



Nutritionally Speaking

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

SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

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and Dietetics
www.eatright.org



March is National Nutrition Month! This year's theme? Savor the flavor!

How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods – that's the best way to savor the flavor of eating right!

How can you add more flavor to your dishes? Skip the salt and try salt-free seasonings such as herbs, spices, garlic, vinegar, black pepper or lemon juice. Make your own salt-free seasonings by combining herbs and spices. Try making your own at home!

Salt-free Seasoning Blends

Boost the flavor of foods with salt-free herb and spice blends. Combine ingredients and store in a tightly covered jar. Rub or sprinkle them on food for added flavor.

Mixed herb blend: Mix together $\frac{1}{4}$ cup dried parsley flakes, 2 tablespoons dried tarragon and 1 tablespoon each of dried oregano, dill weed and celery flakes.

Italian blend: Mix together 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.



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Mexican blend: Mix together ¼ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper and ½ teaspoon cinnamon.

Rate Your Plate

“Rate Your Plate” by answering the following questions to find out if you are eating right with MyPlate. Answer each question, then add up your score.

Do you:	Most days	Sometimes	Never
Consider nutrition when making food choices?	2	1	0
Avoid skipping meals?	2	1	0
Include 3 or more whole-grain foods daily?	2	1	0
Eat at least 2 ½ cups of veggies daily?	2	1	0
Vary veggies with dark green and orange varieties?	2	1	0
Eat at least 2 cups of fruit daily?	2	1	0
Get 3 cups of low-fat or fat-free milk or yogurt daily?	2	1	0
Choose lean meats and poultry?	2	1	0
Vary protein with more fish, beans and nuts?	2	1	0
Limit added sugars, salt, and solid fats?	2	1	0

What's your Score?

16 to 20 points:	<i>Healthy eating seems to be your habit already!</i>
10 to 15 points:	<i>You're on track. A few easy changes will make your total eating plan healthier.</i>
0 to 9 points:	<i>Sometimes you may eat smart. For good health, add more smart choices to your eating plan.</i>



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Savory Recipes

Lemon Basil Hummus

INGREDIENTS:

- 1 can (15 ounces) low-sodium chickpeas
- 1 cup loosely packed fresh basil, leaves removed
- Juice from 1 lemon
- Freshly cracked pepper, to taste
- 1 clove ginger
- 1 tablespoon olive oil

Total Time: 10 minutes

Serves: 4

Drain the chickpeas. Rinse with cold water and drain well in a colander. Remove basil leaves from stems, wash and pat dry with paper towels.

Place the chickpeas, basil, garlic, lemon juice, oil, and black pepper into a food processor.

Cover and pulse until the mixture is smooth. If thick, add a small amount of water to processor and mix well.

Serve with quartered whole-grain pita bread or fresh vegetables for dipping.

Peanut Ginger Noodles

INGREDIENTS:

- 1/2 cup smooth natural peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons minced garlic
- 1 1/2 teaspoons chile-garlic sauce, (see Ingredient Note), or to taste
- 1 teaspoon minced fresh ginger
- 8 ounces whole-wheat spaghetti
- 1 12-ounce bag fresh vegetable medley, such as carrots, broccoli, snow peas

Cook Time: 30 minutes

Total Time: 40 minutes

Serves: 6

Put a large pot of water on to boil.

Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl.

Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more.

Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta and vegetables; toss well to coat.

Serve warm or chilled.



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Dear Renata.....

Dear Renata:

My doctor just told me my blood sugar is high. I'm really worried! Does that mean I have diabetes or am about to have diabetes? -KN

Dear KN:

Getting diagnosed with prediabetes is a serious wake-up call, but it doesn't have to mean you will definitely get diabetes. There is still time to turn things around! First, try to become more active and gradually increase your exercise to 30 minutes, 5 days a week. Start making changes to your diet by eating more vegetables (especially the less starchy kinds), eating more fiber, getting in protein at every meal or snack, and switching to whole-grain foods instead of processed grains. These changes don't cause your sugar to rise as quickly as processed foods. Check back with your doctor every 3 to 6 months to make sure you're on track, or if you'd like to talk in person I'm here to help!

Dear Renata:

I know I'm supposed to check out food labels, but besides fat and calories what am I looking for? - YM

Dear YM,

Great question! In animal and processed foods you should try to look for foods that have 3 grams or less of fat. If you're eating grains or products made from flour or processed foods, try to find options that have 3 grams or more of fiber. Always check to make sure that sugar says 7 grams or less, and check the ingredients for added sugars. Try to find packages that have less than 140 mg or less of sodium, but if you can't find that then no more than 300 mg. Also always make sure to see how many servings are in one package. Sometimes they trick you!



Have a nutrition question?

Email: 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 March 2016

◆ **Nutrition Month Fair: March 16th**

- ◆ Nutrition and fitness information and activities
- ◆ 10:00 am - 11:30 am

◆ **Diabetes Education Seminar: March 30th**

- ◆ Preventing the Complications of Diabetes Mellitus through Medication, Exercise and Staying Active
- ◆ 10:00 am - 11:30 am

◆ **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

◆ **Acupressure Group: Tuesdays**

- ◆ 1:30 pm - 3:00 pm

◆ **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
Betances Health Center
280 Henry Street
NYC 10002

