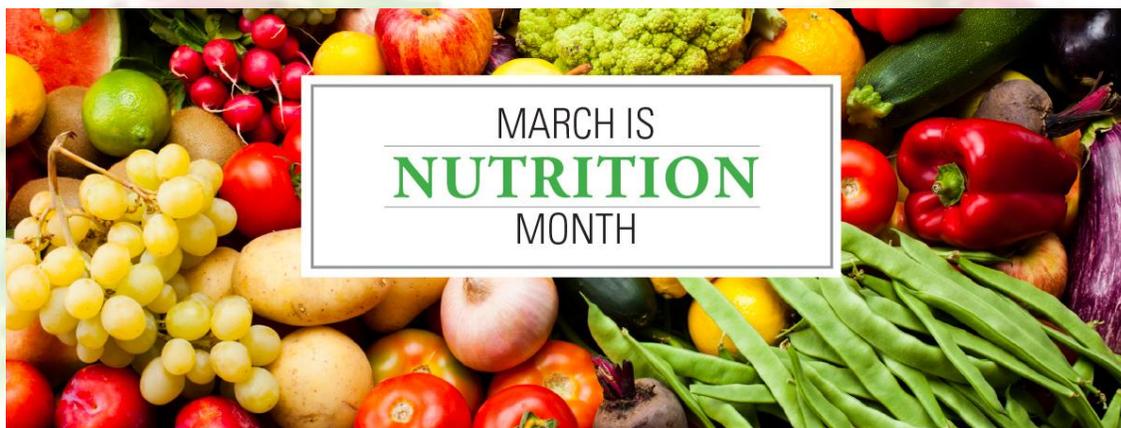




Nutritionally Speaking

With

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



The Power of the Mighty Grains

Can you name three grains other than wheat, oats, and barley? Circle the food item(s) that you believe is a grain.

- | | | | | |
|------------|----------|--------|--------|-------|
| Amaranth | Barley | Chia | Lignin | Pasta |
| Bulgur | Farro | Pectin | Quinoa | Teff |
| Cannellini | Farfalle | Rye | | |

Answers: Amaranth, Barley, Bulgur, Quinoa, Teff, Rye

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How are grains good for me?

Whole grains are packed with nutrients such as fiber, bran, magnesium, B vitamins, copper, and iron. The fiber in whole grains protects against obesity, reduces constipation, lowers cholesterol and improves blood sugar. The vitamins in a whole grain improve metabolism and your nervous system.

That sounds good, Renata! But how do I cook the grains?

Cook your favorite grain the same way you cook rice. Boil the grain in a pot filled with water and simmer until the grain absorbs the water. If the grain becomes soft, it's time to eat! If the grain is hard in texture, add more water and continue cooking.



Pre-soak: if you are short on time, soak the grains in water for a few hours. When it is time to cook them, remember to add extra water and let them cook.

How to Buy Whole Grains

Buy whole grain products that are labeled “100% Whole Grain” or “100%” Whole Wheat”. The names below are **NOT** whole grains:

~~100% wheat~~

~~Cracked whole wheat~~

~~Multi-grain~~

~~Contains whole grain, made with whole grains, made with whole wheat~~

Look for the **Whole Grain Stamp** on the package when buying grains.

Food label: Look for the word “Whole” before the grain.





Try this easy recipe to start cooking grains!

Turkish Bulgur and Vegetable Salad



- | | |
|---|---|
| 1 ½ cup fine bulgur | 1 long English cucumber, peeled and diced |
| 2 tablespoons tomato paste | 3 medium tomatoes, diced |
| 3 tablespoons red pepper paste | 2 carrots, grated |
| 1½ cups boiling water | 1 green bell pepper, diced |
| 2 tablespoons extra-virgin olive oil | ½ cup fresh dill, chopped |
| 2 tablespoons 1 tablespoon balsamic vinegar | ¼ cup fresh mint, chopped |
| | 4 tablespoons lemon juice |

Directions

1. In a large bowl, combine bulgur, tomato paste and red pepper paste. Add boiling water and mix well. Allow mixture to sit for 5 to 15 minutes, depending on grain coarseness, until bulgur has absorbed the liquid.
2. Fluff with a fork, mix in olive oil and balsamic vinegar.
3. Gently fold in cucumber, tomatoes, carrots, bell pepper, dill, mint, and lemon juice.

Nutrition Information

Serving size: 8 ounces

Number of servings: 8

Calories: 146; Total fat: 4g; Saturated fat: 1g; Cholesterol: 0mg; Sodium: 28mg;
Carbohydrates: 26g; Fiber: 5g; Sugars: 6g; Protein: 4g; Potassium: 402mg; Phosphorus:
103mg



Dear Renata



Dear Renata:

Should I be on a gluten-free diet? KD

Dear KD:

Unless you have Celiac disease or a severe gluten allergy, you do not need to follow a gluten-free diet. If you think you have a gluten allergy, ask your doctor to conduct some tests that can confirm you are either sensitive to gluten, or actually have Celiac disease. Typically, gluten-free diets are used for weight loss because they eliminate many foods (including grains) that contain gluten, leading people to think that gluten is our enemy. Some people buy “gluten free” food items to replace the whole grains. In reality gluten free foods are usually higher in calories and raise blood sugars quicker than whole grains. Avoiding gluten is not necessary and may even lead to nutrient deficiencies if you do not replace vitamin-rich gluten foods with proper alternatives, as well as weight gain, and higher blood sugar levels.

Dear Renata:

Are soy foods healthy? TM

Dear TM:

Several studies link soy products with a higher risk for tumor growth, especially breast cancer. However, research to determine if soy is healthy is still an ongoing process. There is limited evidence showing that soy is a beneficial part of a healthy diet. As with any food, “moderation” is the key. Choose a diet rich in a variety of foods, there are alternatives to soy that you can enjoy such as beans, grilled chicken, beans, lentils, as well as other protein foods.

Have a nutrition question?
Email: rshiloah@betances.org



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March 2017



Upcoming Events March 2017

“Betances Nutrition Health Fair”



****March 22nd 2017****

What: National Nutrition Month “Nutrition Expo”

When: March 22nd 2017

What Time: 11:00am-4:00pm

Where: Betances Health Center- waiting area

➤ Nutrition/fitness handouts/activities/freebies