



NUTRITIONALLY SPEAKING

with Renata Shiloah, M.S., R.D., C.D.N



GOOD FATS

vs.

BAD FATS



FAT 101: ALL ABOUT FAT

Fat is an essential part of our diet and nutrition. We need fat for our nerves, brain and skin cells. Fat also protects vital organs in the body, help to control our body temperature, provides us with energy, and adds taste and texture to our food. The problem is when we eat too much fat or too much of the less healthy types of fat.

FATS ARE GOOD

MONOUNSATURATED & POLYUNSATURATED FAT

Monosaturated and polyunsaturated fats are better for your body and, in fact, are necessary for good health. They help reduce the risk of heart disease and stroke by lowering the 'bad' (LDL) cholesterol in your blood. Monounsaturated and polyunsaturated fats are found in foods such as oils (such as canola, olive, peanut, and sesame), avocado, fatty fish (including salmon, sardines, blue mackerel and tuna), and nuts and seeds (such as flaxseed, sunflower seeds and walnuts).



FATS ARE BAD

SATURATED & TRANS FAT

Saturated fats and trans fats are considered less healthy types of fats. Both saturated and trans fats raise 'bad' LDL (low density lipoprotein) cholesterol in your blood. Trans fats also lower 'good' HDL (high density lipoprotein) cholesterol levels. These fats can increase risk of heart disease, stroke and type 2 diabetes. Saturated and trans fats are found in food such as animal sources (meat and dairy), tropical oils and processed foods made with partially hydrogenated oils (some baked goods, fried foods, stick of margarine).



***ADD good fats and LIMIT bad fats for your healthier diet!**

WHAT TO CHOOSE TO AVOID BAD FATS:

- ❖ Variety of fruits and vegetables
- ❖ Variety of fiber-rich grain products such as whole grain, bread, cereal, pasta and brown rice
- ❖ Select lean meats (trim any visible fat off meat and remove the skin from chicken)
- ❖ Fat-free, 1% and low-fat milk products
- ❖ Nuts, seeds, and legumes in moderate amount
- ❖ Fatty fish
- ❖ Add little or no oil when you cook. Use herbs or no-oil marinates to flavor foods
- ❖ Bake, broil, boil, porch, roast or steam instead of pan-frying
- ❖ Use vegetable and seed oils if you have to like canola, corn, olive, sunflower and soybean oils
- ❖ Use salad dressing and mayonnaise made from vegetable and seed oils
- ❖ Make recipes or egg dishes with egg whites
- ❖ Try to limit:
 - High-fat processed meats like sausage, bologna, salami, and hot dogs
 - Snack foods such as potato chips, cookies, and chocolate
 - Take-away food such as pies, pastries, pizza and hamburgers
 - Whole milk, cream and ice cream
 - Saturated oils like coconut oil, palm oil and palm kernel oil
 - Fried foods





6 EASY WAYS TO TOP AVOCADO TOAST



TOTAL TIME 10 mins

INGREDIENTS

Avocado Toast with Smoked Salmon + Red Onions

- 1 slice bread (any type but crusty bread works the best), toasted
- ½ avocado, mashed
- 1-2 slices of smoked salmon
- thinly sliced red onion

Avocado Toast with Tomato Caprese

- 1 slice bread (any type but crusty bread works the best), toasted
- ½ avocado, mashed
- handful of grape tomatoes, halved
- handful of mozzarella balls/pearls, depending on size halved or left whole
- chopped fresh basil
- drizzle of olive oil

Avocado Toast with Egg + Herbs

- 1 slice bread (any type but crusty bread works the best), toasted
- ½ avocado, mashed
- 1 egg, cooked sunny side up
- minced fresh herbs (cilantro, parsley, dill, chives)

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Avocado Toast with Cucumber + Fresh Dill

- 1 slice bread (any type but crusty bread works the best), toasted
- ½ avocado, mashed
- fresh cucumber slices
- minced fresh dill

