

April 2018

Nutritionally Speaking

With Renata Shiloah MS, RD, CDN



Happy April Fools! There is so much nutrition information out there. How do we know what to believe? So do not be fooled! This newsletter focuses on understanding food labels, and a healthy plate. We will also provide some recipes to sneak in our daily serving of vegetables.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	185
% Daily Value*	
Total Fat 3g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140 mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 7g	
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Food Label Rules

When shopping at the grocery store we often overlook the nutrition label, because it is so confusing to read. However, do not be fooled by all the numbers and letters. Just follow these simple rules:

Two Fs

Fat: 3 g or less

Fiber: 3 g or more

Two Ss

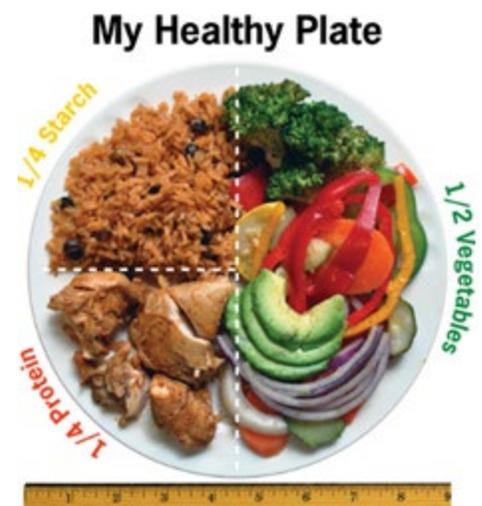
Sugars: 7g or less

Sodium: 140 mg or less

"Don't eat anything your great-grandmother wouldn't recognize as food."-Michael Pollan

Healthy Plate, Healthy You!

Many products in the grocery store are labeled as ***all natural*** and we assume that it is healthy for us. However, the Food and Drug Administration has not regulated the use of that word. Natural means the food does not contain any added color, artificial flavors, or food additives. A food may be label as natural, but can have four types of added sugars and high in fat! Do not be fooled by the word natural. Go for a healthy balanced meals consisting of wholesome foods! Try to fill your plate with $\frac{1}{4}$ protein, $\frac{1}{4}$ starch, and $\frac{1}{2}$ vegetable.



Ingredients

9 lasagna noodles (cooked)

2 jars pasta sauce

2 medium zucchini (sliced
thinly)

2 roma tomatoes (sliced
thinly)

1 red bell pepper (sliced
thinly)

½ medium red onions (sliced
thinly)

10 white button mushrooms
(sliced thinly)

1 small head of broccoli

10 leaves basil

10 oz shredded mozzarella

14 oz ricotta cheese

2 medium eggs

3 garlic cloves

6 oz spinach

Vegetable Lasagna



1. Preheat oven to 375°F.
2. In a large bowl combine spinach, ricotta cheese, eggs, garlic, and salt and pepper to taste.
3. In a lasagna pan coat the bottom with a spoon of sauce. Add 3 lasagna noodles to cover the bottom of the pan.
4. Spoon half the ricotta/spinach mixture onto the noodles.
5. Sprinkle zucchini, tomato slices, broccoli, onion, mushrooms and bell pepper slices. Add more sauce.
6. Repeat and top final layer with mozzarella.
7. Bake in the oven for 40-50 minutes.

Blueberry & Peanut Butter Smoothie

Ingredients

- 1 ripe banana
- 1 ½ cups fresh spinach
- 1 cup frozen blueberries
- ½ cup low-fat yogurt
- ½ tablespoon peanut butter



1. Blend all ingredients in a blender until smooth. Add more blueberries for a thicker smoothie.

Broccoli Power Punch Smoothie



1. Cook Broccoli as directed on the package. Drain well.
2. Blend all the ingredients together until smooth. Enjoy!

Ingredients

- 1 bag frozen broccoli florets
- 1 cup frozen mangos
- ½ cup frozen strawberries
- 1 medium banana
- ½ cup pineapple juice

Dear Renata



Dear Renata,

People keep talking about buying organic foods, but what does this mean? Should I start buying organic foods as well?

Thank you,
AS

Dear AS,

Organic describes the type of growing practice at a farm. When a food is certified organic, the farmer does not use any pesticides, chemical fertilizers, or dyes to grow their crops. However, unless the package says “100% certified organic” there might be some traces of chemicals on the food. Using these chemicals to grow our crops can be hazardous to our health because we end up ingesting it when it is not washed properly. Organic foods can be expensive, so here is a list of suggested foods to buy organic and a list you can buy non-organic. Many farmers’ market sell organic produce without a label, so it’s good to shop there as well!

<i>Dirty Dozen (Buy these organic)</i>	<i>Clean Fifteen (Can buy these non-organic)</i>
Apples	Avocados
Peaches	Sweet Corn
Nectarines	Pineapples
Strawberries	Cabbage
Grapes	Sweet Peas (frozen)
Celery	Onions
Spinach	Asparagus
Bell Peppers	Mangos
Cucumbers	Papayas
Cherry Tomatoes	Kiwi
Snap Peas	Eggplant
Hot Peppers	Grapefruit
Kale/Collard Greens	Cantaloupe
	Cauliflower
	Sweet Potato

Have a nutrition question?

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