



CF Nutrition In Bite-Sized Pieces



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"Oh My Gourd!"



Top 5 Reasons to Eat More Winter Vegetables!

As the leaves on the trees start to turn colors each year, the colors in the grocery store also change. The blue and red berries of summer are chased out by the deep oranges, yellows, and greens of winter squashes and potatoes. Many people are familiar with the summer squashes such as zucchini but not as familiar with winter vegetables. These vegetables can be as scary as Halloween! Besides carving them up as a Jack-O-Lantern, most people have no idea what to do with them! Winter squashes include butternut, buttercup, turban, acorn, pumpkin, carnival, and spaghetti. These vegetables are a power packing source of vitamin A! Here are the Top 5 reasons to try winter vegetables:

1. Orange and yellow vegetables are an excellent source of Beta-Carotene! What is Beta-Carotene, you ask? Our bodies change Beta-carotene into Vitamin A. Vitamin A is a fat-soluble vitamin meaning it is absorbed with fat. Since many people with CF have trouble absorbing fat, they also have trouble absorbing Vitamin A. Extra vitamins are needed to help maintain your vitamin levels. Most vitamin and minerals are best absorbed in their natural form from food sources. It is important to try to include foods that contain fat-soluble vitamins. One recent study showed that people with CF ate 3.2 servings of vegetables per day but none of them were yellow or orange! The yellow and orange

vegetables have the most Vitamin A! Remember Bugs Bunny reminding you to eat your carrots??

2. Winter vegetables help boost your immune system! Isn't Mother Nature great? During cold and flu season, the Vitamin A, Vitamin C, folate, and phosphorus in the winter vegetables help boost your immune system so you can fight off infection! The immune system uses these nutrients to produce more infection fighting cells. Each color provides us with different vitamins and minerals. Eat a rainbow of colored produce! The more variety of fruit and vegetables, the more you are supporting your infection fighting!

3. These vegetables pack in a lot of fiber! Fiber helps maintain a healthy GI tract! Most of these vegetables contain 3-6 grams of fiber per cup. A child needs 5 grams + their age each day. For example, a 5 year old needs 10 grams of fiber per day. An adult needs 25-35 grams of fiber per day! For many people with CF, maintaining a healthy GI tract is a struggle. Adding extra sources of fiber each day can help.

4. Squashes and sweet potatoes have a low glycemic index. This means that they will not make your blood sugar rise as fast as a white potato. For people with Cystic Fibrosis Related Diabetes, this is important to help keep their blood sugars stable.

5. And last but certainly not least, you can impress your friends and family that you actually know how to cook these vegetables!

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The Sweet Potato Vs. the Yam!

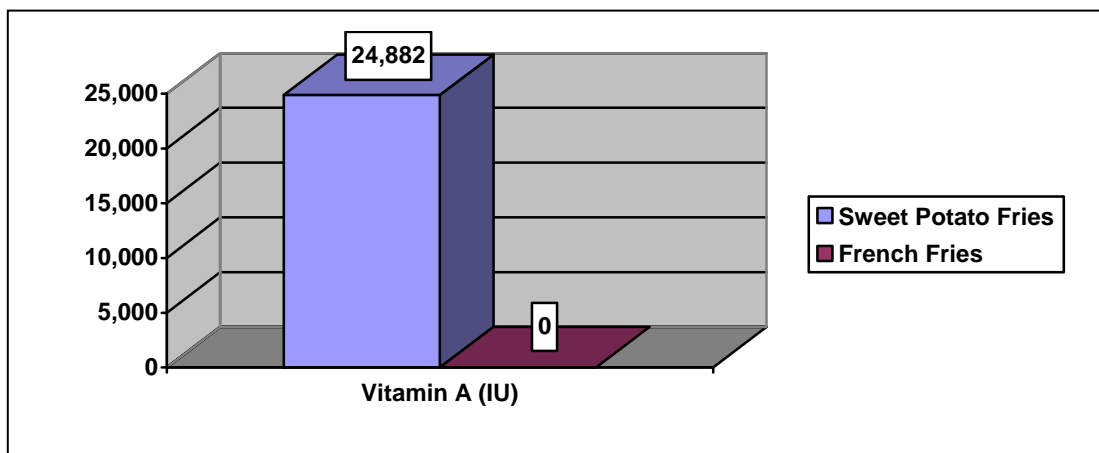


This question stumps many people in the store... What is the difference between the sweet potato and the yam??? Most of the potatoes you buy in the store are sweet potatoes even though they are called yams. True yams are grown in the ground in the Caribbean and are imported to the US. Sweet potatoes are grown on a vine in the US and taste sweeter than the yam. Sweet potatoes contain 3,196 IU Vitamin A per cup and the yam only has 207 IU Vitamin A per cup. Vitamin A is a strong infection fighting antioxidant! Choosing foods with antioxidants can help you fight off winter infections and protect your eyesight. **Winner= Sweet Potato!** Choose sweet potatoes for your holiday baking! Serve sweet potato pie, bake sweet potato fries or chips, make sweet potato pancakes!



Don't get squashed by too little Vitamin A!

Fall = Football! What a great way to spend the game - snacking on tasty foods that give you good nutrition as well as good calories! On the next page you will find recipes that help you tackle these vegetables. Pumpkins, squash, and sweet potatoes are some of the best sources of Vitamin A nature has provided. They are the MVP's of The Vitamin A team! Although high in Vitamin A, these items are low in calories. It is important to add calories to each of these foods to help you keep your weight up. Keeping your weight up also helps to fight infection. Add high calorie items such as butter, brown sugar, nuts, dried fruit, grains, and meats to the winter vegetables! Look at the difference in the Vitamin A in 1 cup of regular french fries vs. sweet potato fries: It is a closeout! **Winner = Sweet Potato Fries!**



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