

Vitamin D

What is Vitamin D?

- Fat-soluble vitamin
- “Sunshine Vitamin”

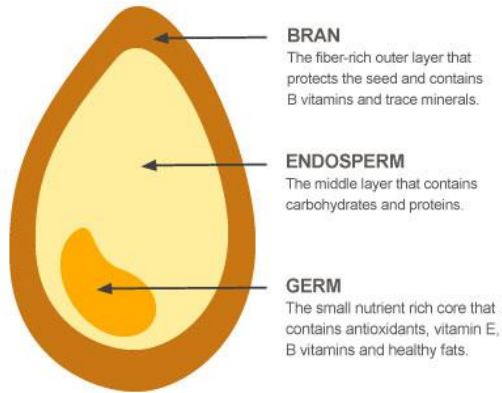
How does it help us?

- Bone & tooth strength
- Heart health
- Diabetes risk
- Immune system strength

How do we get Vitamin D?

- Sunshine
- Milk
- Eggs
- Salmon
- Mushrooms

Whole Grains



Where to find them:

- Whole Wheat Bread, Pastas, Crackers, Cereals
- Brown rice, Quinoa, Oatmeal
- Popcorn

Make at least ½ of your grains
WHOLE daily!

Progressive Food Demo

June 8	Salad
June 15	Appetizer
July 6	Soup
July 27	Main Entrée
August 17	Dessert

Catch all five courses this summer!
Demos start at 11:00am.

On The Move Nutrition, LLC

At OTMN, Jessica provides one-on-one nutrition counseling and group nutrition programs in active settings to make learning nutrition fun and supportive.

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On The Move
N u t r i t i o n



Registered Dietitian Jessica M. Jurcak
&
Chef Andrew Kisner
present:

The Old Brooklyn Farmers' Market Progressive Food Demo

A 5-course meal demonstrated
in 5 segments

Zucchini Mushroom Risotto

Entrée Course

Ingredients

Risotto

- 1 Tbsp extra-virgin olive oil
- ½ yellow onion
- 8 oz. fresh mushrooms
- 1 tsp minced garlic
- 1 cup long- or brown rice
- ½ medium zucchini
- ¾ cup low-sodium broth
- 1 ½ cups water
- ¼ tsp black pepper
- ½ cup grated Parmesan cheese
- 1 tsp Italian seasoning

*Also prepare your favorite healthy fish or poultry to go along with this dish!

Recipe Prep Info

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Serves: 6

Instructions

1. Chop onion, slice mushrooms, mince garlic, and shred zucchini.
2. Heat EVOO in a large saucepan and sauté onion, mushrooms, and garlic 5-7 minutes.
3. Stir in rice and zucchini. Cook 3 more minutes. Meanwhile, in a small pot bring broth, water, pepper, and Italian seasoning to a boil.
4. Add broth mixture into the rice-veggie mixture. Cover and simmer for about 15 minutes.
5. Add the Parmesan cheese, stirring until creamy and all liquid is absorbed.



Nutrition

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 180	
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 7mg	2%
Potassium 200mg	6%
Sodium 150mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 7g	14%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Additions & Substitutions

- To make the risotto vegan, do not add the Parmesan cheese and use a vegetable broth
- Try adding more veggies as a side, such as steamed asparagus spears or broccoli
- Add salmon or another fish, shellfish, poultry, or tofu