



WELCOME TO

Nourish to Flourish

Putting the Food is Medicine Approach into Everyday Practice

Welcome to Nourish to Flourish!

UMACO'S QUARTERLY
NUTRITION AND WELLNESS NEWSLETTER



Spring is a season of fresh starts, and we're excited to introduce the first edition of *Nourish to Flourish: Putting the Food is Medicine Approach into Everyday Practice*. Created by UMACO's team of dietitians, this newsletter is your go-to source for bite-sized nutrition insights, simple recipes, and science-backed guidance to support your wellness goals.

Here at *Nourish to Flourish* we are here to help you cut through the noise of diet culture and misinformation. Each issue will feature myth-busting, practical tips, and food inspiration to help the UMACO team and patients reconnect with food in a positive way and make small, meaningful changes that support long-term health.

Meet the Dietitian Team



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Wellness Bites

EVIDENCED-BASED TIPS FOR EVERYDAY HEALTH

March is **National Nutrition Month**, and this year's theme is "Discover the Power of Nutrition."

One of the most impactful places to start is with fiber, a nutrient many Americans don't get enough of, yet one that plays a major role in long-term health.

Most adults fall short of the recommended 25–30 grams of fiber per day, often consuming closer to 15 grams. Research consistently shows that higher fiber intake is associated with improved gut health, heart health, blood sugar control, and weight maintenance. Fiber helps keep digestion regular, supports a healthy gut microbiome, slows the absorption of sugar into the bloodstream, and can increase feelings of fullness after meals.

Studies also link diets rich in fiber to a lower risk of chronic diseases, including heart disease, type 2 diabetes, and certain cancers. Foods naturally high in fiber, such as fruits, vegetables, whole grains, beans, lentils, nuts, and seeds, provide additional vitamins, minerals, and plant compounds that work together to support overall wellness.

Simple ways to boost fiber intake:

- Add beans or lentils to soups, salads or grain bowls
- Choose whole grains (like oats, brown rice, or whole wheat bread)
- Snack on fruit, veggies, nuts, or popcorn
- Aim to include a fruit or vegetable at every meal

Small changes can add up, and increasing fiber is one simple and powerful way to support your health

Tip: increase fiber intake incrementally to prevent stomach upset and always pair with water to help it work effectively!

[SEE THE RESEARCH](#)



Myth or Morsel?

SEPARATING FACTS FROM FICTION IN NUTRITION

Myth: Carbohydrates cause weight gain

Morsel: Carbohydrates are actually the body's primary source of energy, fueling the brain and muscles. The body needs a minimum of 130 grams per day to function properly, and current dietary guidelines recommend 45–65% of daily calories come from carbohydrates (nutrition needs are individualized, be sure to speak with a dietitian to discuss your specific nutrition needs). The key isn't avoiding carbs; it's choosing specific kinds to support your health needs. Whole-food sources like fruits, vegetables, whole grains, beans, and lentils provide fiber, vitamins, minerals, and antioxidants that support heart health, digestion, and stable blood sugar.

Highly processed carbs like sugary drinks, sweets, and refined grains tend to be lower in nutrients and fiber. In contrast, fiber-rich carbohydrates digest more slowly, helping keep you fuller longer and supporting digestive health.

Instead of cutting carbs out, aim to include whole, fiber-rich carbohydrates alongside protein and healthy fats for balanced energy and long-term health.

[FIND OUT MORE](#)



Seasonal Spotlight

USING SEASONAL FOODS TO SUPPORT YOUR HEALTH



ASPARAGUS



Spring is the perfect time to enjoy asparagus; a vegetable that's at its peak from March through early summer. Not only is asparagus fresh and flavorful this time of year, it also packs a nutritional punch.

Asparagus is rich in fiber, folate, and vitamins A, C, and K, which support heart health, digestion, and immune function. It's also a natural source of prebiotics, which help nourish the beneficial bacteria in your gut and support a healthy microbiome.

Easy ways to enjoy asparagus:

- Roast with olive oil, garlic, and lemon for a simple side dish
- Add chopped asparagus to omelets, frittatas, or grain bowls
- Toss into pasta dishes or spring salads
- Grill and top with shaved parmesan for a quick appetizer

Choosing seasonal produce like asparagus not only supports fresh flavor and nutrition but can also be a budget-friendly way to add variety to your meals.

Seasonal Bites

RECIPE PICK OF THE MONTH FEATURING THE SEASONAL SPOTLIGHT FOOD

Spring into seasonal eating! When we say “seasonal foods”, we mean produce that’s hitting its peak, ripe, flavorful, and packed with nutrients. Shopping in season isn’t just easier on your wallet; your body gets the most vitamins and minerals when foods are harvested at their prime!

So, how do we turn these seasonal stars into a quick, nourishing meal? The secret is variety! A balanced plate includes protein, high-fiber carbs, healthy fats, vitamins & minerals, and lots of color. One-dish meals are a great way to get it all, fast. Enter the frittata, your new best friend. Perfect for breakfast, lunch, or dinner, frittatas are customizable, flavorful, and meal-prep friendly. Just toss in your favorite veggies, proteins, and herbs, and you’ve got a nutrient-packed dish in no time.

This month, we’re spotlighting asparagus, a spring superstar. Packed with nutrients, easy to work with, and delicious in a frittata, it’s a perfect way to enjoy the flavors of the season while keeping your meals quick, colorful, and nourishing.



<https://thediitianfeed.com/2021/04/01/spring-vegetable-frittata/#recipe>

SPRING VEGETABLE FRITTATA

PREP: 10 MIN | COOK : 22 MIN | REST: 10 MIN

INGREDIENTS

- 6 large eggs
- 1 small shallot, small diced
- 1/2 heaping cup mushrooms, sliced in half and chopped and/or any other preferred veggies
- 1/4 cup milk (any kind)
- 1 large clove garlic, minced
- pinch each of red pepper flakes, salt & black pepper
- 1/2 cup asparagus chopped into 1/4 inch pieces (halved lengthwise if they are very thick)
- 1/4 cup crumbled feta or goat cheese

DIRECTIONS

- Preheat oven to 375F and grease an 8" round baking dish.
- Beat the eggs in a medium bowl. Add the shallot, mushrooms/veggies, milk, garlic, red pepper flakes, salt & pepper and whisk together until combined.
- Pour the egg mixture into the baking dish. Top with the asparagus pieces and feta cheese.
- Bake for 20-22 minutes until the middle is set. The edges may be puffed up, but as the frittata sets it will settle down.
- Remove from the oven and allow to rest for 5-10 minutes. Serve immediately with any sides of choice (a slice of whole grain toast or roasted sweet potatoes incorporates a great source of fiber for keeping you fuller longer.)
- Store refrigerated in an airtight container for up to 4 days.

[SEE THE FULL RECIPE HERE](#)

Work with us today

QUESTIONS ABOUT WORKING WITH US?

Call (302)365-8333

NEWSLETTER QUESTIONS?

Contact cwebber@umusa.net

FOR MORE RESOURCES

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[RECIPE INSPIRATION](#)