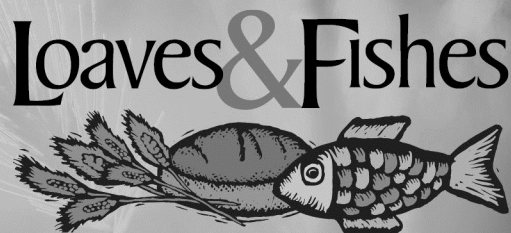


NUTRITION To Go



FOOD PANTRY

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Did you know? Now you can visit the pantry two times per month to pick up food if you need to. ¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida, si lo necesitas.

All About Heart-Healthy Fats

Your body needs some fat to be healthy - especially fats called "polyunsaturated" (polys) and "monounsaturated" (monos). Your body can't make these fats completely on its own. Eating foods rich in monos and polys instead of other types of fats can help you lose weight, reduce your blood pressure and cholesterol levels, improve blood sugar control, and may even reduce your risk of some cancers.

Another type of fat, called "saturated," isn't particularly useful to your body and causes problems if you have too much of it. You should try to limit saturated fats in your diet.

So, how do you make the switch to heart-healthy fats? The key is to replace, not add on. Heart-healthy fats will give you the most benefit if you use them instead of carbohydrates or saturated fats (avoiding trans fats completely as well).

- Instead of butter, try cooking with canola oil or olive oil.
- Replace some of the beef and pork in your diet with lean proteins such as chicken to lower your saturated fat intake. For an even bigger boost, try substituting with salmon or sardines, great sources of healthy fats.
- If you like cheese, try snacking on peanuts (or peanut butter), walnuts, pistachios, almonds (or almond butter) or sunflower seeds (or sunflower butter) instead. Nuts make a great addition to your salad as well!
- Avocados are also a great source of healthy fats! They are great in salad or as a healthy dip for carrots, celery, and other veggies!

In sum, for heart health, enjoy foods rich in monos and polys, limit saturated fats whenever possible, and avoid trans fats completely.



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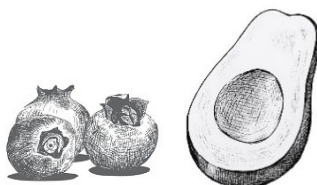
Check your ingredients list!

Trans fats—artificially processed fats that raise cholesterol and increase your risk of heart disease, stroke, and diabetes—were banned in foods in 2018. But if you have any older pantry items like microwave popcorn, chips, Crisco, or other processed foods, check the ingredients list! If "partially hydrogenated" is listed in the ingredients list, this food has trans fats and should be tossed out!

~~PARTIALLY HYDROGENATED VEGETABLE OIL~~

Heart-Healthy Berry Smoothie

- 3 cups frozen blueberries (or a mix of berries)
- 1 ripe avocado
- 2 cups milk or non-dairy milk
- 2 T maple syrup or honey



Place all ingredients in a blender on high speed until smooth and creamy, about 1 minute. Pour into 4 glasses and serve immediately.

Grasas Sanas para el corazón

Su cuerpo necesita algo de grasa para estar saludable, especialmente las grasas llamadas "poliinsaturadas" (polis) y "monoinsaturadas" (monos). Su cuerpo no puede producir estas grasas completamente por sí solo. Comer alimentos ricos en monos y polis en lugar de otros tipos de grasas puede ayudarlo a perder peso, reducir su presión arterial y niveles de colesterol, mejorar el control del azúcar en la sangre e incluso puede reducir su riesgo de algunos tipos de cáncer. Otro tipo de grasa, llamada "saturada", no es muy útil para su cuerpo y causa problemas si consumes demasiado. Usted debe tratar de limitar las grasas saturadas en su dieta.

Entonces, ¿cómo hacer el cambio a grasas saludables para el corazón? Las grasas saludables para el corazón le darán el mayor beneficio si las usa en lugar de carbohidratos o grasas saturadas (evitando las grasas trans por completo también).

- En lugar de mantequilla, intente cocinar con aceite de canola o aceite de oliva.
- Reemplace parte de la carne de res y cerdo en su dieta con proteínas magras como el pollo para reducir su consumo de grasas saturadas. Para un impulso aún mayor, intente sustituirlo con salmón o sardinias, excelentes fuentes de grasas saludables.
- Si te gusta el queso, prueba a comer cacahuetes (o mantequilla de cacahuete), nueces, pistachos, almendras (o mantequilla de almendras) o semillas o mantequilla de girasol en su lugar.
- ¡Los aguacates también son una gran fuente de grasas saludables! ¡Son excelentes en ensaladas o como una salsa saludable para zanahorias, apio y otras verduras!

En resumen, para la salud del corazón, disfrute de alimentos ricos en monos y polis, limite las grasas saturadas siempre que sea posible y evite las grasas trans por completo.

Loaves & Fishes



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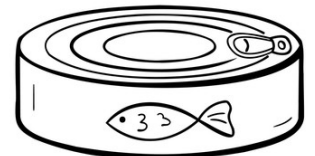
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Salmon Cakes

- 1 (14.75 oz) can canned salmon
- 1 egg
- 1/4 cup chopped onion
- 1/2 cup seasoned breadcrumbs or cracker crumbs
- 1 T olive oil
- 1/4 teaspoon of garlic powder, onion powder, parsley and/or Old Bay seasoning



Drain and reserve liquid from salmon. Mix egg, onion, breadcrumbs, spices (if using) and salmon together. Make into patties. If mixture is too dry to form patties, add some of the reserved liquid. Heat olive oil in frying pan and brown patties on each side, turning gently. Drain on paper towels and serve.

Croquetes de Salmon

- 1 (14.75 oz) lata de salmon
- 1 huevo
- 1/4 taza de cebolla picada
- 1/2 taza de pan rallado o migas de galletas
- 1 C aceite de oliva
- 1/4 c de ajo en polvo, cebolla en polvo, perejil y/o sazón "Old Bay"



Ecurrir y reservar líquido del salmón. Mezcle el huevo, la cebolla, las especias (si las usa), las migas de pan y el salmón. Conviértete en croquetes. Si la mezcla está demasiado seca para formar croquetes, agregue un poco del líquido reservado. Calentar el aceite de oliva en sartén y dorar por cada lado, girando suavemente. Ecurrir en toallas de papel y servir.