



Cassara Consulting

"Your Neighborhood Nutritionists"

Dietitian - Nutritionist - Education - Counseling - Insurance Accepted



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Don't forget to check out
www.cassaraconsulting.com for our recipe and
healthy tip of the week!

Newsletter Winter 2017

Winter Workouts

Once the weather turns cold, snow and ice can make jogging and bike riding difficult – and even unsafe! Don't let the cold winter months be an excuse to cut back on your exercise routine. Consider these calorie-burning indoor activities:

- Walk your local mall.
- Take the stairs instead of the elevator or escalator.

- Walk around your building's hallways at lunch.
- Watch and follow an exercise DVD at home.

Cold weather doesn't mean you have to say goodbye to all outdoor activity:

- Shovel some snow.
- Have a snowball fight.
- Go ice skating.

Adapted from eatright.org.



"I THOUGHT CARROTS WERE SUPPOSE TO BE GOOD FOR THE EYES?"

NEW PRODUCTS We Love!

One of my favorite things about grocery shopping is discovering new products that can become a part of a healthy lifestyle. Some new items in my shopping cart include: Dave's Killer Bread Thin Sliced Good Seed bread, Ripple nutritious pea milk, and Somersaults sunflower seed crunchy bites.

While Dave's Killer Bread has a variety of organic bread products made without any artificial ingredients, my personal favorite is their 70-calorie per slice Thin Sliced Good Seed bread. Made with whole grains and filled with 5 different types of seeds, each slice contains 13g of carbohydrates, 3 of which are coming straight from dietary fiber!

Ripple is one of many brands that makes dairy-free milk alternatives. Their products include pea protein which makes them a high protein dairy-free milk alternative with 8g protein per serving!

Somersaults sunflower seed crunchy bites are one of my new favorite snacks. Each of their flavors are nut-free and vegan. These bites pack well for an on-the-go treat or can be sprinkled on top of your favorite yogurt for an added crunch. Sunflower seeds are their main ingredient which pack in protein, fiber, vitamin E and heart healthy fats!



What's in Season?

- Brussels Spouts
- Clementines
- Collard Greens
- Dates
- Grapefruit
- Kale
- Kiwi
- Leeks
- Mandarin Oranges
- Oranges
- Passion Fruit
- Pear
- Pomegranate
- Sweet Potatoes
- Tangerines
- Turnips
- Winter Squash

10 Food Safety Tips for the Slow Cooker

Reviewed by Taylor Wolfram, MS, RDN, LDN.
Published February 2017 on Eatright.org

Slow cookers are a convenient way to whip up a delicious dish with minimal effort. Just throw all of the ingredients in the pot, turn it on, head to work, come home and dinner is ready to be served. But that's not all you can do with a slow cooker. It is perfect for making overnight oatmeal, a game-day dip or even a winter stew. This is a dream come true for any multitasker, but if you neglect food safety rules, this dream could quickly turn into a nightmare.

Follow these 10 tips to ensure any dish you slow cook is safe to eat:

1. **Start with a clean space.** Make sure the cooker, utensils and work area are clean. And don't forget to wash your hands.
2. **Keep perishable foods refrigerated as long as possible.** Bacteria multiply rapidly when at room temperature. To avoid this, keep your food refrigerated until it's time to add it to the pot.
3. **Prepare meat and vegetables separately.** If you prep your meat and vegetables beforehand, store them separately in your fridge in order to avoid cross-contamination.
4. **Always defrost meat or poultry before putting it in the slow cooker.** Defrosting will ensure your food cooks all the way through to the safe



- internal temperature. Defrost in the refrigerator, never at room temperature.
5. **Pay attention to temperature.** It is important to make sure your slow cooker reaches a bacteria-killing temperature. Start your slow cooker on the highest setting for the first hour and then switch it to low for longer cooking. However, it is still safe to cook foods on low the entire time — for example, if you are leaving for work. Just make sure your food reaches the proper internal temperature (see number 9).
6. **Make sure your foods fit.** The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly. Don't overstuff it!
7. **Cut up your meat.** Large chunks of meat may take too long to cook all the way through. Cut meat into smaller pieces before adding them to the slow cooker.
8. **Keep the lid on.** It is important to retain the heat when making a slow cooker meal, so avoid taking off the lid. Only remove the lid to stir or check for doneness.
9. **Use a food thermometer.** The only way to know for sure that your food is safe to eat is with a food thermometer. Consult the [Is My Food Safe?](#) app or an internal temperature guide to determine the proper internal temperature.
10. **Store leftovers in shallow containers and refrigerate within two hours.** One of the best parts of your slow cooker meal is the leftovers. But you must make sure you are storing them safely and eating them in a timely manner to reduce your risk of food poisoning. Store leftovers in shallow containers and refrigerate within two hours of removing from the pot.