

Insider Look

Fatty Liver Disease

- Nonalcoholic fatty liver disease happens when there is too much fat stored in the liver.
- It causes inflammation which can lead to scarring, cirrhosis and possible liver failure.
- It can occur at any age, but is most prevalent among people between 40 and 60 who have other risk factors like obesity and type 2 diabetes.
- Usually there are no indications of the disease, but when symptoms occur they include fatigue, pain, swelling of the abdomen and jaundice.
- Fatty liver disease is linked to obesity, insulin resistance, hyperglycemia and high levels of triglycerides in the blood.
- Other conditions like high cholesterol and sleep apnea increase your risk for nonalcoholic fatty liver disease.
- To prevent this disease, eat a plant-based diet rich in fruits and vegetables and whole grains, exercise most days of the week and maintain a healthy weight.

[mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/symptoms-causes/syc-20354567](https://www.mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/symptoms-causes/syc-20354567)

Our diets can cause or prevent health problems.

Tips

Choosing :

- Pick tomatoes that are deep red and firm with some give.
- Smell the tomato by the stem; it should have a strong aroma. The more fragrant the tomato, the more flavorful it will be.
- Avoid wrinkles, bruises or spots.

Storing:

- Store whole, uncut tomatoes at room temperature, not in a refrigerator. Cold temperatures kill the flavor compounds and make them mealy.
- Avoid stacking which can bruise them.
- If the tomatoes are not yet ripe, put them in a paper bag until ripe.
- Once they are ripe, tomatoes will keep for 2-3 days.
- After cutting a tomato, bacterial growth can occur rapidly. Place the cut tomato face down on a paper towel in a closed container, and refrigerate for up to 2 days.

Preparing:

- Wash tomatoes under cool running water.
- With a small paring knife, remove the stem.
- Cut a small slice off the side to create a flat side on which to balance the tomato.
- To slice, use a long serrated knife and gently saw off slices from the bottom, working your way toward the top of the tomato.

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Tomatoes



Healthy Recipes

Greek Vegetable Salad

Yield: 4 servings
 Serving size: 1 cup

Ingredients:

- 3 cups chopped tomatoes, (about 3 large tomatoes)
- 2 cups sliced cucumbers, (about 1 medium cucumber)
- ¼ cup olives
- ½ small red onion, sliced
- ½ cup fat free Italian dressing
- ¼ cup feta cheese, crumbled

Instructions:

1. Chop and slice vegetables.
2. Mix vegetables in a large bowl.
1. Add dressing and feta, and toss lightly.
2. Serve immediately or refrigerate until ready to serve.



Nutrition Facts	
Serving Size (254g) Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 480mg	20%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 3g	
Vitamin A 25%	Vitamin C 35%
Calcium 8%	Iron 6%

*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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Tomatoes are high in lycopene, potassium and vitamins A & C.

Fun for Kids

Kids in the Kitchen



Kids are more likely to eat food that they help grow and prepare. Introduce them to cherry or grape tomatoes by having them grow their own. Follow these steps:

- In late April or early May, buy a small cherry or grape tomato plant.
- Find a five-gallon container (about 12 inches tall and 12 inches across the top). If it does not have holes in the bottom, drill four to five holes in the bottom. Fill it with potting soil.
- Remove the tomato plant from the plastic container and loosen the dirt around the roots without breaking the roots. Plant it in the soil.
- Place a wire tomato cage over it.
- Water until the soil is evenly moist. Repeat every 2-3 days, or more if the weather is very hot and dry.
- In about a month flowers will appear. Then green tomatoes will begin to grow. When they turn red they are ready to pick. The plant may produce tomatoes every day until the frost.
- Wash the tomatoes before eating.

Brain Break

Find the Hidden Words

Fruits and Vegetables

S J D A M S M G M H L M S O R
 L K N B Y O G A P L O E T F J
 O T A M O T T P R J I N R A X
 A R G O M H R A E U Q R A E M
 A H F A X J X I T A T T W Q W
 M U N P W L U E S O S G B M S
 F I P T F J R E R E P C E X X
 Z M X K K V K R S J A Y R T U
 O D P Y Z J A S B B I R R J U
 G D H J R C O C B Y Z E Y O K
 B T G S O K D A U J F L E L I
 T P M K G H G X W T F E H H U
 H Q C E F E E W B Y P C T H E
 Q Y B X O W L T J Y Z X T I L
 Y S J A P P L E W K F L B V D

APPLE
 CELERY
 STRAWBERRY
 CABBAGE

PEAS
 TOMATO
 CARROT
 POTATO



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