Avocado Toast with Tomatoes + Basil Pesto

- 1 slice bread (any type but crusty bread works the best), toasted
- ½ avocado, mashed
- couple slices of juicy tomato
- drizzle of basil pesto (homemade or store bought)
- drizzle of olive oil

Avocado Toast with Banana + Sunflower Seeds + Honey

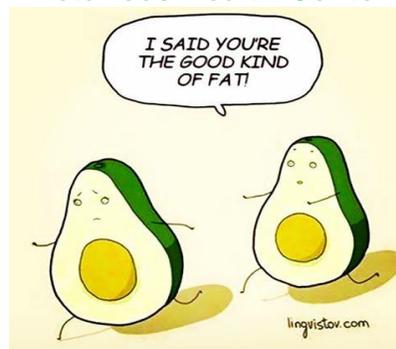
- 1 slice bread (any type but crusty bread works the best), toasted
- ½ avocado, mashed
- half of banana, sliced
- sprinkle of sunflower seeds, toasted
- drizzle of honey

INSTRUCTIONS

1. For each toast, slather the mashed avocado on top of the toast, followed by the toppings of your choice. Season with *salt and pepper* as needed.
2. Serve immediately.

*This recipe and picture are adapted from Little Broken

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DEAR RENATA

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What is the difference between skim milk and fat free milk?

JO

DEAR JO:

The U.S. Food and Drug Administration (FDA) is responsible for regulating how foods are labeled according to their ingredients. The FDA defines skim milk as being the same as nonfat milk (fat-free). There is no difference between fat-free milk and skim milk. Rather, it is a matter of how the manufacturer chooses to market the milk as fat-free or skim.

DEAR RENATA

Is it healthier if I buy trans-fat free products?

YG

DEAR YG:



Trans-fat free does not necessarily mean there is no trans fat in it. By definition, companies can use the term “fat free” as long as there is less than 0.5 grams of fat per serving. Companies know America is trying to get healthier and people are catching on that trans-fat is bad, so what companies do is simply make the serving size small enough so they can put “trans fat free” on the package. The easiest way is to check the food labels. Even if a product says “Zero Trans Fat,” check the ingredients listing whether there are any partially hydrogenated or any hydrogenated vegetable oils.

(Photo from Natural News)

Have a nutrition question?

Email: rshiloah@betances.org

Drop a note: at the front desk

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For an appointment (212) 227-8401 ext 159

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UPCOMING EVENTS FOR APRIL 2017

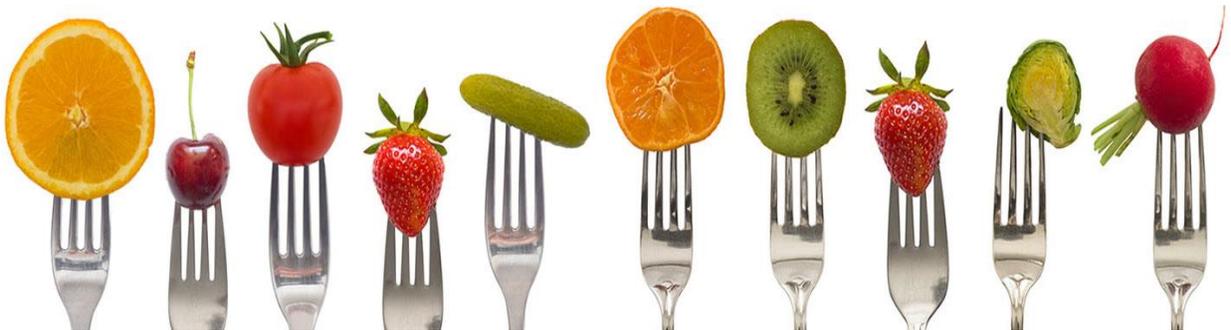
Upcoming

Weight-loss support group: Date to be announced

Ongoing

Individual Nutrition Therapy: by appointment

Acupressure Group: Tuesdays 1:30pm – 2:30pm



FOR MORE INFORMATION PLEASE CALL:

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