

N O V E M B E R 2 0 1 7

# Nutritionally Speaking

with

Renata Shiloah MS, RD, CDN



BETANCES HEALTH CENTER

## Food of the Month: Pumpkin



### Nutritional Breakdown:

- 1 cup contains: 49 calories, 2 grams protein, 12 grams carbohydrates, 3 grams dietary fiber, 0 grams fat
- 1 cup provides you with your daily need of Vitamin A
- Rich in antioxidants

### **\*\* Remember \*\***

Betances Health Center will be **closed** on Thursday, **November 23** and Friday, **November 24, 2017** for the Thanksgiving holiday



The Nutrition Program at Betances offers both individual and group nutrition education, and counseling. Patients are taught to make positive dietary changes to manage their conditions and improve overall health in private and group settings. Exercise classes are also offered at the on-site gym facility when a trainer is available.

# Turkey Day Tips!

Here are some **Thanksgiving** food guidelines

## Add plenty of veggie side dishes

Most holiday side dishes are loaded with starch and fat. Add some color and nutrition to the table with healthier sides like a kale salad

## Watch your portion sizes

Fill half of your plate with fruits and veggies. Enjoy your favorite holiday treat but take a smaller portion.

## Never eat the skin of the turkey

## Drink Lots of water

## Use whole grains. or high fiber foods

Think brown rice, quinoa, sweet potatoes and whole wheat bread over white rice or white potatoes. The more fiber in the meal the more your



**Eat before:** Don't go anywhere hungry. Fill up on healthy foods before parties so you don't arrive on an empty stomach and overeat

**"If you don't love it, don't eat it."** May holidays dishes are filled with calories, fat and sugar so choose wisely what foods you want to eat, sample and skip.

**Use herbs and spices for flavor instead of butter or oil**



# Dining in?

Try this Healthy thanksgiving inspired recipe  
**Herbs stuffed turkey breast, with a side of**

## Ingredients:

### Herbs stuffed turkey:

- 1 tablespoon olive oil, plus more for pan
- 1 cup chopped parsley
- 3 cloves garlic, finely chopped
- 1 tablespoon chopped fresh sage
- 1 tablespoon lemon zest
- pepper
- 2 boneless, skinless turkey breasts ( about 1 pound each )

### Garlic Brussels sprouts:

- 1 tablespoon olive oil
- $\frac{3}{4}$  pounds trimmed Brussels sprouts cut in halves
- 1 tablespoon lemon juice
- 3 cloves garlic, minced
- pepper



## Preparation:

### Herbs stuffed turkey

1. Preheat oven to 375 degrees. Line a rimmed baking sheet with foil and brush with oil.
2. In a small bowl, combine parsley, garlic, sage, lemon zest, and olive oil, and stir to combine. Add a pinch of pepper to taste. Set aside.
3. Lay turkey breast flat on a cutting board, smooth side facing up. Lay a knife parallel to the board, against breast center. Slice lengthwise, essentially cutting breast in half to make it flatter. But don't cut all the way through - leave the other long side attached, so you can open it like a book and lay it flat.
4. Spread half the herb mixture on each breast. Spread over  $\frac{3}{4}$  of the flattened breasts.
5. Starting on the side of the breast with the filling, roll breast lengthwise and place on the prepared baking sheet seam side down.
6. Brush tops of breasts with oil and sprinkle with pepper.
7. Bake for 40-50 minutes, until the center temperature reads 165 degrees.
8. To serve, slice at a diagonal to show the awesome swirl.

### Garlic Brussels sprouts

1. Heat oil in a large heavy bottom saucepan over medium heat
2. Add garlic and cook for 1 minute
3. Add Brussels sprouts, salt and pepper
4. Cook until Brussels sprouts are tender and golden about 8 minutes
5. Transfer to a plate
6. Stir in lemon juice and serve

# Dear Renata

## Dear Renata:

Are carbohydrates bad for you? Is it OK to eat carbohydrates if I am trying to lose weight?

AD

Carbohydrate-rich foods help with permanent weight control because they contain less than half the calories of fat, which means that replacing fatty foods with complex carbohydrates automatically cuts calories. Carbohydrates are a major source of energy and should account for

50% to 60% of calories consumed each day.

It's important to remember to eat healthful carbohydrates, such as whole grains, legumes, brown rice, and sweet potatoes. Processed carbohydrates, such as white bread and white rice, are not as healthful because they have lost much of their fiber and other nutrients.

## Dear Renata:

I keep hearing about added sugars. What are added sugars & what's the problem with added sugars

GW

Just like it sounds, added sugars aren't in foods naturally—they're added. They include:

- Sugars and syrups that food manufacturers add to products like sodas, yogurt, candies, cereals, and cookies
- Sugar you add yourself—like the teaspoon of sugar in your coffee

Some foods have sugar naturally—like fruits, vegetables, and milk. The sugars in these foods are not added sugars.

Eating and drinking too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern without taking in too many calories. **Added sugars contribute calories, but no essential nutrients.**

The *2015-2020 Dietary Guidelines for Americans* recommends limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

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# Ongoing Programs



- ❖ **Acupressure Group: Tuesdays 1:30pm-3:00pm**
- ❖ **Women's Wellness Nutrition Group: Wednesdays 10am-11:30am**  
\*Participants must register for the women's wellness 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)

## Coming in 2018

**\*\*Diabetes Prevention Program "New Year, New You"**



# FLU SEASON IS UPON US GET YOUR FLU SHOT TODAY!



Make an appointment today!



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