

NUTRITIONALLY SPEAKING

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NOVEMBER FEATURED FOOD: GINGER

November is the perfect month to incorporate this immune-boosting spice into your cooking. Use it freshly sliced, minced or diced, as a powder or oil.

Benefits of ginger: Not only does ginger contain vitamins and minerals such as potassium, iron, magnesium, phosphorous, calcium, vitamin C and B vitamins, it is also full of phytonutrients that fight against chronic disease.

Properties

- Anti-inflammatory
- Can fight infections
- May lower blood sugar
- May protect against cancer and Alzheimer's disease
- Can lower cholesterol
- Helps with digestion

WHAT'S INSIDE THIS ISSUE:

- Tips for a healthy Thanksgiving
- Eat in season
- Recipe: Pumpkin & Bean soup with ginger
- Dear Renata & Andrea
- Nutrition Department Events

Tips to stay on top of your health this Thanksgiving



Make sure not to be starving before dinner, that way you won't be as inclined to over eat during dinner. Fill up on a healthful breakfast and lunch earlier in the day such as oatmeal with berries, egg white omelette with veggies, a filling smoothie or a vegetable soup.



Stay hydrated by sipping on immune-boosting ginger tea throughout the day. It will help reduce your hunger, boost your metabolism and assist in digesting your food.



If you are going away for dinner, bring a healthy side dish as a contribution to the table. That way you will know that you have at least one healthier option to choose from and you can eat more of that dish.



Fill up your plate with vegetables/salad first and add other sides that are higher in calories and fat to your plate last. This is to ensure that you still enjoy a little bit of everything but not eating as much of the less healthy options.



When eating turkey, opt for the lighter parts of the meat and avoid eating the skin. This will decrease your intake of saturated fat.



Eat slow and chew each bite properly. This will assist your body with digestion and make it easier for you to recognize when you feel full.



Take a walk or hike outside with family members or friends. Get some fresh air and move your body gently.

Most importantly – Enjoy the day!

SOME PRODUCE THAT ARE IN SEASON THIS MONTH

BROCCOLI

Roast in the oven, add to a soup or dip raw into hummus.

BRUSSELS SPROUTS

Steam, roast in the oven and add to any salad.

CAULIFLOWER

Roast in the oven, add to a stew or grate it, steam and substitute for rice.

JERUSALEM ARTICHOKE

Roast in the oven or add to a soup.

LETTUCE

Make a delicious salad or use as a wrap.

MUSHROOMS

Add to a stew to make it heartier, a stir fry or scrambled eggs.

PUMPKIN

Add to soup, puree, roast and mix in your salad or side dish.

SWEET POTATOES

Roast it in the oven, add to soups, mash, bake, boil..the options are endless.

TURNIP

Add to soups, stews, gratin or mash.

Fruits

ASIAN PEAR, GUAVA, PINEAPPLE, CRANBERRIES, GRAPES,
POMEGRANATE, PERSIMMON

What are the benefits to eating fruits and vegetables that are in season?
It's cheaper, fresher, tastier and the produce is much more nutritious.

Pumpkin & bean soup with ginger

COZY UP AND ENJOY THIS FULFILLING WARM SOUP



INGREDIENTS

- 2 lbs Japanese pumpkin, chopped
- 1 large carrot, chopped
- 1 large onion, chopped
- 4 cloves whole garlic, peeled
- 1 tbsp olive oil
- 2 tsp smoked paprika
- 4 cups good quality vegetable stock
- 1 can of cannellini beans, drained
- 1 tsp fresh ginger, grated
- ½ tsp dried chili, to taste (optional)

METHOD

Preheat the oven to 350 degrees F. Chop vegetables into 1 inch cubes. Place all of the chopped veggies in a large bowl and coat them with the olive oil and smoked paprika. Lay the vegetables out on a baking tray and roast for 30 minutes, or until cooked through. Set aside to cool slightly. Place the roasted vegetables, the cannellini beans, ginger and vegetable stock in a blender and puree. Put the pureed soup into a large saucepan over a low heat and simmer gently. If you like a bit of spice you can add the dried chili, and stir through. Simmer the soup until it's warmed to your desired temperature. Season to taste and serve with a slice of whole wheat bread of your choice.

Enjoy!

DEAR RENATA & ANDREA,

I'M STRUGGLING TO EAT HEALTHY AT HOME BECAUSE MY KIDS WON'T EAT VEGETABLES, SO I JUST END UP MAKING THEM AN EASY MEAL AND THEN EATING THE SAME THING. DO YOU HAVE ANY TIPS ON HOW TO GET THEM TO EAT MORE VEGETABLES?

- CL

Dear CL,

It is not uncommon for kids to be picky eaters, but for both their health benefits and yours, there are ways to slowly get them to enjoy their veggies.

One way to start can be by disguising veggies into the foods that they already like, in order to make it healthier. For example, use a cauliflower pizza base instead of wheat and blend spinach into the pizza sauce, add zucchini noodles into the pasta mix, add cauliflower and carrots into the mashed potatoes. You can also make meals like soups or dips that are full of vegetables and then blended if they don't like the chunks.

Another approach is to involve your kids in planning and cooking the meal. Give them options by having them choose their pizza or taco toppings from a variety of veggies in colorful bowls. Make homemade veggie burgers and have them help by mixing and shaping the patties. Talk about where food comes from and even go on a farm tour with them where they can pick their own vegetables that you then can go home and cook together, in order to spark an interest.

- Renata & Andrea

Nutrition Wellness Group

ZOOM Meeting ID: 885 3021 5779

Wednesdays

EST 11:00 AM - 12:00 PM

Diabetes Prevention Program

ZOOM Meeting ID: 843 0652 2413

Thursdays

EST 12:00 PM - 1:00 PM

Individual Nutrition Therapy

By appointment only

Telehealth available

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Check the Nutritionally Speaking with Renata Shiloah MS RD CDN RYT Facebook Group for announcements