

NUTRITION To Go

Produce Spotlight: What's all the fuss about AVOCADOS?

Also known as a dinosaur pear, an avocado is the fruit of a tree that originated in Mexico. While there are many different varieties of avocado, we generally pass on to you the Hass variety. Avocados are being hailed as superfoods because of their many health benefits. Nutritionally, an Avocado is a high-fat food. In fact, 77% of the calories in it are from fat, making it one of the fattiest plant foods in existence. Their main fat is of the heart-healthy variety that is found in olive oil and is associated with decreased inflammation. Avocados are also high in fiber which helps in digestion and also keeps blood sugar from spiking. Additionally, avocados contain more potassium than bananas.

Do the touch test to find out how ripe an avocado is. Hold it in the palm of your hand and gently apply pressure. If the flesh of the fruit does not yield to the gentle but firm touch, then the avocado is not ripe (pop it in a brown bag for a day or two to ripen). Generally, the darker the color, the riper the fruit. A deflated avocado is an over-ripe avocado. Here are some simple recipes to try!

Avocado Toast: In a small bowl combine 1/2 avocado, a squeeze of lemon juice, salt and pepper. Gently mash with the back of a fork. Top toasted bread (whole grain or sourdough preferred) with the avocado mixture. Drizzle with olive oil and a sprinkle of salt and/or red pepper flakes. Dig in!

Basic Guacamole: Halve and scoop out 2 ripe avocados into a medium bowl, mash until desired consistency; add 1/2 tsp garlic powder or 1 small clove minced garlic, 1-2 Tbsp lime juice, 1/2 tsp salt. Gently stir to combine. Refrigerate for 15 minutes for the best flavor. For a deluxe version add one chopped Roma tomato, 2 Tbsp chopped onions and 1-2 Tbsp chopped fresh cilantro. Adjust seasoning—Enjoy with chips, veggies, or on top of your favorite dish.

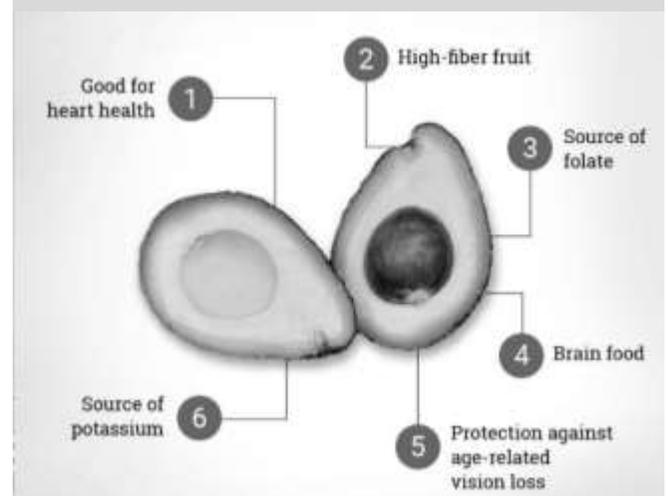
Ask Monica

Q: Is it safe to eat an over-ripe Avocado?

A: Yes, in fact, there are many clever ways to use them:

1. Freeze pitted avocados in a resealable plastic bag with a squeeze of lemon to add to smoothies or to make guacamole
2. Add to scrambled eggs (green eggs and ham!)
3. Use in banana bread recipe in place of banana
4. Make a creamy salad dressing
5. Whirl up chocolate pudding—2-bruised and pitted avocados, 3 Tbsp cocoa powder, 1/2 cup honey or agave, 1/2 tsp salt in a blender or food processor. Chill
6. Face Mask, anyone?
7. Don't forget, you can plant the pit too!

Nutrition Facts and Health Benefits of Avocado



Source: verywellfit.com

Items you can sanitize in your dishwasher:

- Plastic toys
- Hairbrushes and combs
- Toothbrushes
- Soap dishes
- Mouthguards
- Nail clippers and metal files
- Flip-flops
- Cupholders
- Sponges
- Small wastebaskets
- Oven and burner control knobs
- The glass trivet from your microwave
- Silicone oven mitts

Remember to use the drying function!

Loaves & Fishes



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New Year's Resolutions to Keep

Many of us vow to get healthier as a New Year's resolution, but if you're trying to do so by completely overhauling your lifestyle, you're probably setting yourself up to fail. Instead, try making resolutions you can actually stick to – and ditching those that are unattainable. Here's help!

Three resolutions to make:

1. Eat more fiber. Research suggests that eating more fiber-rich foods – such as fruits, vegetables, whole grains and legumes – might boost weight loss and help prevent chronic diseases like diabetes, heart disease and certain types of cancer. Nutrition guidelines recommend that women eat 25 grams of fiber per day and men get 38 grams. (A half-cup of black beans has 8 grams; an apple has about 5 grams.) To increase your fiber intake, choose whole fruits, switch from white to whole-wheat bread and pasta, add beans to your diet and aim to include vegetables in every meal.
2. Cook dinner at home and eat sitting down. According to a study published in JAMA Internal Medicine, the average meal at an independent or small chain restaurant contains 1,128 calories, 2,269 mg sodium and 16 grams saturated fat. That's more than half the average daily calorie recommendation for most Americans, exceeds the recommended sodium allowance, and contains more than 80 percent of the recommended daily limit for saturated fat. By cooking at home, you can make healthy versions of your restaurant favorites, but with much healthier levels of calories, saturated fat and sodium, and save money.
3. Exercise 30 minutes per day. Most adults should aim for 150 minutes of moderate-intensity activity – e.g., brisk walking – every week, and muscle-strengthening activities at least two days a week. That's totally doable if you take a 30-minute walk during your lunch break and focus on strength activities on the weekend. Exercise can help control your weight, reduce your risk of cardiovascular disease and Type 2 diabetes, and increase your chances of living longer – and remember, you can also split it into two 15-minute segments and enjoy the same benefits. Adapted from an article By Breana Lai, M.P.H., R.D.

FAMILY MEALS MAKE FAMILIES STRONGER

The most comprehensive study to date proves that family dynamics improve with the frequency of family meals.



Did you know?

People who frequently cook meals at home eat healthier and consume fewer calories.

Source: Johns Hopkins Bloomberg School of Public Health