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OF THE ARCHDIOCESE OF NEW YORK  
A DIVISION OF CATHOLIC CHARITIES COMMUNITY SERVICES

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

## NUTRITION KNOWLEDGE

### SPOTLIGHT ON: VITAMIN C

NOW THAT TEMPERATURES HAVE DROPPED AND THE WIND IS PICKING UP SPEED, WE NEED TO BE EXTRA CAREFUL TO NOT CATCH A COLD! THAT'S WHERE VITAMIN C COMES IN! VITAMIN C KEEPS YOUR IMMUNE SYSTEM STRONG HELPING YOU TO FIGHT OFF ANY POTENTIAL COLD. IT ALSO HELPS OUR BODIES FIGHT AGAINST CHRONIC ILLNESSES, LIKE HEART DISEASE AND CANCER. MAKE SURE YOU'RE EATING ENOUGH FRUITS AND VEGGIES DAILY TO GET IN ALL THAT COLD-FIGHTING GOODNESS! FIND IT IN: BELL PEPPERS, STRAWBERRIES, ORANGES, PINEAPPLE, CAULIFLOWER AND BROCCOLI!

### HEALTHY FOOD SWAP:

SKIP THE JUICE THAT IS PROCESSED AND LOADED IN SUGAR AND INSTEAD EAT THE WHOLE FRUIT!! BY EATING 1 ORANGE VERSUS 1 CUP OF OJ, YOU'LL GET FIBER, B VITAMINS, CALCIUM, POTASSIUM AND (OF COURSE) VITAMIN C. AND AN ORANGE MAKES A GREAT ON-THE-GO SNACK BETWEEN EITHER AT WORK, SCHOOL, BETWEEN CLUB MEETINGS, AT SPORTING EVENTS, AND ON PLAY-DATES.

### FOOD VS. EXERCISE:

1 CHOCOLATE CHIP MUFFIN IS 550 CALORIES OR 90 MINUTES OF BIKE RIDING!

### KIDS KORNER:

GO TO THE PUBLIC LIBRARY AND BORROW A COUPLE OF AGE-APPROPRIATE PUZZLES FOR YOU AND YOUR KIDDIE TO WORK ON TOGETHER. IT'S A FUN WAY TO GET THEIR MINDS THINKING AND PROBLEM SOLVING, WHILE SPENDING SOME FUN TIME COZY INDOORS ON THOSE COLD DAYS.

### TEEN TRACK:

START A BOOK CLUB WITH YOUR TEEN! LET HIM/HER PICK 1 BOOK A MONTH (EITHER SCHOOL RELATED OR NOT) THAT YOU WILL BOTH READ AND DISCUSS IT AT THE END OF THE MONTH (OR WHATEVER TIME-FRAME SUITS YOU BEST). IT'S A GREAT WAY TO GET THEM (AND YOU!) READING MORE AND THE PERFECT WAY TO BOND IN-HOME WHILE IT IS COLD OUTSIDE.

### RECIPE: CAULIFLOWER "MASHED POTATOES" SERVES 6-8

#### INGREDIENTS:

1 LARGE HEAD OF CAULIFLOWER, 2 LARGE GARLIC CLOVES, SALT, 2 TABLESPOONS BUTTER, ¼ TEASPOON FRESH GROUND NUTMEG, BLACK PEPPER TO TASTE

#### DIRECTIONS:

1. FILL A LARGE POT WITH WATER AND BRING TO A BOIL. WHILE WAITING FOR WATER TO BOIL, WASH AND TRIM THE HEAD OF THE CAULIFLOWER AND CUT UP THE FLORETS AND STEMS. SLICE UP THE 5 GARLIC CLOVES. COMBINE IN A BOWL AND LIGHTLY SALT, ADD TO WATER ONCE IT IS BOILING. LET BOIL FOR ~10 MINUTES OR UNTIL SOFT.
2. ONCE SOFT, DRAIN CONTENTS IN A COLANDER. ONCE DRAINED ADD EVERYTHING TO YOUR FOOD PROCESSOR (FITTED WITH THE STEEL KNIFE) AND ADD NUTMEG, BUTTER, AND PEPPER. PROCESS UNTIL SMOOTH (OR YOUR PREFERRED CONSISTENCY). ADD ADDITIONAL SALT/PEPPER TO TASTE.

#### GET MOVING:

LET'S SKATE! ONE WEEKEND AFTERNOON OR EVENING TAKE THE WHOLE FAMILY TO A PUBLIC ICE SKATING RINK AND GET MOVING. ICE-SKATING IS THE PERFECT WINTER FAMILY OUTING BECAUSE IT IS SO SEASONAL AND FESTIVE, WHILE GIVING EVERYONE A CHANCE TO GET HIS OR HER HEART RATE UP. TAKE IT SLOW OR DO SOME PIROUETTES, IT'S UP TO YOU!