

## April is Brussels Sprouts and Cabbage Month

**Brussels Sprouts** aren't really baby cabbages, but they are in the same plant family. Along with broccoli, cauliflower, and kale, they are both cruciferous vegetables. They are high in fiber and loaded with antioxidants, phytochemicals and vitamins. Some of the nutrients found in this family may help to prevent colorectal and prostate cancers. They are low in calories and just plain good for you.



**Cabbage** may not be included on everyone's grocery list, but it is versatile and nutritious. Cabbage is probably more recognizable as sauerkraut or Cole slaw to baseball fans and picnic goers. There would be no Reuben sandwich without cabbage! And what would St Patrick's Day be without it!

Hundreds of varieties of cabbages are grown throughout the world, but the most common in the U.S. are green, red and Savoy. Look for solid, heavy heads of cabbage with leaves free of discoloration.



How to:	Brussels Sprouts	Cabbage
Select	Choose firm, compact, bright green brussels sprouts heads. Buy on stalk when possible.	Look for solid, heavy heads of cabbage with leaves free of discoloration.
Store	Refrigerate brussels sprouts in plastic bag up to 1 week.	Place the whole head of cabbage in a plastic bag in the refrigerator. Keep cabbage chilled even after cutting. Once it has been cut, try to use the remainder within two days. Cabbage can be stored up to seven days.
Prepare	Brussels sprouts can be steamed (even in the microwave), roasted, grilled, sautéed, stir fried, baked, served in salads, on pasta, in pot pies, or on their own as a side dish.	Wash the leaves well when you use it. Shred, chop or cut up cabbage and add it to soups, sandwiches, salads or eat it for a snack with a little lemon juice. Cabbage can be steamed, boiled, microwaved, stuffed, or stir-fried.

Source: [Fruitsandveggiesmorematters.org](http://Fruitsandveggiesmorematters.org)

## Roasted Brussels Sprouts

1999, The Barefoot Contessa Cookbook / Prep Time: 10 min / Cook Time: 40 min / Level: Easy Serves: 6

### Ingredients

- 1 1/2 pounds Brussels sprouts
- 3 tablespoons good olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

### Nutrition information per serving

Calories: 109 / Total Fat: 7 g / Saturated Fat: 1 g  
 Protein: 4 g / Total carbohydrates: 10 g / Sugar: 2 g  
 Fiber: 4 g / Cholesterol: 0 mg / Sodium: 269 mg

### Directions

Preheat oven to 400° F. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Serve immediately.

## Are Sleep Problems “Just a Part of Growing Older”?

It is true that our sleep patterns change as we age. Seniors also are more likely to experience difficulty falling asleep, waking during the night and sleep apnea, a disorder that causes interrupted breathing during sleep. But we shouldn't think that sleep problems are inevitable. Research demonstrated that more than half of all retired people age 65 and older sleep at least 7.5 hours per night, and between the hours of 11 p.m. and 7:30 a.m. The findings suggest that in matters regarding sleep and sleepiness, as in many other aspects of life, most seniors today are doing better than is generally thought.

These studies all provide a reminder that if you or an older loved one is sleeping poorly, you shouldn't ignore the problem—or the cause. Sleep problems might be the first sign of a serious health problem; indeed, poor sleep can be an early sign of Alzheimer's disease. Many sleep problems are caused or worsened by arthritis and other painful conditions. Depression, isolation, incontinence and inactivity make it harder to fall asleep and stay asleep. And many common medications seniors take can cause a restless night.

**Don't delay seeking help.** Ask the healthcare provider to conduct an evaluation or recommend a sleep specialist. Many seniors experience improved sleep quality by taking steps such as:

- Managing health conditions that cause pain or anxiety
- Following a regular sleep schedule
- Improving the sleep environment of the bedroom
- Increasing physical activity during the day
- Avoiding daytime naps
- Having medications reviewed
- Avoiding caffeine in the afternoon or entirely
- Avoiding alcohol in the evening or entirely

The doctor also may prescribe a sleeping medication. It is important to take these drugs only as recommended and for as short a time as possible. Sleep aid technologies also help many people who are dealing with sleep disorders. It's important not to give up. A sleep specialist will evaluate your problem and make the best recommendation for helping you make the most of that one-third of your day ... at any age.

*Source: Caringnews.com*

## April 3rd is National Walking Day

Use this day to kick off your physical activity routine!

Almost 65% of American adults (more than 135 million) are overweight or obese — and this number continues to grow;

Experts at the American Heart Association recommend that every American adult engage in 30 minutes or more of moderate intensity physical activity just about every day of the week, at least 2½ hours per week.

It's simple to start a walking program! All you need are comfortable clothes and supportive shoes.

- Begin with short distances
- Focus on posture
- Breathe deeply - If you can't talk or catch your breath while walking, slow down

Remember, it only takes 30 minutes a day to reduce your risk of heart disease and stroke. Go ahead, get a jump start and go for a walk today.

*Source: American Heart Association*

The popularity of walking as a fitness activity has grown by leaps and bounds. Walking is low-risk and easy to start, and it has proven health benefits.

A regular walking program can:

- Improve your cholesterol profile
- Boost your bone strength
- Lower blood pressure
- Prevent weight gain
- Increase your energy and stamina