

# Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS – DINING SERVICES

VOLUME 5 | ISSUE 5 | MARCH 2006



We're on the web:  
[www.aux.umass.edu/  
diningservices](http://www.aux.umass.edu/diningservices)

## MARCH'S *quick tip*

Soluble fiber, found in oat bran and most legumes, vegetables and fruit, reduces the level of harmful cholesterol in the blood.

## DIETITIAN *on duty*

5:30-7:30 pm

Tuesday, March 7  
at Worcester DC – Hillside Room

Wednesday, March 8  
at Franklin DC

Tuesday, March 9  
at Hampshire DC

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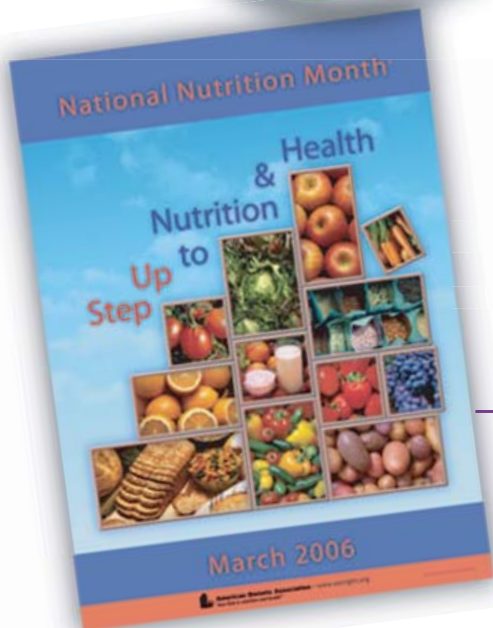
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Be Smart. Eat Smart.



# Nutrition

UMASS AMHERST DINING SERVICES



Eat well and  
**exercise** regularly  
to maintain  
a healthy  
lifestyle.

## Healthy Dinner Menu

March 7 – Worcester

March 8 – Franklin

March 9 – Hampshire

### FUN, HEALTH AND FITNESS

**Lucky Legumes** – Guess the number of legumes in the jar and name five of the legumes. One winner per DC wins an IPOD Nano! One jar available at each DC.

### Odwalla Juice Sampling

**Chair massages** – by Therapeutic Massages, Amherst MA

**Learn about the recreational facilities** on campus and pick up entry forms for upcoming intramural sports at the Campus Recreation table\*

**Wheel of Fortune Game** – Spin the wheel and win a prize!

**Look to the Dark Side...of Chocolate** – Savor dark chocolate covered fruit and learn about its health benefits!

## *Move It!*

MAKE PHYSICAL ACTIVITY  
A PART OF YOUR DAY.

Regular physical activity has been shown to reduce the risk of certain diseases, including high blood pressure, stroke, coronary heart disease, type 2 diabetes, colon cancer and osteoporosis. To reduce the risk of chronic disease and promote fitness, it is recommended that you should be physically active at least 30 minutes each day.

### DOOR PRIZES INCLUDE:

**Local Gym Memberships** – Gold's Gym & Ultimate Fitness

**Yoga Mats and Classes\***  
on campus in April

\*see page 4 for more details

**30 Minute Massages** – from Therapeutic Massages, Amherst, MA

**Eat, Drink and Be Healthy** book by Dr. Walter Willett, nutrition expert

**Basketballs, Footballs** and more!

### SPECIAL MENUS FEATURING:

Six Bean Soup  
Marinated Sweet & Sour Swordfish Steak  
Apricot Chicken Breast  
Grilled Cilantro Lime Chicken Breast  
Vegan Lemon Grass Tofu  
Brown Rice  
Roasted Purple, Yukon & Sweet Potatoes  
Green Bean Almondine  
Fresh Cauliflower  
Brown Rice Salad  
Aegean Artichoke & Penne Salad  
Dark Chocolate Fondue  
with Assorted Fresh Fruits  
Multigrain Flax Bread  
And more!

# Look to the Dark Side... of Chocolate

*If you're looking out for your health, but can't resist dessert—there's hope for you yet! Recent research shows dark chocolate improves overall heart health, helps prevent dental caries (cavities), and has antioxidant effects.*

Antioxidants are chemicals found in food, which destroy harmful chemicals in the body known as free radicals (which have been linked to cancer). Until recently, antioxidants have only been found in more typical health foods, such as fruits and vegetables high in vitamin C (strawberries, kiwis, blueberries, and citrus fruits), and plant products that contain vitamin E (wheat germ and vegetable oils). Antioxidants are also found in legumes (dried peas and beans). Since dark chocolate contains antioxidants, it is one of the reasons why the buzz around dark chocolate is big.

*Before you get your chocolate fix, however, beware:* while studies have linked dark chocolate to health benefits, milk and/or white varieties have not been shown to be effective antioxidants because the proteins in milk (not found in dark chocolate) bind with the existing antioxidants, making your body unable to use them. Remember, eating chocolate also means you are eating extra sugar and fat. Enjoy, but do not over indulge!

Be sure to check out dark chocolate covered fruit in the dining commons during the National Nutrition Month promotion, March 7-9.

*Researched and compiled by*  
Heather Morin  
Nutrition Major – Class of 2007



# Lucky Legumes

*Researched and compiled by*  
Katelynn Enis  
Nutrition Major – Class of 2006

Legumes are a very powerful food, they offer a healthful way to include nutrient-rich foods in the daily diet, and are relatively inexpensive. Legumes are defined as a pod or seed used as food. There are many varieties of American grown legumes such as pinto beans, navy beans, lima beans, kidney beans, chickpeas, lentils and peas. Each possess a different color, texture and taste making legumes so versatile they can be used in any dish.

