

NUTRITION To Go



FOOD PANTRY

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Nutrition To Go is written and edited by Monica Davis, RDN

Did You Know? You can now visit this pantry two times each month for food.

¿Sabías? Ahora puede visitar esta despensa dos veces al mes para obtener comida.

March is National Nutrition Month®

National Nutrition Month® started as National Nutrition Week in 1973. Interest and excitement grew and National Nutrition Month® was inaugurated in 1980. Meet healthy eating goals one at a time! Use the Start Simple with MyPlate app to pick simple daily food goals, see real-time progress, and earn badges along the way. This easy-to-use app can help you make positive changes. Healthy eating can help you achieve a healthier life overall. Get started with Start Simple with MyPlate! Available at the App Store or Google Play for free.

Food Spotlight: Beans!

Beans: so many world cuisines capitalize on these colorful, flavorful, low-cost bundles of nourishment: fiber, protein, vitamins, minerals, and carbohydrates. From the rice and bean combinations of Central and South America to the hummus and dal of the Mideast and South Asia, what's not to love about beans? Once you know a few tricks for easily preparing them you can create a bounty of delicious dishes.

Cooking with dry beans takes a little time, but it isn't hard. Most of the work is done by heat and water, which break down the indigestible parts of raw beans. If your gut is prone to gas from beans, use a soak before you start cooking.

1. Quick soak beans by putting 1 part beans to 4 parts water in a large pot. Bring to boil, then turn off heat and let sit for an hour. Drain water.
2. Per cup of soaked beans add 2-3 cups of water and a bay leaf. Boil uncovered 15 minutes and scoop off and discard foam.
3. Continue simmering at low temperature, uncovered, until thoroughly softened (1-4 hours). Add more water if needed. (Garbanzos take longer than black/pinto/kidney, which take longer than lentils/split peas.)
4. Add desired seasonings, such as salt, pepper, chilies. Cumin, ginger, coriander, fennel, anise may help prevent gas and aid digestion.
5. Add 1-2 tablespoons unfiltered vinegar in last 15-30 minutes of cooking to help break down undigestible compounds.

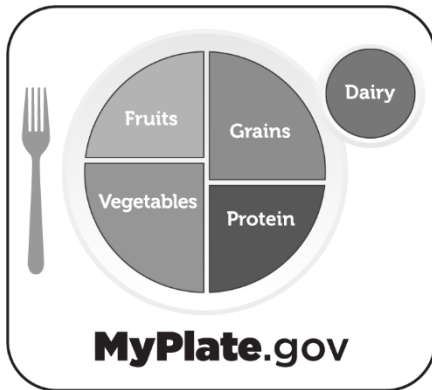
Written by Jolene H. Bodily, RDN



Ask Monica

Q: What is MyPlate?

A: MyPlate was created by the USDA, in conjunction with First Lady Michelle Obama, as an easy-to-follow food guide to help adults and children learn how to eat a healthy diet. It takes the place of the Food Pyramid and the 4 Basic Food Groups. The colorful divided plate includes sections for vegetables, fruits, grains, and foods high in protein. Just by looking at MyPlate, you know right away that vegetables and fruits should take up half the plate and grains and protein foods each take up about a quarter of the plate. And with a side helping of dairy, you're reminded to include milk or another dairy food (like cheese or yogurt) in your daily meal plan. See: www.myplate.gov for much more information



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FOOD PANTRY
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“Mi Plato” es un símbolo de la alimentación saludable

“Mi plato” es el modelo de la alimentación saludable en los Estados Unidos. Los expertos del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), creó el plato de varios colores con el fin de ayudar a las personas a recordar que debe comer una amplia variedad de alimentos saludables en cada comida.

El plato tiene cuatro secciones: verduras, frutas, cereales y proteínas.

El mensaje principal es que las frutas y las verduras deben ocupar la mitad del plato y los cereales y las proteínas deben representar un cuarto del plato.

Puedes utilizar el plato para tu desayuno, almuerzo y cena. Es posible que te haga pensar en lo siguiente: ¿Tengo que comer verduras en el desayuno? La respuesta es “no.” Intenta comer una variedad de grupos de alimentos. Si tu desayuno no incluye una verdura, considera comer una verdura como merienda o más verduras en la cena.

Adaptado de “Mi Plato: guía de alimentación” por Connecticut Children’s Hospital <https://www.connecticutchildrens.org/health-library/es/kids/pyramid-esp/>

Breakfast gives you energy to start the day!

A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas:

- Make instant oatmeal with milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat yogurt with your favorite crunchy whole grain cereal and blueberries
- Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side.
- Blend a breakfast smoothie with a lower fat milk, frozen strawberries, spinach and a banana.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up!

Source: www.eatright.org