

FRESH OFF THE PRESS



APRIL 2018 NEWSLETTER

L I V E Y O U R W H O L E L I F E

GO NUTS FOR NUTS!

Nuts have been a staple source of healthy fats, protein, fiber, vitamins and minerals since the beginning of human history. Yet today, many people avoid nuts because they fear their high calorie content will cause weight gain.

Recent studies indicate that, in fact, the opposite is true. Researchers have concluded that adding nuts to the diet does not trigger weight gain. Because of their protein, fiber and fat content, nuts actually increase feelings of fullness, decrease hunger and reduce the inclination to overeat or crave sweets, according to an analysis published in the *American Journal of Clinical Nutrition* in 2014. As a result of these effects, eating nuts can be an effective strategy for weight control.

Furthermore, eating nuts has been found to be a heart-healthy – indeed whole-body healthy – practice. Nuts are up to 80 percent fat, but much of it is beneficial unsaturated fat. A 2016 review article in *BMC Medicine* determined that people who eat nuts daily have a lower risk for heart disease, stroke, cancer, diabetes, respiratory disease and infections compared to those who do not eat nuts.

The research included a variety of nuts, only some of which are actually nuts: hazelnuts and pecans (actual nuts); cashews, walnuts, pistachios, Brazil nuts and almonds (seeds); and peanuts (legumes). Whether they're a true nut, seed or legume, they all have similar nutritional properties and culinary uses. No matter the nut, just 1 ounce a day, or about a small handful (think 24 almonds, 14 walnut halves or 2 tablespoons of peanut butter) was found to be enough to reap the health benefits.

Incorporating an ounce of nuts into your daily diet is easy enough. Stuff some celery with peanut butter or experiment with uses for almond butter or cashew butter. Buy some unshelled nuts and enjoy the satisfaction of cracking open a bowl full of them. Or simply toss some unshelled nuts in your morning oatmeal, sprinkle some in a green salad or bag some up for an on-the-go snack. It won't take much to go nuts and improve your health.



NUTrition

Any kind of plain nut will give you a good dose of healthy fats and nutrients. But nuts do differ somewhat beyond just taste and appearance. Consider these unexpected facts about common nuts:



PISTACHIOS: Nutritionists have called these lovely green nuts the most mindful nuts, because you have to slow down to shell them first. For a 1-ounce serving, you can eat about 50 shelled nuts, more than any other nut.



BRAZIL NUTS: Nutritionists recommend them for their selenium, which, in the right amount, promotes thyroid health and overall immune function. Limit intake to just one or two Brazil nuts a day, though, because too much selenium is unhealthy.



ALMONDS: Almonds are lower in calories and higher in bone-building calcium than other nuts. Opt for almonds that are not blanched, since the skin on almonds contains flavonoids that protect the heart.



CASHEWS: Silky cashews aren't just delicious, they are also particularly rich in minerals. Their magnesium supports muscle and nerve function, zinc supports the immune system and copper supports healthy blood vessels, nerves and bones.



DID YOU KNOW?



Macadamia nuts have the hardest shell of any nut.



Pistachios get their green color from chlorophyll, the same pigment that makes spinach and kale green.

SWEET & SPICY NUTS

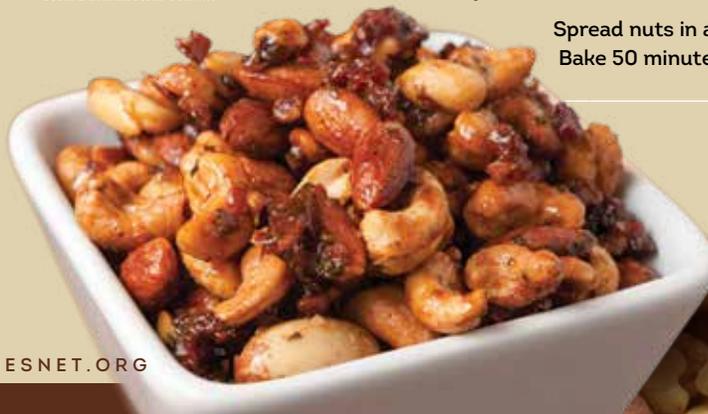
1 large egg white
1/2 cup halved pecan nuts
1 fl oz water
2 Tablespoons sugar substitute
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon cumin
1/4 teaspoon cinnamon
1/8 teaspoon cayenne pepper

1/2 cup whole almonds
1/2 cup shelled (50 halves) English walnuts
1/2 cup whole or half macadamia nuts

Heat oven to 275°F. Line a baking sheet with aluminum foil; spray with nonstick cooking spray.

