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# NUTRITION WITH NATHAN

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## Tropical Chicken with Citrus Sauce

This dish features protein-packed chicken in a sweet and zesty citrus sauce rich in vitamin C.

Click [here](#) for full nutrition facts.

**Makes 4 servings**



### Ingredients

- 1 tbsp extra virgin olive oil
- 4 ea boneless chicken breast (about 4 oz each)
- 1/4 cup low sodium chicken broth
- 1/2 cup Mandarin orange segments
- 1/2 cup grapefruit segments
- 1/3 cup orange marmalade
- 1/4 cup fresh lime juice
- 1/8 tsp crushed red chili pepper flakes (or to taste)

### Instructions

1. Preheat oven to 350°.
2. Heat the vegetable oil in a skillet over high heat for a minute or so. Add the chicken breast and cook 4 to 5 minutes on each side, until golden brown.
3. Transfer the chicken to a roasting pan, reserving the drippings in the skillet. Pour the broth over the chicken in the roasting pan.
4. Cover the roasting pan and bake for 20 minutes, until chicken reaches an internal temperature of 170°.

While the chicken is cooking, add the orange, grapefruit, marmalade, lime juice, and red pepper to the skillet with the drippings and whisk. Simmer for 5 minutes. For each serving, place chicken on a plate and ladle 1/4 cup of sauce over top.

# IBS Awareness Month

Irritable Bowel Syndrome (IBS), a gastrointestinal disorder affecting the small and large intestines, is present in 10-15% of adults. The cause is unknown but certain factors may trigger symptoms.

According to the Academy of Nutrition and Dietetics, "genetics, lifestyle, allergies, infection, or a change in intestinal bacteria type" may contribute to IBS. Common symptoms include abdominal pain, bloating, discomfort, constipation, and diarrhea.

There are a variety of foods that could cause discomfort for those with IBS, including grains, legumes, dairy, caffeinated drinks, fried and highly processed foods, artificial sweeteners, and some fruits or vegetables. IBS can also be accompanied by small intestinal bacterial overgrowth (SIBO) which can contribute to symptoms. This overgrowth can be tested and treated with antibiotics.

An elimination diet is a popular approach for finding out which foods cannot be tolerated. It is important to work with a healthcare professional when following an elimination diet to avoid nutrient deficiencies. When it comes time to reintroduce foods, symptoms must be carefully monitored to determine which foods are causing discomfort.

A diet low in fermentable oligo-, di-, mono-saccharides, and polyols (or FODMAPs) is a common elimination diet for IBS.

For those with IBS, FODMAPs can cause an increase in gas production and excess water in the intestines leading to bloating, constipation, and diarrhea.

Before implementing any major diet change, consult with a doctor and dietitian.

# Coffee Friend or Foe?



*The steamy aroma. The roasted taste. That welcome boost of energy. For many of us, mornings aren't complete (or, let's be honest, can't even begin!) without a fresh cup of coffee.*

According to the American Heart Association, "regular coffee drinking has been linked to a lower risk of coronary heart disease for women," says Emily Ackergberg, RDN.

It can also improve mood, heighten your mental performance, prevent dental cavities, and may reduce the risk of type 2 diabetes, Parkinson's, colon cancer, Alzheimer's, and depression.

Most healthy adults can safely have up to 300 milligrams of caffeine a day, which is about three cups of coffee.

However, be aware of the sugar content in syrups and opt for plant-based milk to reduce calories, fat, and carbohydrates.

Read more of this article [here](#).



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Have questions?  
Interested in nutrition counseling?  
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