

# TIDEWATER BARIATRICS

*An Internist Specializing in Medical Weight Loss*



## HEALTHY LIVING NEWSLETTER

### QUESTION OF THE MONTH: WHAT ARE THE HEALTHIEST FRUITS AND VEGETABLES?

Blueberries and Broccoli! That is according to the Nuval™ Nutritional Scoring System recently released by the Yale Prevention Research System. Nuval™ rates the healthfulness of foods based on the quantities they contain of nutrients known to be healthy or detrimental to a person's health. Foods are rated on a scale of 1-100 with 100 being the foods with the most nutritional value. While both blueberries and broccoli scored an impressive 100, crunchy Cheetos scored a lonely 5.

[See how your favorites stack up.](#)

**JUNE 2010**



Fruits and Vegetables consistently get the highest scores on the Nuval™ System.

### SELECTIVE EDITING LEADS TO CONTINUED DENIAL

According to the Centers for Disease Control, 33% of Americans are overweight and 33% of Americans are obese. The rate at which Americans are reaching the morbid obesity classification (defined as BMI of greater than 40) is greatly exceeding the rate of moderate obesity. Yet most Americans deny the full extent of their weight issue. The National Consumers League recently did a study which reveals the depths of our nation's denial.

[Full Story](#)

### NUVAL™ SCORE BOX

- Pineapple 99
- Shrimp 75
- 2% Milk 55
- Chicken 39
- Chex Mix 13
- Cap'n Crunch 10

### A KALE RECIPE EVERYONE WILL LOVE

#### **KRISPY KALE** FROM THE ROSE FAMILY KITCHEN

#### **INGREDIENTS**

- Kale Leaves
- Olive oil
- Salt
- Pepper



This favorite of the Rose Family is simple to make and boasts an impressive 1328% of your Vitamin K in 1 cup which help prevent against coronary heart disease and

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## PREPARATION

1. Clean kale leaves and place on foil covered cookie sheet
2. Spray small amount of olive oil onto kale
3. Salt & pepper to taste
4. Bake at 400 degrees for approx. 5 minutes (or to desired "Krispyness")

## NUTRITION

Per 1 cup : 36 calories; 1 g fat (0 g sat) 0 mg cholesterol; 7 g carbohydrates; 2 g sugars; 2 g protein; 3 g fiber; 30 mg sodium.

**NUTRITION BONUS: VITAMIN C (89% DAILY VALUE), VITAMIN A (354% DV), IRON (6% DV), CALCIUM (9% DV), VITAMIN K (11328% DV).**

[More Kale Recipes from Eatingwell.com](#)

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