

Choline

What is choline?

- An essential nutrient
- B Vitamin-like; water-soluble

Why do we need it?

- Metabolism of fats & cholesterol
- Creates certain fats for cell membrane structure
- DNA synthesis
- Neurotransmitter synthesis

Which foods have choline?

- Liver (beef and chicken)
- Eggs
- Fish (salmon and cod)
- Cauliflower and broccoli

Sugar

Forms of Carbohydrates

- Simple Sugars
 - Cane sugar
 - Honey
 - Agave
 - Maple syrup
 - Fruit
 - “-ose”
- Starch
 - Grains
 - Some vegetables
- Fibers
 - Fruit
 - Vegetables
 - Grains

Limit daily added sugar to 6 teaspoons (24 grams) per day from ALL food and drinks.

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.

Contact

Jessica M. Jurcak, MS, MPH, RD, LD

Email: JessicaMJurcak@gmail.com

Web: www.OnTheMoveNutrition.org

Social Media: [@OnTheMoveNutrition](https://www.instagram.com/OnTheMoveNutrition)



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

Creamy Cauliflower Soup

Soup Course

Ingredients

Soup

- 2 Tbsp extra-virgin olive oil
- 3 cloves garlic
- 3 leeks
- 1 medium (1.5 cups) white potato
- 3 cups cauliflower
- 4 cups low-sodium vegetable broth
- ½ cup plain Greek yogurt
- ½ tsp black pepper, to taste



Recipe Prep Info

Prep Time: 25 minutes

Cook Time: 35 minutes

Total Time: 60 minutes

Serves: 8

Instructions

1. Mince garlic. Chop light green and white portions of leeks. Chop potato and cauliflower.
2. Heat olive oil over medium heat and sauté garlic for 1-2 minutes.
3. Add leeks and sauté 8-10 minutes more until leeks soften and wilt.
4. Add potatoes, cauliflower and broth. Bring to a boil, then reduce heat to a simmer and cook about 20 minutes, until potatoes soften.
5. Remove from heat and puree with an immersion blender or in a regular blender (be careful with hot liquids!)
6. Stir in Greek yogurt and pepper until creamy.



Try it chilled too!

Nutrition

Nutrition Facts	
Serving Size 1 cup (1mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 80	
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Monounsaturated Fat 3g	
Cholesterol 1mg	0%
Potassium 8mg	0%
Sodium 420mg	18%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 3g	6%
Vitamin A 9%	Vitamin C 31%
Calcium 12%	Iron 3%
*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 it a meal, add:
 - Baked seafood or chicken
 - More vegetables after pureeing (try broccoli, carrots or corn!)
- To increase protein, add:
 - Sliced almonds or chickpeas
 - Shredded cheddar cheese
- To increase fiber:
 - Leave the peel ON the potatoes
 - Add more veggies
 - Add brown rice or quinoa