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# Nutritionally Speaking

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with Renata Shiloah, M.S., R.D., C.D.N



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## Health Trends: The Year of the Pulses!

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The year of the what? Pulses are edible seeds that grow in a pods - think beans, lentils, and peas.

The United Nations declared them this year's trendy food and for good reason! These tasty little guys are a cheap, low-fat source of protein, fiber, vitamins and minerals, and they count towards your recommended five daily portions of fruit and vegetables. Adding pulses to your diet may even lower your risk of cardiovascular disease and diabetes.

Make pulses the star of your dish or add them to soups, casseroles and meat sauces to add extra texture and flavor. Check out the recipes below and jump on the trend!



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### 1 Etymology

**Pulse**  
The word pulse originates directly from the Latin *puls* meaning "thick gruel, porridge, mush."

### 2 Pulses vs. Legumes

**Legume** refers to the plants whose fruit is enclosed in a pod.

**Pulses** a subgroup of the legume family; refers only to the dried seed.

### 3 Crops of ancient origin

Pulses have been an essential part of the human diet for centuries.

The agricultural production of beans, chickpeas & lentils dates back to 7000 - 8000 B.C.

### 4 Versatile ingredient with long shelf life

Pulses can be stored for months without losing their high nutritional value, providing increased food availability between harvests.

**A key ingredient** in many national and regional dishes such as:

- Baked beans
- Chilli
- Daal
- Falafel

### 5 Part of the vital web of biodiversity

Intercropping with pulses increases farm biodiversity and creates a more diverse landscape for animals and insects.

### 6 Foster sustainable agriculture and soil protection

The nitrogen-fixing properties of pulses can improve soil fertility, which improves and extends the productivity of farmland.

Surprising facts about

# Pulses

you might not know

### 7 Highly water efficient

*Water efficiency of pulses compared to other protein sources:*

1 kg Daal (split peas or lentils)	1 kg Chicken	1 kg Mutton	1 kg Beef
50 litres	4 325 litres	5 520 litres	13 000 litres

### 8 Unexpected ally against climate change

Pulses species have a broad genetic diversity from which climate resilient varieties can be selected.

By producing a smaller carbon footprint pulses indirectly reduce greenhouse gas emissions.

### 9 Economically accessible and multipurpose

Farmers who cultivate pulses have the option to both eat and/or sell their harvest.

**Pigeon peas & Bambara beans** Can be cultivated in very poor soils and semi-arid environments.

Crop residues from grain legumes can also be used as animal fodder.

### 10 A powerful superfood

- Zero cholesterol
- High content of iron and zinc
- Rich in nutrients
- Gluten free

Source of protein

Low glycaemic index

Low fat content

Rich in minerals and B-vitamins

Source of dietary fibre



Food and Agriculture Organization of the United Nations

#IYP2016  
fao.org/pulses-2016





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# Recipes

## Lentil Soup

### INGREDIENTS:

- 2 cups dried lentils
- 7 cups water
- 1/4 cup olive oil
- 2 chopped carrots
- 2 chopped celery stalks
- 2 cups spinach
- 1 can (14.5 ounces) chopped tomatoes
- 1 chopped onion
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon parsley
- salt and pepper to taste

Prep Time: 5 minutes

Total Time: 2 hours

Serves: 8

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.

Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.

## Black Bean Quesadilla

### INGREDIENTS:

- 1 15-ounce can black beans, rinsed
- 1/2 cup shredded Monterey Jack cheese, preferably pepper Jack
- 1/2 cup prepared fresh salsa, divided
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

Source: Eating Well

Prep Time: 5 minutes

Total Time: 15 minutes

Serves: 4

Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.



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*Dear Renata.....*

*Dear Renata:*

I really want to start exercising but I don't know where to start or how to motivate myself. Any tips to get started - CP

**Dear CP:**

It's a great idea to start exercising! Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. It's best to start slow and build up so you don't get bored, too sore or frustrated. Find something you enjoy, like walking, dancing, or yoga, and aim to workout for 15 minutes a couple of days a week. You can build from there, aiming for 3 to 4 times a week for 30 to 60 minutes. If it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

*Dear Renata:*

My day is so busy that I usually only eat twice a day, plus a snack from the vending machine when I get really groggy in the afternoons and feel like I'm dragging. I've heard that I should eat more frequently, but what are the benefits? - TN

**Dear TN,**

As a rule of thumb, it's best to eat within an hour of waking up and then every 2 to 4 hours. Having small, frequent meals can help you make healthier choices and avoid overeating, and will also stabilize blood sugar throughout the day to help you maintain your energy. Try carrying some healthy snacks with you during the day, like a handful of nuts with an apple.



*Have a nutrition question?*

Email: [rshiloah@betances.org](mailto:rshiloah@betances.org) or drop a note: at the front desk



**Renata Shiloah M.S., R.D., C.D.N**



is available for Nutrition Counseling at "Betances Health Center"

stop by the front desk or call for an appointment: (212) 227-8401 ext 159



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## Upcoming Events for April 2016

◆ **Acupressure Group: Tuesdays**

◆ 1:30 pm – 3:00 pm

◆ **Weight-loss Support Group: Wednesdays**

◆ Participants must register for the weight-loss group. Please contact Renata Shiloah, RD at 212-227-8401 ext. 159 to register.

◆ 10:00 am – 11:30 am

◆ **Nutrition Therapy:**

for an appointment, contact Renata Shiloah, RD at 212-227-8401 ext. 159 or make an appointment at the front desk (referral is needed)

**For more information on upcoming events  
please call:**

Nancy Mendez, Outreach Coordinator  
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