



Nutritionally Speaking, Monthly Letter

With Renata Shiloah M.S, R.D, C.D.N
Summer Food Safety!!!

Get Ready for Healthy, Summer Lovin'!

Health tips and Tricks so you can enjoy the summer and be health conscience
Created by: Jade Wong



The summer heat has taken New York by a storm, with whopping temperatures up to 90 degrees (even more!). These months, we have to assure our food is “a-ok” to consume from those pesky bacteria (bacteria grows at a much quicker rate in the sweltering heat!) In this month's Newsletter, we'll be offering tips and tricks on how YOU can prevent yourself from becoming ill



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Important Food Safety Tips:

Wash Your Hands: Be sure to wash your hands thoroughly at least 30 seconds before preparing food (sing the chorus of Happy Birthday). Don't forget to ensure you've washed all utensils AND surfaces with hot, sudsy water after handling foods such as: Raw meat, eggs, seafood and poultry!!

Proper Food Preparation: Whether in the refrigerator or microwave, it's important to defrost your meats and poultry before cooking! Be sure to marinate after doing so, and always remember to *never reuse marinade!!!*

Temperature: Refrigerate and freeze perishable, prepared foods and leftovers within two hours! Be sure to set your fridge at 40 degrees Fahrenheit or lower! Coolers in addition need to be packed with excess amounts of ice or ice coolers to maintain cold temperatures. To keep the cooler *extra cool*, make sure to keep it out of direct sunlight! Ensure you only prepare as much food as you are able to chill.

Separate the raw from ready-to-eat: Keep raw meat, poultry, eggs, seafood and juices away from ready-to-eat foods! Never place cooked foods on an unwashed plate that previously had any of the before-listed raw items! For example don't place your cooked meat (i.e your hamburger) alongside an uncooked patty! Use a clean plate or wash the plate with hot, soapy water before transferring cooked foods. Also. Prevent cross-contamination by bringing extra plates and utensils!!! Also, be sure to store raw foods below ready-to-eat ones.

Cook to proper temperatures: Never partially cook/grill the following: meat, poultry, eggs or seafood. To ensure they are safe to eat, cook them to proper temperatures.

Ground Beef: 160 Degrees Fahrenheit and until juices run clear.

Veal, lambs, porks, steaks, and roasts:160 degrees fahrenheit.

All poultry: 165 degrees Fahrenheit.

Fish and shellfish: 145 Degrees Fahrenheit or until opaque flakes easily with fork.





Dear Renata

I don't particularly enjoy just plain water to drink during the summer months. What is a healthy alternative to water?

KW

Dear KW

Hello! I suggest you put slices of lemon, oranges, cucumbers or any other fruit to freshen up your drink! You can also enjoy a healthy smoothie by the poolside or beach that can be made with simple ingredients like bananas, milk, yogurt, and other fruits (you can find more recipes by googling!) Remember to avoid carbonated, sugary drinks like coca cola or sprite during hot, summer months because of their large amounts of sugar.

Renata

ENJOY YOUR SUMMER MONTH
HEALTHY AND HAPPY



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Watermelon and Feta Salad with Arugula

- 3 tablespoons extra-virgin olive oil
- 2 teaspoons white balsamic vinegar
- ½ teaspoon kosher salt
- 2 cups arugula
- 2 cups baby spinach leaves
- 1 cup thinly sliced red onion
- 1 cup grape tomatoes, halved
- ½ cup crumbled feta cheese
- 2 cups bite sized watermelon chunks

Prep Time:

Appx 20 Min

Ready In:

Appx 20 Min

Directions

1. Whisk the olive oil, white balsamic vinegar, and salt together in a small bowl; set aside
2. Combine the arugula, spinach, onions and tomatoes in a large salad bowl. Drizzle the vinaigrette over the salad mixture; toss to coat. Add the feta cheese and watermelon to serve.

Source:

http://allrecipes.com/recipe/218557/watermelon-and-feta-salad-with-arugula-and-spinach/?internalSource=hn_carousel%2001_Watermelon%20and%20Feta%20Salad&referringId=2774&referringContentType=recipe%20hub&referringPosition=carousel%2001

Garden Tomato Salsa

- ½ sweet onion, chopped
- ½ green bell pepper, coarsely chopped
- ¼ cup fresh cilantro
- 5 slices pickled jalapeno peppers (your preference)
- 6 fresh tomatoes, quartered
- 2 teaspoons olive oil
- 2 teaspoons red wine vinegar
- ½ lime, juiced
- ⅛ teaspoon salt

Prep Time:

Appx 15 Min

Ready In:

Appx 15 Min

Directions:

1. Place onion, bell pepper, cilantro, and jalapeno peppers into a food processor. Pulse until finely chopped. Add tomatoes, and pulse just few times until the tomatoes are coarsely chopped. Transfer to a bowl with a tight fitting lid
2. In a separate Bowl, whisk together olive oil, red wine vinegar, lime juice, and salt.
3. Pour dressing over tomatoes, and stir well. Cover, and refrigerate for at least 1 hour.

Source:<http://allrecipes.com/recipe/89033/garden-tomato-salsa/?internalSource=staff%20pick&referringId=2774&referringContentType=recipe%20hub&clickId=cardslot%205>



Ongoing Programs:

- Acupressure Group: Tuesday's 1:30pm- 2:30pm
- Women's 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)

“Stay happy and Healthy in 2017 at Betances Health Center”



For more information please call:

Betances Health Center

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At (212)-227-8401 Ex.t 115



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