

# Community Health Newsletter

Week Eleven



## K: Vitamin K



Green leafy vegetables (spinach, Swiss chard, etc), Brussels sprouts, cauliflower, cabbage, and liver contain vitamin K.

While the body can produce vitamin K in the intestines, it requires vitamin K to make proteins required for blood to clot and for healthy tissues and bones. People with a vitamin K deficiency are usually prone to nose bleeds, bruising, and bleeding.

According to the National Institutes of Health, there is insufficient evidence to rate effectiveness of vitamin K creams for treating spider veins, bruises, scars, stretch marks, and burns.

Note vitamin K does not react well with some medications such as Warfarin or Coumadin.

### Tip Of The Week:

<http://health.discovery.com/centers/cholesterol/activity/activity.html>

Did you know that the benefits of exercise vary depending on your body mass and the frequency, intensity, and duration of physical activity? Try the Discovery Health Activity Calorie Burn Rate calculator to estimate the number of calories you burn performing various activities depending on your weight, frequency, intensity, and duration.

### ACTIVITY TIP

The United States Surgeon General recommends adults engage in moderate amounts of daily physical activity five or more times a week. Examples of moderate amounts of physical activity include:

- Raking leaves for 30 minutes is a moderate-intensity exercise. It works your core muscles and upper body. Switch sides to prevent overuse of muscles on one side of the body.
- Push a stroller 1.5 miles in 30 minutes.
- Wash and wax a car for 45-60 minutes.
- Walk fast for 30 minutes.
- Play doubles tennis.

If weight loss is your goal, use more calories than you consume, regardless of the type, intensity, or duration of your physical activity.

During moderate-intensity activity, you should be working hard enough to raise your heart rate and sweat. You should be able to talk, but not be able to sing a song.

Vigorous-intensity activity leaves you breathing hard and fast. Your heart rate is up, but you are not able to say more than a few words.

## Baked Brussels Sprouts with Apples and Almonds - Serves 8

### Ingredients:

- 3 pounds Brussels sprouts, trimmed and cut in half
- 1 tablespoon balsamic vinegar
- 3 Granny Smith apples, cored and thinly sliced
- 1 cup sliced almonds
- 1 teaspoon peppercorns
- 4 tablespoons olive oil
- 1 large red onion, thinly sliced
- ½ cup raisins
- ½ teaspoon red pepper flakes
- ¼ cup butter, cut into small pieces

### Directions:

1. Preheat oven to 350 F
2. Place Brussels sprouts in a large bowl. Add vinegar, apples, almonds, peppercorns, oil, onions, raisins, and pepper flakes.
3. Toss together and transfer to a baking dish. Dot the top with the butter.
4. Bake on lower rack for 60 minutes.

### Source:

<http://www.kingcounty.gov/employees/HealthMatters/PersonalHealth/EatSmart/TakeAction/AtWork/Recipes/SideDish/BrusselsApplesAlmonds.aspx>

