measured in blood work. Therefore, chances are, you're likely not getting enough choline. Don't fret – adding in some choline-rich foods to your diet, including the featured recipe I've listed here, can help!

Choline Needs (19+ years old)

Male 550 mg/day	Female 425 mg/day
Pregnancy 450 mg/day	Lactation 550 mg/day



Choline-rich Foods

- Egg – 147 mg
- Soybeans, roasted, ½ cup – 107 mg
- Chicken breast, 3 ounces – 72 mg
- 1 large potato, red, with skin – 57 mg
- Wheat germ, toasted, 1 ounce – 51 mg
- Kidney beans, canned, ½ cup – 45 mg
- Quinoa, cooked, 1 cup – 43 mg
- Brussels sprouts, boiled, ½ cup – 32 mg
- Broccoli, boiled, ½ cup – 31 mg
- Shiitake mushrooms, cooked, ½ cup – 27 mg



Broccoli Mushroom Sunshine Frittata

Adapted from: 100DaysOfRealFood.com

Ingredients:

- 2 tablespoons olive oil
- 2 shallots, minced
- ½ pound Yukon gold potatoes, cut into ½-inch diced pieces (keep peel on)
- ½ pound broccoli, cut into 1-inch pieces
- 8 ounces of mushrooms, diced (baby Bella or similar)
- 10 eggs, beaten
- Salt and pepper, to taste
- ½ cup crumbled feta



Instructions:

1. Preheat oven to 450 F.
2. Heat the oil in a large (12-inch) cast iron skillet over medium-high heat. Cook the shallots and potatoes, while stirring occasionally, until the potatoes begin to brown and soften, about 10 minutes. Season generously with salt.
3. Stir in the broccoli and mushrooms and cook until the broccoli is tender when pierced with a fork, 5 minutes. If the potatoes are not tender enough, pour in ½ to ¾ cup water to help steam and soften the veggies. Turn the heat off once water is completely absorbed.
4. Transfer half of the veggies to a plate, pour in the eggs, season with salt and pepper, and top with the veggies (from the plate) and crumbled feta. If you're using a true cast iron skillet, it should still be hot enough to start cooking the eggs.
5. Slide the skillet in the oven and bake until the eggs are set, 5 to 10 minutes, and serve.

**Bonus nutrient: Look for ultraviolet (UV) treated mushrooms for a vitamin D booster.*



Magnesium Mouthful Peanut Salad Sauce

Adapted from: *TheEndlessMeal.com*

Ingredients:

- ½ cup smooth peanut butter or cashew butter
- ½ cup lime juice
- 1 tablespoon soy sauce
- 1 tablespoon ginger, grated
- 2 teaspoons toasted sesame oil (can substitute with olive oil)
- 2 cloves garlic, minced
- ¼ - ½ cup water
- Sea salt, to taste



Instructions:

1. In a medium-sized bowl, whisk together the peanut butter, lime juice, soy sauce, ginger, sesame oil and garlic.
2. Thin with water, starting with ¼ cup. If you're planning to make a salad dressing, thin more, or keep it thicker for a dipping sauce. The sauce will thicken in the fridge over time.
3. Taste and season with salt, if needed.
4. Store extra in the fridge.

**To make a salad full of magnesium-rich ingredients to pair with your yogurt peanut dressing, layer your salad with spinach, edamame, cashews, and a piece of salmon or scoop of black beans.*

Magnesium

Magnesium is another nutrient that takes up a lot of real estate in a multivitamin. To fit enough magnesium into one pill, you'd be swallowing a half-dollar! Some people take magnesium supplements to prevent migraines and headaches, manage osteoporosis or counter magnesium loss from diuretics (water pills). If you're planning to take extra magnesium, add it in slowly to prevent diarrhea or abdominal cramping, and don't take more than 350 mg from all sources.

What's the big deal about magnesium anyway? Magnesium helps support bone health along with calcium and vitamin D. It also plays a role in nerve and muscle function, regulating blood sugar and blood pressure, and making protein.

Magnesium is another nutrient that is hard to measure in the blood because most of it is stored in our cells and bone. Therefore, blood levels of magnesium don't tell the whole picture. The standard American diet provides less than ideal amounts of magnesium, so try padding your plate with magnesium-rich foods.

Magnesium Needs: Recommended Dietary Allowances (19+ years old)

Male 400-420 mg/day	Female 310-320 mg/day
Pregnancy 350-360 mg/day	Lactation 310-320 mg/day



Magnesium-rich foods

- Pumpkin seeds, roasted, 1 ounce – 156 mg
- Chia seeds, 1 ounce – 111 mg
- Spinach, boiled, ½ cup – 78 mg
- Cashews, dry roasted, 1 ounce – 74 mg
- Black beans, cooked, ½ cup – 60 mg
- Edamame, shelled, cooked, ½ cup – 50 mg
- Yogurt, plain, low-fat, 8 ounces – 42 mg
- Peanut butter, 2 tablespoons – 49 mg
- Salmon, Atlantic, farmed, cooked, 3 ounces – 26 mg

Selenium

Selenium is best known for its antioxidant properties. Our bodies are constantly under stress from daily tasks, poor sleep, illness and more. Too much stress can cause oxidative damage. Antioxidants protect and repair our cells from stress. Selenium plays critical roles in reproduction, thyroid health, metabolism and DNA synthesis. Blood levels of selenium aren't as difficult to measure as choline and magnesium, but they are not part of a standard lab panel.

Selenium Needs: Recommended Dietary Allowances (14+ years old)

Male 55 mcg/day	Female 55 mcg/day
Pregnancy 60 mcg/day	Lactation 70 mcg/day



Selenium-rich Foods

- Brazil nuts, 1 ounce (6-8 nuts) – 544 mg
- Tuna, yellowfin, cooked, dry heat, 3 ounces – 92 mg
- Halibut, cooked, dry heat, 3 ounces – 47 mg
- Turkey, boneless, roasted, 3 ounces – 31 mg
- Cottage cheese, 1% milkfat, 1 cup – 20 mg
- Lentils, boiled, 1 cup – 6 mg

Get Proper Nutrients All Year Long!

It's important to incorporate a variety of nutrient-dense foods into your diet, but this doesn't have to be a hassle. Pick a few nutrients or foods to start with and experiment with making different dishes your family will enjoy this spring. Have fun and enjoy the process!

About the Author:

Melissa Majumdar, MS, RD, CSOWM, LDN, is the bariatric coordinator at Emory University Hospital Midtown in Atlanta. She has been helping adults and children eat more vegetables for the last 14 years and also helps prepare adults for bariatric surgery. Melissa serves as an Academy of Nutrition and Dietetics national media spokesperson and spends her free time running and kayaking with her family.



Tuna Burger

Adapted from: *EatThisMuch.com*

Ingredients:

- ½ cup bread crumbs
- 2 tablespoons pepper sauce
- 2 teaspoons mustard, or 1 packet
- 1 medium egg
- 2 cans tuna (12.5 oz.), drained
- 1 dash salt
- 1 dash pepper
- 1 tablespoon olive oil



Instructions:

1. Mix all ingredients in a bowl (excluding oil).
2. Season with salt and pepper, to taste.
3. Divide the mixture into 4 parts. With each part, form into a ball and then flatten into a patty.
4. Heat the olive oil in a cast iron or non-stick skillet on medium-high heat. Gently place the patties in the pan and cook until nicely browned, 3-4 minutes on each side. Enjoy!



ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



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ANNUAL CONVENTION



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LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
 - Community Discussion Forum
 - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



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info@obesityaction.org

(800) 717-3117 | (813) 872-7835 | Fax: (813) 873-7838



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