In a large bowl, mix egg white, water, sugar substitute, salt, pepper, cumin, cinnamon and 1/8 teaspoon cayenne (or to taste). Add nuts; mix until evenly coated.

Spread nuts in a single layer on prepared baking sheet. Bake 50 minutes to 1 hour until golden brown.



Recipe yields: 8 servings
Per Serving (1/4 cup): 199.5 Calories, 19.4g Fat, 2.9g Fiber, 4.6g Protein, 2.3g Carbs

Source: Atkins



CHESTNUTS: Far lower in fat and calories than other nuts and unexpectedly high in vitamin C, chestnuts are not a typical nut. Starchy in character, they are delicious roasted during the fall when they are fresh. Ground chestnut flour is an especially good option for gluten-free baking.



HAZELNUTS: Also known as filberts, marble-like hazelnuts provide an unexpected flavor to foods and are a prime source of folate, which protects the heart and may reduce the risk for cancer and depression.



MACADAMIA NUTS: Loved for their buttery flavor and texture, macadamias are also a noteworthy source of essential fatty acids, which increase good cholesterol (HDL) and decrease bad cholesterol (LDL).



PEANUTS: Although technically a legume, peanuts provide equally good nutrition as tree nuts, and often at a lower price.



PECANS: With at least 19 different vitamins and minerals and more antioxidants than any other nut, pecans are a particularly rich source of nutrition. They are also the only tree nut that is native to North America.



WALNUTS: Today's scientific studies have shown that eating walnuts benefits memory and brain function. They are also heart healthy and anti-inflammatory, benefits that may stem from omega-3 fatty acids – walnuts have more of them than any other nut.

Are nut oils healthy too?

Nut oils offer a way to add more healthy nut nutrition to your diet. Options include walnut oil, pecan oil and hazelnut oil. Keep in mind, however, that they lack the fiber found in whole nuts, and they respond to heat differently than vegetable oils. If overheated, nut oils may become bitter. These oils are often better when used at room temperature, such as drizzled into salad dressings or atop soups.



Cashews are always sold shelled because the shells contain an oil that can cause severe contact dermatitis similar to poison ivy.



Americans eat far more peanuts than any other nut – largely in the form of peanut butter.

GREEN BEANS AMANDINE

1 pound fresh or frozen green beans, cut into 2-inch pieces

1/2 cup water

1/4 cup slivered almonds

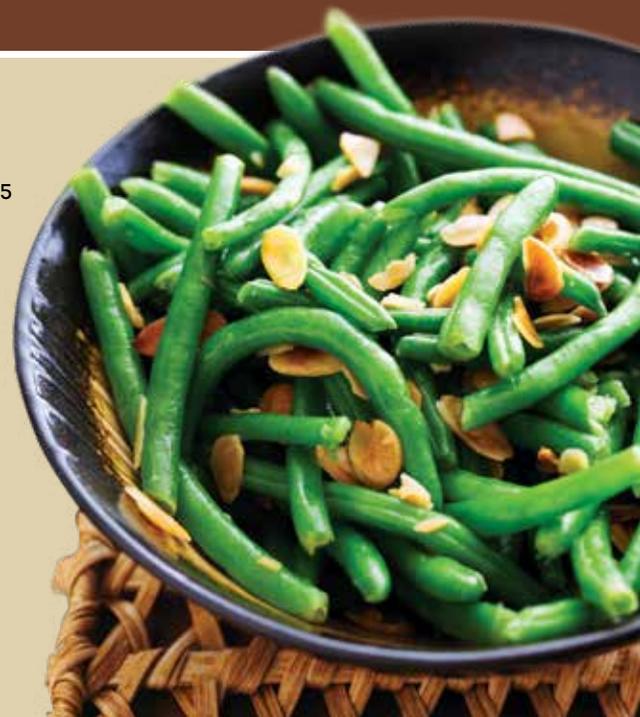
2 Tablespoons butter or margarine

1 teaspoon lemon juice

1/4 teaspoon seasoned salt, optional

In a saucepan, bring beans and water to a boil; reduce heat to medium. Cover and cook for 10-15 minutes or until the beans are crisp-tender.

