

SPECIAL POINTS
OF INTEREST:

- **What is National Nutritional Month?**
- **Get to know the RD at your campus!**
- **What outpatient nutrition services are available ?**
- **Word search puzzle, sodium fact or fiction, eating healthy on a budget, and kitchen food safety inside this issue!**

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National Nutrition Month

“ ENJOY THE TASTE OF EATING RIGHT ”

MARCH 2014

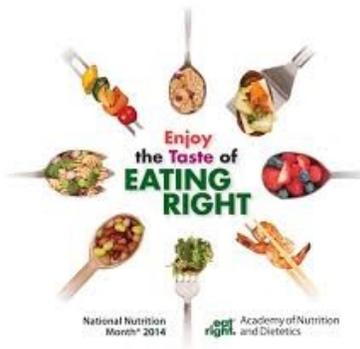
March is National Nutrition Month

Each year, the Academy of Nutrition and Dietetics sponsors a month long campaign (**National Nutrition Month**) aimed to increase the awareness of healthy eating. This year's theme is “*Enjoy The Taste of Eating Right*”. Taste involves various senses: sight, smell, touch. Eating right should be healthy, but also enjoyable.

Close your eyes and imagine your favorite food. You can probably smell it as if it were there in front of you! The smell of your favorite food can trigger a memory. Spices and herbs can add great flavors and aromas to foods, which can help you create new favorite memories of foods.

Healthy does not have to mean boring and flavorless. In this newsletter, you will find some delicious and healthy recipes that make eating healthy, fun and enjoyable. You will also find tips and Interesting facts to help make healthy eating easy. Learn how to re-invent your favorite recipes or find a new way of preparing your favorite dish. Breaking old habits for better health may seem difficult, but it does not have to be bland!

Don't be afraid to experiment in the kitchen with new tastes and flavors. Whether you prefer sweet, savory, or spicy, you can be sure to find a new recipe to try.



Get To Know Your Registered Dietitian

March 12th is **Registered Dietitian (RD) Day**. Celebrate your Dietitian at your NY Harbor campus by getting to know them! Throughout the various campuses of the VA, Dietitians cover the inpatient, PACT clinics, Home Based Primary Care (HBPC), and Community Living Center at the Saint Albans campus, just to name a few.

Registered Dietitians are experts in food and nutrition who have completed the necessary academic and professional requirements.

They can help guide you in making healthier eating and behavioral choices related to nutrition.

Did You Know?
March 12th is RD Day!

FACT or FICTION?

Test your knowledge of sodium in foods

⇒ **Store-bought seasoning blends that are labeled as “natural” are a low sodium way to flavor foods.**

FICTION!

TIP: Always read the label before buying any pre-mixed seasoning blends. They are usually high in sodium. As an alternative, use fresh or dried spices. Be creative and mix up your own homemade blend without the added salt.

⇒ **Fresh herbs can be dried and stored in your pantry for use during the winter months.**

FACT!

TIP: Place your washed fresh herbs such as rosemary, oregano, parsley, or mint in pans lined with a kitchen towel. Store them in a cool, dry place for several days until they are dried. Gently rub with your fingers to break the dried leaves into small pieces and store in clean jars.

⇒ **Store bought salad dressings and marinades are high in sodium.**

FACT!

TIP: Some bottled Italian salad dressings contain 200 mg of sodium per 1 tablespoon serving. Make your own salad dressing by using two parts vinegar to one part olive oil. Add your favorite herbs (try chopped garlic, oregano, and basil for a Mediterranean blend).

Submitted by:
Eleni Christoforou, RD, CDN

Gail Schechter, MBA, RD, CSG, CDN Chief of Clinical Nutrition/MOVE! Coordinator, New York

Favorite Foods: Picadillo with rice, black beans and plantains, dried apricots, mint chocolate chip ice cream, rainbow cookies.

Favorite Snack: Greek plain yogurt & dried cranberries

Favorite Recipe: *Roasted Carrot and Sweet Potato Soup*

Ingredients:

1.5 pound carrots tipped and peeled, 1 sweet potato (about 1/2 lb.) cubed, with skin on, 3/4 cup diced onions, 2-3 cups vegetable broth (fresh stock is always better but a 2:1 ratio of low sodium/regular store bought stock works well too)
To taste: Fresh Dill, Pepper, Salt if needed

Directions:

Slowly brown onions on stove top in a soup pot. Roast Carrots and Sweet Potatoes at 375 degrees for 30-40 minutes or until tender.

