



# FUEL

## ...YOUR BODY AND YOUR MIND

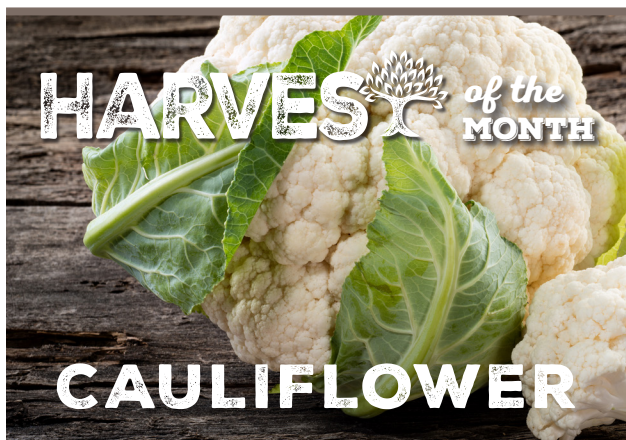
JUNE

### THE SCOOP ON VITAMIN D

You may know vitamin D as the sunshine vitamin because our bodies can absorb it from the sun's UVB rays, but that's only half of the story. Vitamin D is important because it works with calcium and is necessary for strong, healthy bones. Without daily sufficient intake of vitamin D, our bodies cannot absorb calcium, no matter how much we have, which puts our bones at risk of deterioration as we get older.

Though prolonged exposure to the sun's rays is well known to increase the risk of skin cancer, we don't need to run from the sun. In fact, even fair people require some time outside without sunblock for enough Vitamin D absorption. Fairer complexions should aim for 5 minutes a day, while those with darker complexions should be unexposed for no more than 15 minutes in the sun, two to three times per week during the summer months.

Outside of those months (or on high UV-warning summer days), we have to get our vitamin D from other sources, such as foods and supplements, to prevent a deficiency. Very few foods contain vitamin D, which makes it necessary to supplement. Food sources of vitamin D include egg yolks and fatty fish, as well as fortified milks, cereals and orange juices.



Cauliflower is a cool cruciferous veggie that is high in nutrients while low in calories, making it a favorite substitute for those looking to lower their carb intake (see our "rice" recipe on the next page as an example). Cauliflower boasts a wide range of vitamins (B6, C, K), minerals (calcium, iron, magnesium, to name a few) and antioxidants to reduce the risk of diseases and improve digestion. It is also one of the rare foods that contain choline, an essential nutrient for brain development. Its versatility makes it a fun and easy vegetable to add to your overall diet.

## FAMILY RECIPE CORNER

# CAULIFLOWER FRIED RICE

**YIELDS: 4 SERVINGS**

### INGREDIENTS

1 tsp. + 1 Tbsp. sesame oil, divided  
2 eggs  
1 small head cauliflower  
½ cup sautéed veggies (leftovers work great)  
2 green onions  
3 cloves garlic, minced  
3 Tbsp. soy sauce  
salt and pepper, to taste

### DIRECTIONS

Combine 1 teaspoon sesame oil with eggs in a bowl, then whisk to combine and set aside. Chop cauliflower head into big chunks and blend in a food processor until it is a rice-like consistency. Heat remaining tablespoon of sesame oil in a large nonstick skillet over high heat. Add cauliflower, green onions and your favorite vegetables and stir fry until cauliflower is just beginning to turn tender, about 3-4 minutes. Add garlic, salt and pepper, and then continue to stir fry until garlic is fragrant, about 30 seconds. Push mixture to the sides of the pan to create an opening in the center, then add the eggs and scramble. Toss mixture to combine. Drizzle in soy sauce and mix again to combine. Serve hot.

