



Are you getting enough Vitamin D?

There is much interest and research today on Vitamin D. Reports do vary but here are some things we seem to know about this vitamin and hormone. Living in the north with little sunshine does not provide us enough Vitamin D nor does our food intake. Vitamin D deficiencies may be associated with increased cancer risk, autoimmune diseases, bone loss and depression. Research indicates that most immune cells have a Vitamin D receptor and need Vit. D to fully function properly. You can safely take 2,000 IU of Vitamin D3. Vitamin D intake over 10,000 IU is toxic.

Here are two interesting links about Vitamin D, one is an article published in the American Journal of Clinical Nutrition written by Dr. Holick who has researched Vitamin D for the past 30 years.

[Vitamin D deficiency: a worldwide problem with health consequences](#)

This is a link to an [interview](#) with Dr. Holick from Boston University and is easy to read.

Foods Rich in Vitamin D

Cod liver oil, herring, kippers, salmon, mackerel, sardines, tuna and eggs.

Childhood Obesity Initiative

This week First Lady Michelle Obama launches America's first Childhood Obesity Initiative. Some statistics:

- Obesity rates have tripled in the last 30 years.
- Children may not live as long as their parents' generation.
- One out of three children are overweight or obese.
- \$147 billion dollars goes toward obesity-related health care costs yearly.
- Bullying, low self-esteem and depression has dramatically increased.

Proposed outcomes-

- Food deserts (people living in areas without access to fruits and vegeta-

bles will be eliminated in seven years.

- The American Academy of Pediatrics says it will call on members to regularly monitor body mass indexes of children age two and older.

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Special points of interest

- Are you getting enough Vitamin D?
- Childhood Obesity
- Temple Grandin
- Rest and renewal
- Organic clothing for sale
- Recipes
- Roasting vegetables

Temple Grandin

Temple Grandin, professor, writer and animal behaviorist, grew up most comfortable around animals. She is autistic and believes animals slaughtered for food should live in humane conditions, and be humanely slaughtered.

Because of her understanding of animal behavior, half of the slaughterhouses in the U.S. now use her design for the humane treatment of cows. See her inspiring story now on HBO or read one of her many books.

Rest and renewal

Winter is a time of rest and renewal in nature and within ourselves. As you wait for spring, plant the seeds for change and growth within your spirit. A series of Lenten reflections by Sister Mary (Mary Andre) Van Gilder, IHM, will be published on the IHM Sisters Web site on the [Reflections](#) page in Spirituality, beginning Ash Wednesday (Feb. 17).

Organic clothing for sale

Interested in organic Clothing? Sue Sanders is selling her clothing line at 50% off original price. If interested, call her at 734-735-0073.

Roasting vegetables

Roasting vegetables brings out its natural sugars and preserves its nutrients. If children (or adults) do not like veggies, try roasting them. You can roast all vegetables—even broccoli.

- 3 medium onions, cut into six chunks each
- 4 small unpeeled red-skin potatoes, halved
- 1 medium rutabaga or large turnip, peeled and cut into 1/2-inch thick pieces
- 1 pound Brussels sprouts, halved
- 1/2 small cabbage, cored and cut into 1-inch pieces
- 2 medium carrots, peeled and cut into 1/2-inch thick pieces
- 2 tablespoons Balsamic vinegar (optional)
- 4 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper
- 10 cloves garlic, halved

Set one oven rack high up and a second toward the bottom of the oven. Preheat oven to 450°. In a large bowl, toss together the vegetables, balsamic vinegar, and olive oil (enough to lightly coat them) with salt and pepper.

Spread the vegetables on two large, shallow roasting pans or cookie sheets. Roast about an hour, turning several times during cooking for even browning. Switch the pans positions and add garlic to pan halfway through cooking. Vegetables are done when they are browned and easily pierced with a knife. Adapted from Splendid Table (www.splendidtable.com).

"The human community and the natural world must go into the future as a single sacred community, or they will both perish in the desert.

~Thomas Berry

Childhood Obesity (con't from first page)

- Major food suppliers to school cafeterias have pledged to cut sugar, salt and fat, and to increase whole grains and produce.
 - The American Beverage Association has committed to putting front-of-pack calorie labels on cans, bottles, vending machines and soda fountain machines within two years.
 - About 40 executives of major food producers and agribusinesses indicated that they would join the First Lady in promoting healthy eating. Among the signers: the chief executives of Kraft Foods and Sara Lee Corp.
 - Walt Disney Co., NBC, Universal, Viacom and others committed to run healthy public service announcements.
 - Professional athletes will urge kids to put away video games and exercise.
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Recipes



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