## RESEARCH HAS SHOWN THAT EATING LEGUMES

- Helps to control weight
- Reduces the risk of heart disease, cancer and diabetes

Legumes are one of the best forms of fiber, providing insoluble and soluble fiber. Just one cup of legumes can provide up to 15 grams of fiber, that's more than one half of the recommended daily intake of 25 grams.

- **Insoluble fiber** promotes a healthy digestive tract and can reduce the risk of some types of cancer.
- **Soluble fiber** helps to lower blood cholesterol levels, one of the major risk factors for cardiovascular disease.

Gradually increase legumes in your diet as a sudden increase can cause gastric distress due to its high fiber content. This should be done over a four-to eight- week period, with a goal of eating one-half cup beans per day. Fluids should also be increased because they help to reduce the side effects of digesting fiber-rich foods. If gas becomes a problem you can try "Beano" before each bean meal. "Beano" is an enzyme that helps digest carbohydrates and limits the gas.

Legumes also provide the minerals iron, potassium, selenium, magnesium and even some calcium. Legumes contain an abundance of potassium. According to a recent claim by the Food and Drug Administration, "diets containing foods that are good sources of potassium and

are low in sodium may reduce the risk of high blood pressure and stroke." Calcium found in legumes can provide as much as eight percent of the recommended daily allowance for calcium, this amount is as much or more than some kinds of ice cream or frozen yogurt.

Legumes are one of the best sources of the B vitamin, folate. Folate helps protect against heart disease, and research has found it may help to reduce the risk of several types of cancer including lung, cervical and colon cancer. Legumes are also rich in phytochemicals. Phytochemicals are non-nutritive plant chemicals that contain protective or disease preventative properties. They reduce the risk of many diseases, including cancer, heart disease, stroke, high blood pressure, osteoporosis, and urinary tract infections.

Legumes provide an excellent source of non-fat protein. One cup can provide up to 16 grams of protein. Generally healthy adults need to eat between 50-60 grams of protein a day.

Legumes are one of the most nutritionally complete foods packed with protein, complex carbohydrates, fiber and various vitamins and minerals. The prevalence of legumes in the American diet is scarce, however the popularity is slowly rising due to their availability and versatility. So next time, try that legume dish offered in the dining hall, you just may like it.



*Enter to win an IPOD Nano in the Lucky Legumes Contest in all DCs*



## Various types of legumes and discriptions:

### BLACK BEANS



Commonly referred to as turtle beans because of their shiny, dark, shell-like appearance. Black beans have a velvety texture, with a rich flavor that has been compared to the taste of mushrooms.

### PINTO BEANS



Pinto beans have been referred to as little painted canvases, hence their name, "pinto" which in Spanish means, "painted". They have a creamy pink texture, and when cooked their splashes of color disappear, and become a beautiful shade of pink.

### LENTILS



Lentils are quick and easy to prepare, compared to other types of dried legumes. There are dozens of varieties of lentils the most common being green and brown, however, they are also available in black, yellow, red and orange. The different types of lentils offer different consistencies. Green and brown lentils retain their shape after cooking, while the others generally become soft and mushy.

### KIDNEY BEANS



Just as the name suggests, kidney beans are shaped like a kidney. Generally kidney beans are a dark red color, there are however white kidney beans known as cannelloni beans. Kidney beans are a favorite when cooking because they hold their shape well and readily absorb surrounding flavors.

### GREAT NORTHERN BEANS



Great Northern Beans are dried seeds of green beans. These white beans are rather bland tasting but take on the flavors of the food in which they are cooked. Traditionally great northern beans are prepared as Boston baked beans.

### CHICKPEAS



Chickpeas also known as garbanzo beans have a nut-like taste and a buttery texture, yet somewhat starchy and pasty. Many people think chickpeas are only beige in color, but there are also black, green, red and brown varieties. They are very common in Middle Eastern and Indian dishes such as hummus, falafel, and curry.

### SPLIT PEAS



Split peas are one of the starchier, heartier flavored legumes. Split peas are generally associated with a dark green color, but they are also available in yellow, and offer a more delicate flavor.

### NAVY BEANS



Navy beans are like Great Northern beans, but much smaller. They are sometimes referred to as pea beans because their size is similar to a pea rather than a bean. Navy beans have a mild flavor that is dense and creamy.

### YELLOW SPLIT PEAS



These have an earthier flavor than green peas. Scandinavians like to use them in soups, while the British use them in their pease pudding. It's best to buy them split, since split peas don't need to be soaked and cook fairly quickly.

### BLACK-EYED PEAS



Originally from China, these chewy peas were common fare on slave plantations. They're still popular in the South, where they're traditionally eaten on New Year's Day or combined with rice and sausage to make Hoppin' John. They don't need soaking and cook fairly quickly. Don't overcook them, or they'll get mushy.

### PIGEON PEAS



These are usually sold dried, but fresh, frozen, and canned peas also are available. They have a strong flavor, and they're popular in the South and in the Caribbean.

### LIMA BEANS



With their buttery flavor, lima beans are great in soups or stews, or on their own as a side dish. The biggest downside is that lima beans are harder to digest than other beans.

### PEANUTS



These aren't really nuts, but legumes that grow underground. They are cheaper than most nuts, and are often eaten out of hand or incorporated into candies, stir-fries or trail mixes. You can buy them shelled or unshelled, salted or unsalted, raw or roasted.

*Try the healthy  
Six Bean Soup  
featured in the DCs*

