



BETANCES HEALTH CENTER

NUTRITIONALLY SPEAKING

WITH RENATA SHILOAH M.S., R.D., C.D.N.

JUNE 2017

LET'S CELEBRATE FRUITS AND VEGETABLES!!!



June is known as the beginning of summer!

Nutritionally speaking, June is also the month of fresh fruits and vegetables!

What better way to kick off the summer than by enjoying the bounty of what the season has to bring!

Try to enjoy the colors of the rainbow when eating fruits and veggies!!!

RED- to improve heart and blood health and support joints

ORANGE- to prevent cancer and promote collagen growth

YELLOW- helps the heart, vision, digestion and immune system

GREEN- powerful detoxifiers, fight free radicals, and improve immune system

BLUE/PURPLE- improve mineral absorption, powerful antioxidants

WHITE- activate our natural killer cells and reduce cancer risk

June 2017



Eat the Colors of the **Rainbow**

SEASONAL FRUITS

SEASONAL VEGETABLES

CHERRIES, STRAWBERRIES, RASPBERRIES, POMEGRANATES, RHUBARB, PLUOTS, APPLES	TOMATOES, RED PEPPERS, BEETS, RADISHES, SHALLOTS
APRICOTS, PEACHES, NECTARINES, ORANGES, MANGOES, PAPAYA, CANTALOUPE, GRAPEFRUIT, TANGERINES	SUMMER SQUASH, SQUASH, BLOSSOMS, CARROTS, ORANGE PEPPERS
BANANAS, LEMONS, PINEAPPLES	SWEET CORN, YELLOW PEPPERS, YELLOW WAXED BEANS, YELLOW TURNIPS
WATERMELON, KIWI, LIMES, PEARS, TOMATILLOS, GOOSEBERRIES	ARTICHOKES, AVOCADOS, BELL PEPPERS, BROCCOLI RABE, ZUCCHINI, BROCCOLI, KOHLRABI, CELERY, CUCUMBERS, OKRA, PEAS, COLLARD GREENS, LEEKS, KALE, GREEN BEANS, ASPARAGUS, GREEN PEPPERS, LEAFY GREENS (ARUGULA, SPINACH, LETTUCE, SWISS CHARD, WATERCRESS, MUSTARD), HERBS (BASIL, CHIVES), BOK CHOY, DANDELION GREENS, SCALLIONS
BLUEBERRIES, PLUMS, GRAPES, FIGS, BLACKBERRIES	PURPLE POTATOES, EGGPLANT
HONEYDEW MELON,	CAULIFLOWER, ONIONS, GARLIC, MUSHROOMS, CABBAGE, ENDIVES, PARSNIPS, FENNEL, BEANSHOOTS



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EAT HEALTHY AND STAY IN SHAPE WITH THESE COLORFUL RECIPES!

Fresh Fruit Spring Rolls



Total Prep Time: 20 minutes

Ingredients:

- Rice paper (found in most Asian markets)
- Filling option #1: pomegranate seeds, kiwi, pineapple
- Filling option #2: strawberries, mango, peach
- Filling option #3: mint leaves, raspberries, mango
- juice from 1/2 lemon
- juice from 1/2 lime
- 1 teaspoon honey

Directions:

1. First, slice all of the fruit into thin rounds or long sticks.
2. Working with one sheet at a time, soak a rice paper sheet in warm water for 5-10 seconds, until it softens. Lay flat on a plate and place your desired fillings in the center. Wrap into a tightly-rolled spring roll. Arrange on a plate.
3. To make the dipping sauce, combine the lemon juice, lime juice and honey in a small bowl. Dip the spring rolls into the sauce for a citrusy kick!

Serving size: 1 serving Calories: 100 Fat: 0 Saturated fat: 0 Unsaturated fat: 0 Trans fat: 0 Carbohydrates: 25g Sugar: 17g Sodium: 41mg Fiber: 2g Protein: 1g Cholesterol: 0

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DEAR RENATA

Dear Renata,

I just learned that eating organic fruits and vegetables are better than what is typically sold at the supermarkets. The problem is that I live on a fixed income. How can I eat healthier without breaking the bank?

EL

Dear EL,

Buying organic produce will reduce your personal exposure to pesticide residue, as well as support good farming practices, which is better for the environment and the farmers themselves. But sometimes it's not economical to buy organic. The key is to know which fruits and vegetables to target in order to eat healthier while still keeping to a budget. Your best bet is try to shop at a farmer's market. If that is not possible, make sure to wash all produce under cold running water before consuming.

Dear Renata,

As the summer is approaching, I am getting the swimsuit blues. I tried everything to shed the 10 lb winter weight gain. I am sick and tired of shakes, pills, and strict diet plans. How can I use fresh fruits and vegetables to lose weight?

LE

Dear LE,

Fruits and vegetables are part of a well-balanced and healthy eating plan. There are many different ways to lose weight but only one way to lose it safely. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling.

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 call

212.227.8401 ext 159

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BETANCES HEALTH CENTER

UPCOMING EVENTS FOR JUNE 2017

Upcoming: **Special Event** Celebrating Father's Day
Monday June 12th - Friday, June 16th

Ongoing: **Individual Nutrition Counseling** by appointment
(Referral needed)

Acupressure Group- Tuesdays
1:30pm-2:30pm (see Annette)

Peace of Mind Group- Fridays
(See Social Work)

For more information please contact:

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