

ATTENTIVE
HEALTH

seasonal eating

Lots of things change as we move through the calendar – including the types of food we should eat. If we follow the natural cycle of foods that are available, each season of the year has a different emphasis. Here are some guidelines on the “best” and “good” foods in the corresponding season – as well as what to avoid. Eating foods that are in season will not only help your health, but it will also help your wallet!

in fall & winter...

eat more nuts, grains, soups and meats

best			good			avoid
almonds	cloves	papayas	artichoke hearts	mayonnaise	sunflower seeds	bean sprouts
avocados	cottage cheese	persimmons	bay leaf	mint	thyme	collard greens
bananas	cumin	pumpkin	caraway	mustard	turnips	cucumbers
basil	dates	quinoa	cayenne	nutmeg	vinegar	dandelions
beets	fennel	sweet potatoes	chocolate	okra	warm milk	ice cream
black pepper	figs	tangerines	coconut	onions	yogurt	
brazil nuts	filberts	tomatoes	cooked apples	oregano		
brown rice	flax	turmeric	cooked cranberries	parsley		
brussel sprouts	garlic	tangerines	coriander	pears - ripe		
buttermilk	ginger	peanuts	corn	peppermint		
canola or olive oils	lemons	pecans	dill	pickles		
cardamom	limes	pistachios	eggplant	pineapple		
carrots	mangos	walnuts	honey	poppy seeds		
cashews	maple syrup	protein sources	horseradish	rosemary		
chamomile	molasses	wheat	hot peppers	sage		
cheese	oats	winter squash	leeks	sour cream		
chilies	oranges		marjoram	spearmint		
cinnamon	orange peel		mashed potatoes	strawberries		

in spring...

eat low fat diet, more salads, vegetables, leafy greens, beans, sprouts and berries

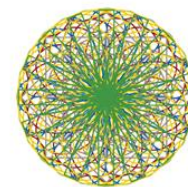
best			good				avoid
alfalfa sprouts	dried fruits	orange peel	apples	corn	molasses	spearmint	almonds
asparagus	endive	parsley	artichokes	cumin	mustard	thyme	brazil nuts
bean sprouts	garlic	peas	potatoes	dill	nutmeg	turmeric	cashews
bell peppers	ginger	spinach	barley	eggs	oregano	yogurt	crab
black pepper	hibiscus	swiss chard	basil	fennel	papayas		figs
brussel sprouts	honey	radishes	bay leaf	filberts	pears		flax
cabbage	green beans	turnips	beets	fish	pickles		guava
cayenne	hot peppers	watercress	black tea	chickpeas	pumpkin seeds		ice cream
cauliflower	kale		blueberries	horseradish	quinoa		lobster
celery	kidney beans		broccoli	jicama	raspberries		macadamias
cinnamon	lentils		brown rice	leeks	rosemary		peanut oil
cloves	lettuce		buckwheat	lemons	sage		pecans
collard greens	lima beans		canola oil	limes	snow peas		pistachios
corn	mushrooms		chicken	maple syrup	split peas		pork
corn oil	mustard		cilantro	marjoram	safflower oil		raw peanuts
dandelions	onions		coffee	milk – rice, soy	sparkling water		walnuts

in summer...

eat more fruits and vegetables

best			good				avoid
apples	cucumbers	plums	alfalfa sprouts	endive	nectarines	turkey	beets
apricots	garbanzos	pumpkin seeds	almonds	fennel	nutmeg	turnip greens	brussel sprouts
artichokes	grapes	raspberries	avocados	flax	parsley	turmeric	
barley	jicama	rice	bananas	fish	peas		
blueberries	kale	snow peas	beef	green beans	peppermint		
broccoli	lettuce	split peas	carob	ice cream	pork		
cabbage	mangoes	strawberries	cheese	kidney beans	pumpkin		
cantaloupe	melons	sunflower seeds	chicken	lentils	rosemary		
cauliflower	milk	tofu	collard greens	lima beans	rye		
celery	mint tea	zucchini	cottage cheese	macadamia	shrimp		
chamomile tea	okra		cumin	maple syrup	spearmint		
cherries	olive oil		dried fruit	mayonnaise	sweet potatoes		
coriander	pears		eggs	mushrooms	swiss chard		
coconut	pineapples		eggplant	mustard greens	tomatoes		

bottom line: eat the way nature intended!



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warming up winter with spices

It's better to use actual spices in your meals than to take supplements of isolated spice antioxidants. All plant foods – including spices – contain many natural phytochemicals that work together to protect your health.

If you're feeling chilly this winter, reach for warming spices. Ginger, cloves and turmeric complement winter's root vegetables and hearty whole grains, adding a double punch of flavor and cancer-fighting compounds. Here are some facts about these tasty components and their benefits.

ginger

- contains disease fighting antioxidants
- gingerol may help destroy cancer cells & block cancer related inflammation
- fresh ginger appears as a gnarled and knobby root
- when preparing scrape off thin outer layer
- great minced for use in stir fried, soups or curries
- dried ginger adds zing to baked goods, soups or vegetable dishes

turmeric

- comes from the root of a tropical plant
- related to ginger
- contains curcumin which has anti-inflammatory properties
- preliminary studies suggest curcumin may also protect against colorectal cancer
- gives mustard it's intense yellow color
- found in curry blends
- used on its own to season meat dishes, chilies, soups or air-popped popcorn

cloves

- cloves have highest antioxidant value
- healthful compounds and scintillating spiciness make it a great choice for both sweet & savory winter dishes
- add a pinch to hot cider
- use a clove laced spice blend like pumpkin pie spice or chinese fiveospice powder

baked honey spice chicken

This main dish is aromatic with warm, earthy spices. Tasty accompaniments are string beans or steamed broccoli and mashed sweet potatoes or brown rice.

yields 4 servings

ingredients:

1 tsp. grated lemon zest
2 tbsp. fresh lemon juice
1 tsp. ground cinnamon
1 tsp. ground cumin
¼ tsp. ground ginger
¼ tsp. ground turmeric
½ tsp. salt
1/8 tsp. ground black pepper
3 tbsp. honey
4 (6oz) skinless chicken breast halves, bone in
canola oil cooking spray

directions:

- ⦿ preheat oven to 350 degrees
- ⦿ chose baking dish just slightly larger than chicken breast, coat with canola oil spray
- ⦿ in small bowl whisk together lemon zest, juice, cinnamon, cumin, ginger, turmeric, salt, pepper and honey until honey dissolves
- ⦿ place chicken in baking dish rib side down
- ⦿ spoon spice mixture over chicken, coating completely
- ⦿ bake chicken for 10 minutes then remove from oven
- ⦿ baste chicken with pan juices for 1 minute
- ⦿ repeat the 10 minute bake and baste cycle two more times
- ⦿ continue to bake until white on the inside or 165 degrees on meat thermometer
- ⦿ total baking time for bone in breasts 60 minutes, for boneless 45 minutes
- ⦿ remove from oven and let chicken rest for 10 minutes
- ⦿ place on serving plate and spoon extra liquid from pan over chicken and serve

Nutrition information: 200 cal, 1.5g fat, 3 g pro, 14g carb, 0g fiber, 380 mg Na+

Resource: pbhf@pbhfoundation.org (30 minutes or less seasonal recipe archive)