

## PRODUCE ITEMS OF THE MONTH ARE RASPBERRIES & BROCCOLI

At St. Vincent we believe in treating the whole person - mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three aspects of a person. We hope you enjoy the newsletters and that you find them useful for keeping your family healthy and happy. Thank you for reading!

### PRODUCE SELECTION:

#### Broccoli:

- Look for broccoli with bright green heads
- Choose firm, strong stems and stalks. If the stem seems woody, do not buy it.
- Store broccoli in the refrigerator and keep it dry. Use within 7 days or earlier if you notice any wilting beginning to happen.
- The florets should look close together. If they are spread apart that means the stalk may be not as fresh.

#### Raspberries:

- Select brightly colored and plump berries.
- Avoid raspberries with dents or bruises.
- Wash gently and pat dry just before eating or cooking.
- Refrigerate unwashed raspberries in a moisture-proof container in a single layer on a paper towel up to 3 days.



Raw Broccoli	
<b>Nutrition Facts</b>	
Serving Size 1 cup chopped (91g) (91 g)	
<b>Amount Per Serving</b>	
Calories 31	Calories from Fat 3
% Daily Value*	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
<b>Protein</b> 3g	
Vitamin A	11% • Vitamin C
Calcium	4% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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### HEALTHY BODY FOCUS: Go Red for Women

To raise awareness of heart disease & stroke as the number one killer of women, the American Heart Association created Go Red For Women, a passionate, emotional, social initiative designed to empower women to take charge of their heart health.

**The fact is: Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!**

Some risk factors you can't do anything about. But others you can manage or control with the help of your healthcare provider. Those you can't change, like your family history, are still important when assessing your risk for Heart Disease and Stroke.

**RISK FACTORS THAT CAN BE MANAGED:** You can control or treat these risk factors with lifestyle changes and your healthcare provider's help:

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular activity
- Obesity or overweight
- Diabetes

#### RISK FACTORS YOU CAN'T CONTROL:

You can't change these risk factors:

- Age
- Gender
- Heredity (family health history)
- Race
- Previous stroke or heart attack



### HELPING YOUR CHILD EAT HEALTHY

- Whether homemade or from a box, broccoli is a perfect addition to mac and cheese.
- Chop raw broccoli and pair with ranch dressing or hummus for a dip.
- Loaded Twice Baked Potatoes...simply add cooked, chopped broccoli to your baked potato to add another serving of vegetables.
- Make a mixed berry salad with raspberries, blueberries...whatever berries you can find!
- Top yogurt with granola and fresh raspberries.
- Enjoy freshly washed berries all by themselves!

Raspberries	
<b>Nutrition Facts</b>	
Serving Size 1 cup 123g (123 g)	
<b>Amount Per Serving</b>	
Calories 64	Calories from Fat 7
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1mg	0%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 8g	32%
Sugars 5g	
<b>Protein</b> 1g	
Vitamin A	1% • Vitamin C
Calcium	3% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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### RECIPE CORNER

#### CHEESY CHICKEN & BROCCOLI CRESCENT ROLLS

Combine cooked, shredded chicken (a rotisserie chicken from the store is great for this), chopped broccoli and Monterey Jack cheese. Season with salt and pepper to taste. Stuff store-bought biscuit dough or crescent roll dough with a spoonful or two of the mixture. Roll and seal, then bake according to package instructions.

