



BETANCES HEALTH CENTER

Nutritionally Speaking

With

Renata Shiloah MS, RD, CDN

Wishing you a healthy and happy 2017!



Eating right will be the first step for your healthy and happy 2017, and it doesn't have to be complicated. Start with something small, here are simple steps.

Caring For Yourself with Healthier Diet

- **Eat Regular Meals:** Add plenty of whole grains and color your plate with various fruits and vegetables.



- **Reduce, don't eliminate certain foods:** Choose a healthier option if you can. For example, drink more water instead of soda, or use 1 pack of sugar instead of 2 for your coffee or tea.



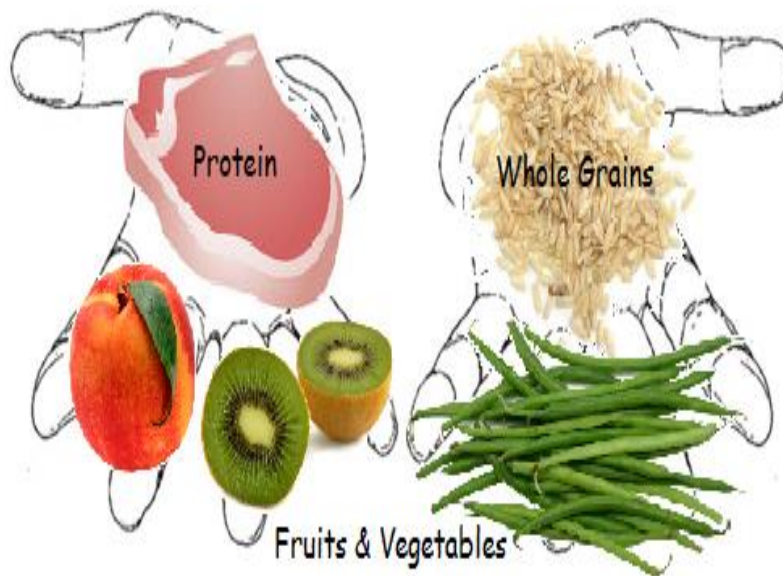


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- **Read Nutrition Facts:** It can help you to make better food choices. Check serving sizes and calories. Watch out for high amounts of fat, cholesterol, sodium and sugar!



- **Moderate Portion Size:** You can use your hands to estimate your portion size. Your meal should be the size of your TWO HANDS. If you are still hungry, spread out your fingers and add some more **fruits** and **veggies**! (*Innovation created by Angie Hasemann, MS, RDN, CSP*)



Renata Shiloah M.S., R.D., C.D.N
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A Healthy Recipe for Your Healthy and Happy 2017

Roasted Ratatouille with an Italian Flair

-a great way to eat your veggie

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 55 minutes

Ingredients

- 4 Roma tomatoes
- 1 1/2 small zucchini
- 1/2 small yellow squash
- 1/4 c olive oil
- 3 cloves garlic, minced
- 2 t dried basil
- 2 t dried parsley
- 1/4 t pepper
- 1/4 c Parmesan cheese



Instructions

1. Preheat oven to 400 degrees.
2. Slice veggies into 1/4 inch slices. If vegetable is a larger diameter, cut larger rings into semi-circles.
3. In a small bowl, add oil, minced garlic, pepper, parsley, and basil. Stir to combine.
4. Alternate the veggies in rows "standing up" in a 9x13 glass casserole dish. Once rows fill the width of the casserole, add any extra veggies in open spots.
5. Use a spoon to drizzle the oil mixture over each row of veggies. Be sure to get some garlic and herbs in each spoonful.
6. Sprinkle the top with Parmesan cheese. Cover with foil and place in the oven for 20 minutes. After 20 minutes, remove the foil and bake for another 20 minutes until the cheese is golden brown and veggies look beautifully roasted. Let sit for 5 minutes to settle, and then serve.

**This recipe is adapted from Honestly&Truly*

January 2017



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Dear Renata

Dear Renata

I heard there are different types of vegetarian diets. Is it true?

GK

Dear GK:

Yes, there are many different ways to be a vegetarian. For example:

- Vegan: Do not eat any animal products, including eggs and dairy products
- Lacto vegetarian: Eat dairy, but they do not eat meat, poultry, fish, or eggs
- Lacto-ovo vegetarian: Eat dairy and eggs, but do not eat meat, poultry, or fish
- Pesco-vegetarian or pescetarian: Eat fish, but they do not eat meat and poultry

Dear Renata

I am considering becoming a vegetarian. Will I need to take vitamins?

AJ

Dear AJ:

It is important to have a variety of grains, fruits, and vegetables in order to balance a vegetarian diet. Since a Vegetarian diet may cause some essential nutrient deficiencies, it is wise to ask your doctor if you should supplement with a daily multivitamin. Talk to your registered dietitian about the best way to ensure you get your nutrients needs met.

Have a nutrition question?

Email: rshiloah@betances.org

Drop a note: at the front desk

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

For an appointment (212) 227-8401 ext 159

January 2017



BETANCES HEALTH CENTER

Upcoming Events for January 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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