Drain and set aside. In a large skillet, cook almonds in butter over low heat. Stir in lemon juice and seasoned salt, if desired. Add beans and heat through.



Recipe yields: 6 servings

Per Serving (1/2 cup): 92 Calories, 7g Fat, 0g Saturated Fat, 7g Carbs, 0g Fiber, 50mg Sodium, 0mg Cholesterol, 3g Protein, 0g Sugar

Source: Taste of Home

JOIN US AT THE EARTH FESTIVAL

LourdesCare at Cherry Hill is proud to sponsor the 2018 Sustainable Cherry Hill Earth Festival on Saturday, April 28, 10 a.m. to 2 p.m., at Croft Farm. Come early for a family bike ride at 8 a.m. and stay to learn about recycling and how to reduce your plastic use. Stop by the Lourdes booth to talk to a Lourdes cardiologist and take advantage of health screenings, health information, yoga demonstrations (8:30 and 10:30 a.m.), the Alfrea virtual farmers market, giveaways and more. Don't miss this great free event!



SAVE A LIFE AT SPRING BLOOD DRIVE



Peyton received a blood transfusion just hours after being born. Before she could leave

the hospital, she would need four more. Little did Peyton's parents know that she would come to depend on the kindness of strangers to keep her alive.

Peyton, who lives in Burlington County, was diagnosed with Diamond Blackfan Anemia. DBA is a very rare failure of the bone marrow to produce red blood cells in the body, affecting only

1,000 people worldwide. Peyton is transfused with packed red cells every three to five weeks, and will need this treatment for the rest of her life, as there is no cure for DBA. This has been the case since she was only 2 months old.

Peyton and her family think that people who donate blood are heroes. Every time someone does the selfless act of donating, you give Peyton another Christmas, birthday and more time with her family.

Participate in the spring American Red Cross Blood Drive and save lives just like Peyton's. Walk-ins are welcome.

Lourdes Medical Center of Burlington County

- ◆ 218 Sunset Road, Willingboro
- ◆ Monday, April 2, 9:00 a.m. to 2 p.m.
- ◆ Back of Cafeteria

Our Lady of Lourdes Medical Center

- ◆ 1600 Haddon Avenue, Camden
- ◆ Monday, April 2, 7:30 a.m. to 12:30 p.m.
- ◆ Auditorium

LourdesCare at Cherry Hill

- ◆ 1 Brace Road, Cherry Hill
- ◆ Friday, April 13, 2 to 7 p.m.
- ◆ Large Conference Room

Lourdes Business Office/ Simon & Schuster Building

- ◆ 100 Front Street, Riverside
- ◆ Thursday, April 26, 9 a.m. to 2 p.m.
- ◆ Donor Bus



LIVING WELL WITH LOURDES



Lourdes Cardiology's "Walk, Dine and Shop with a Doc"—a free program connecting Lourdes heart experts with the community for walks at local parks, health presentations and smart shopping experiences with a ShopRite dietitian—continues this month.

Lourdes cardiologist Robert Mohapatra, MD, will offer "Wellness Tips for a Healthy Heart," a lecture and question-and-answer session, on Thursday, April 19 from 5 to 7:30 p.m. at the Greenwich Library (Branch of Gloucester County Library System), 411 Swedesboro Road, Gibbstown. Chair massages, health screenings and refreshments will be available.

Lourdes cardiologist Vivek Sailam, MD, will offer "Walk with a Lourdes Doc" on Saturday, May 5, at Washington Township Park, 626 Hurffville-Crosskeys Road, Sewell. The health discussion and guided wellness walk will go from 8:30 to 10:15 a.m.

NEW! Join Dr. Sailam and a chef from the online farmers market Alfrea for a cooking demonstration and discussion on Monday, May 21, from 6 to 7 p.m. at LourdesCare at Cherry Hill.

To register for these great events, call **1-888-LOURDES (1-888-568-7337)**.