



Nourishing Your Family this Winter

Maintaining you and your family's health by eating well is so important this season. Here are a few tips to help you stay healthy.

- * Minimize dairy - milk has a "cooling" energy, and some believe it produces excess phlegm. When drinking milk, try heating it and adding some spices - ginger, cardamom, turmeric, or honey to reduce its congestive properties.
- * Add root vegetables to your home menu - foods like beets, parsnips, carrots, butternut squash, sweet potatoes (see recipe below), and onions (limit the intake of raw vegetables which cool the body).
- * Use a variety of oils - coconut oil, olive oil, and sunflower oil to help keep your body moist.
- * Eat whole grains - brown rice, millet, quinoa, barley and bulgur wheat (unless gluten intolerant).
- * Eat oranges, bananas, avocados, grapefruit, pineapples, and mangoes.
- * Add spices like - ginger, cinnamon, cumin, cardamom, mustard seed, clove, fennel, and sea salt.
- * Add nuts and seeds.
- * Add meats and fish.
- * Learn to make a homemade, nutritious stock for soups!

Adapted from www.healthykidsideas.com

Sweet Potato Fries

3 sweet potatoes cut lengthwise into 1 inch wedges

1/4 cup coconut oil or olive oil (melt the coconut oil if using, before pouring it over the potatoes)

1/2 Tbsp. sea salt or more to taste.

- * Preheat oven to 425 degrees.
- * Spread a small amount of oil on baking sheet.
- * Slice sweet potatoes lengthwise into 1 inch wedges.
- * Place sweet potato wedges into large bowl, drizzle with oil. Toss well to coat. Sprinkle fries with sea salt.
- * Place sweet potato wedges in single layer on oiled baking sheet.
- * Bake about 25 minutes or until golden brown. Season to taste. (Add a spice like cinnamon, too).

Note: Use rutabaga, parsnips, carrots, or turnips to change up the recipe or do a combination of root veggies. Sweet potatoes are rich in beta carotene, and one serving will supply an adult with their daily requirement for vitamin A and 1/3 of their daily requirement for vitamin C. Sweet potatoes are low in calories and high in fiber.

Coconut oil contains almost 50% of lauric acid, a 12-carbon saturated fat, which the body turns into monolaurin, a substance that may kill parasites, yeasts, viruses and pathogenic bacteria in the gut. Coconut oil may also strengthen the immune system, promote optimal development of the brain and nervous system, protect against cancer and heart disease, and promote healthy bones. Finally, coconut oil seems to be the best fat for ensuring the proper uptake of omega-3 fatty acids into the tissues. (Always consult with your pediatrician before setting up a meal plan, reviewing common allergens - soy, egg, wheat, peanuts, fish, tomatoes strawberries before 1 year old)

Adapted from Katherine Sumner, www.pureandsimplehealth.org

To learn recipes and how to prepare foods you and your entire family can enjoy contact **Anita Brown Culinary Coach** at **847 341-4623** or **culinarycoach@comcast.net**. Coach Anita can assist with an array of personal services to help you - in your own kitchen - with helpful cooking techniques, smart menu planning and the enhanced enjoyment of eating.

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