

Ever Too Early?

From what age can I introduce the concept of Intuitive Eating to my daughter?

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WELLSPRING

THE HEALTH MAGAZINE FOR THE JEWISH FAMILY

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4 practical ways to inculcate Torah chinuch into our kids from a young age

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More Than Just a Cup o' Joe

In these nutritious and flavorful dishes, Malky rebrands the humble coffee bean

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How to maintain healthy habits when croissants are on the menu at the staff meeting

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An in-depth exploration of the developmental debate

Spring Specialties

6 foods you want on your menu this season—and why

In His Own World

We thought our son was the model of obedience, but there was more to the story

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The Vibes

6 SPRING SPECIALTIES



Spring has arrived, and so has the delicious and fresh produce this season has to offer. Let's explore 6 spring specialties and some nutritional highlights of each.

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Apricots

Small, yet packed with nutritional benefits, apricots have a high amount of vitamins (such as vitamins A, C, and E), potassium, and flavonoids—a compound produced by plants that has many health benefits, such as reducing inflammation and strengthening blood vessels. The potassium helps with muscle and nerve function, as well as heart health.



Radishes

Did you know that there are several types of radishes? The most common is the red radish, which is small and round, but there is also the daikon radish, which is white and looks similar to a carrot, and the beautiful-looking watermelon radish, with its pale green skin and pink inner flesh. Radishes are a great source of antioxidants and have a good amount of vitamin C. They are also rich in minerals, such as calcium and potassium, which help support heart health.



Beets

The deep red/purple color of beets is a sign of their high nutritional content. Beets are particularly known for improving heart health and having high levels of antioxidants. They're also anti-inflammatory, which supports the notion that beets help prevent many medical conditions. Yellow beets are also very beneficial to the body; their yellow color indicates that they contain nutrients of a slightly different variety, although very healthy too.



Peas

Officially in the legume family, peas come in three different varieties—garden or green peas, snow peas, and snap peas. While peas may seem humble and low key, they are actually very high in nutrition due to the high concentration of vitamins, minerals, antioxidants, and phytonutrients. The carotenoids contained in peas—lutein and zeaxanthin—are particularly helpful with protection against cataracts and age-related macular degeneration. There are also many other nutrients in peas that decrease inflammation and therefore lower the likelihood of medical conditions associated with inflammation, such as diabetes, arthritis, and heart disease.



Mint

While many plants are referred to as mint, the most common varieties are spearmint and peppermint. These herbs provide a cool sensation and can add much flavor to drinks, salads, and protein dishes. Mint has many supposed health benefits; its use as a remedy for general digestive discomfort, specifically for individuals with irritable bowel syndrome, is the one most supported by evidence-based research.



Leafy greens such as arugula, spinach, and lettuce

It's not called "spring mix" for no reason. Abundant in the spring, dark green leafy vegetables are generally rich in vitamins A, C, E, and K, and have high levels of fiber, iron, calcium, magnesium, and potassium. They are also a great source of folate, which is a B vitamin needed for DNA duplication and repair, particularly important for women in child-bearing years. The versatility of leafy greens is also great—think beyond the typical salad and get creative by including leafy greens in wraps, stir-fry, and omelets as well.

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Microbiome of Breastfed Infants May Be Affected by Maternal Diet

A recent study published in *Nutrients* highlights the work of researchers from the University of Massachusetts who sought to study the impact of maternal diet on breastmilk and an infant's microbiome. Previous studies show that breastfed infants receive nutrients, immune cells, antibodies, and other beneficial components via breastmilk, which impact the microbiome of an infant. This study set out to further understand the association between maternal diet and breastmilk, and even further, the microbiome of infants.

The team collected and assessed research papers to review within PubMed, Web of Science, and Scopus databases. After reviewing, sorting, and analyzing many research papers, the researchers concluded that maternal food consumption had an impact on the milk microbiome in addition to the infant microbiome, both in the positive and in the negative.

While further studies are needed to determine more concrete recommendations and the degree of impact on maternal diet on breastmilk (and then subsequently infant microbiome), this seems to further encourage and emphasize the additional benefits of healthy eating patterns among lactating women.

Magnesium May Maximize Brain Health

The aging process often leads to brain shrinkage, which is associated with a decrease in cognitive function and a risk of dementia. Since there is currently no cure for dementia, and successful pharmacological treatments have not been found, recommending proactive diet-related strategies to help prevent or minimize risk of dementia is a great proactive strategy to implement. Scientists from the Neuroimaging and Brain Lab at the Australian National University (ANU) have found that increasing consumption of magnesium-rich foods, such as nuts, spinach, legumes, seeds, and leafy green vegetables, may also reduce the risk of dementia.

The study included over 6,000 cognitively healthy participants in the United Kingdom between the ages of 40 to 73. Participants filled out an online questionnaire multiple times over a 16-month period. Their responses were analyzed, and their daily magnesium intakes were calculated. Ultimately, researchers found that people who consumed more than 550 milligrams of magnesium each day had a brain age that was approximately one year younger by the age of 55 in comparison to subjects with a more standard magnesium intake of about 350 milligrams per day. ♥