

Nutritionally Speaking

with

Renata Shiloah MS, RD, CDN



BETANCES HEALTH CENTER

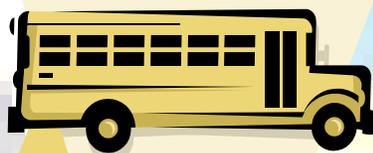
Back to School Edition

Tips on healthy lunches:

- Bring lunch from home
- Bring a healthy snack:
 - Carrot sticks
 - Low-fat yogurt
 - Raisins
 - Fruit
 - Low-fat string cheese

Time saving ideas:

- Pre-plan
- Pack lunch bag at night
- Pre-package snacks
- Make a shopping list
- Cut up veggies
- Cut up fruit



Betances offers individual and group nutrition education for all patients. Patients are taught to make positive dietary changes in order to manage their conditions and to improve overall health. A weekly weight loss/wellness group is available to patients affected by conditions such as Obesity, Diabetes, Hypertension, High Cholesterol, and HIV/AIDS, and those who just want to stay healthy.

Eat Healthy in School!

Don't Rely on School Lunches

When you are in school it is possible to eat healthy. Pack a variety of nutritious foods in a lunch bag the night before. Fruits, raw vegetable salads, sandwiches, crackers, yogurt, and cereal are quick and easy healthy lunch ideas. Always pack a water bottle to prevent, and do not drink sugary beverages. You can use a frozen water bottle to keep food fresh, water will defrost by lunch time!



Snacking is important!

Eat a snack in school and make sure you eat a healthy snack on your way home to prevent over eating when do arrive home in the afternoon before dinner time. Make healthy snack choices such as fruit, low-fat yogurt, veggies, and whole grain crackers just to name a few!



Healthy Lunch Options

- Turkey on wheat with veggies
- Grilled chicken strips with veggies
- Fresh fruit with low-fat yogurt
- Whole wheat pita stuffed with tuna & veggies

Healthy Snack Ideas

- Fresh fruit
- Air popped corn
- Cut up veggies with hummus
- Trail mix: dried fruit and cheerios
- Whole wheat crackers and low-fat cheese

Healthy Yummy Wrap

1 100% whole wheat wrap

$\frac{1}{2}$ sliced tomato

$\frac{1}{4}$ avocado

1 slice low-fat cheese

2 romaine lettuce leaves



Directions: Place wrap on a piece of tin foil slightly bigger than wrap. Spread avocado on the wrap. On one side of wrap put sliced tomato, cheese, peppers, and lettuce, roll up with tin foil, and cut in the center. Pack in a lunch bag with an ice pack for freshness.

Bull's-Eye Nutrition Facts:

Calories: 380

Protein [2]

Grain [2]

Vegetable [3]

Fat [2]

Quantity:

Makes 1-2 servings (if eating $\frac{1}{2}$ of wrap: cut all nutrition facts in $\frac{1}{2}$)

Dear Renata

Dear Renata: My child gets free lunch in school. I cannot afford to buy healthy food items for her to bring lunch every day, and I do not know what to do. Please help?

YH

Dear YH: Ask the head of the school food service for a copy of the menu, after which you and your child can look through it and pick out healthy options for the week. Most schools offer a salad bar and healthy sandwich option. Try to send a lunch from home at least two days out of the week, pick the days that you feel the school lunch may not be a healthy choice. I hope that helps!

Dear Renata: My Daughter skips breakfast every morning due to being in a rush to get to school. How can she get some nutrition in the morning without being late to class?

KM

Dear KM: Missing breakfast will definitely affect your child's performance in school, as well as her health. Here are a few options that can help your child be on time to school and still get her nutrition in the morning rush:

- prepare breakfast the night before
- make a smoothie (fresh fruit, low fat yogurt)
- Eat on the way to school
- Wake up earlier leaving time for a nutritious meal

Renata Shiloah MS, RD, CDN
Betances Health Center
280 Henry Street
NYC 10002
(212) 227-8401 ext 159

Betances Health Center

ONGOING PROGRAMS



- **Acupressure Group: Tuesday's 1:30pm – 2:30pm**
- **Weight loss/wellness nutrition Support Group: Wednesday's 10:00am – 11:30am**
 - *Participants must register for the group. Please contact Renata Shiloah, RD at 212-227-8401 ext. 159 to register
- **Nutrition Therapy:** for an appointment, contact Renata Shiloah, RD at 212-227-8401 ext. 159 or make an appointment at the front desk (referral is needed)



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For more information on upcoming
events please call:
Betances Health Center
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