Combine onions, carrots, sweet potatoes, stock and seasonings. Simmer until tender (about 30 minutes or so). With an immersion blender blend soup until all the ingredients are whipped, stir, taste, adjust seasoning.

You can add: ginger, orange juice, curry powder if you like. Chicken stock can also be used if you prefer.

Garnish with dill. Serve room temperature or hot.

This makes an excellent lunch. High in Vitamin A & Fiber. Also rich in vitamin B5, vitamin B6, manganese and potassium.



Marcia Hays, EDM, MS, RD, CDN PACT/MOVE! Dietitian, POD A, Brooklyn Campus

Favorite Food: Shrimp

Favorite Snack: White cherries

Favorite Recipe: *Salmon tacos with guacamole*

**Makes 2 servings*

Ingredients:

4-6 oz salmon filet (diced into small pieces)

1 teaspoon garlic powder

1 fresh lime

1 Tbsp fresh cilantro (finely chopped)

1 large or 2 small avocados

1/2 small shallot (chopped)

Salt and pepper to taste

1 heaping teaspoon of Smart Balance buttery spread

2-4 soft corn tortilla or hard shell tacos

Directions:

1. Heat skillet to medium high heat

2. Add Smart balance buttery spread

3. Add salmon, 1/2 teaspoon garlic powder, 1/4 chopped shallot, salt and pepper

4. Squeeze in 1/2 fresh lime

5. Sauté salmon until slightly flaky (try not to overcook)- Add 1/2 Tbsp cilantro when salmon is 3/4 done

6. Place salmon in tacos and top with guacamole, serve with black beans

Guacamole:

1. Spoon mash avocado

2. Squeeze in 1/2 fresh lime, salt (to taste), add 1/4 shallot chopped, 1/2 Tbsp cilantro

3. Mix until desired consistency



Ms. Dora A. Burke, RD Clinical Dietitian, Dialysis/PACT, Brooklyn Campus

Favorite Foods: Green Soup, Sweet Potato, Squash, Polenta

Favorite Snacks: Grapes, Nuts, Sesame Seed Cookies

Favorite Recipe: *Low Fat Squash Pattie*

Ingredients:

1 ½ lbs. squash	2 Tbsp. fat free grated cheese
1 small carton egg beaters {equivalent to 2 eggs}	1 onion, finely chopped
1 cup {fat free} Italian croutons, crushed	Salt and pepper to taste
	Nonstick spray

Instructions: Grate squash and onion, add together and mix well. Add crushed croutons to squash mixture. Add eggs, cheese, salt and pepper. Mix well. May need a little more croutons if soggy. Mix well. Form into little patty cakes. Spray skillet with non-stick spray. Place patties on hot skillet and turn only once. Brown on both sides



Samantha Chyung, RD PACT Dietitian, POD C, Brooklyn Campus

Favorite Recipe: *Lemon Grilled Chicken*

3 tablespoons fresh lemon juice

2 tablespoons extra virgin olive oil

2 garlic cloves, minced

7 (6-ounce) skinless, boneless chicken breast halves

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Cooking spray

Prepare grill to medium-high heat. Combine first 4 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator 30 minutes, turning occasionally. Remove chicken from bag; discard marinade. Sprinkle chicken evenly with salt and pepper. Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done

LiLi Chen, RD, MS, MPH, CDN Clinical Dietitian/Nutrition Support, Brooklyn Campus

Favorite Foods: Vegetables - I just love vegetables, all kinds

Favorite Snack: Apples - all kinds

Favorite Recipe: *Rosh Hashanah Carrot Cake*
(serve 16)

2 -1/2 c. all-purpose flour

2 tsp. baking soda

2 tsp. ground cinnamon

1/2 tsp. salt

1/2 tsp. ground nutmeg

1/4 tsp. ground ginger

1 c. sugar

1 c. firmly packed brown sugar

1 c. milk (sub for 1% milk or buttermilk)

3/4 c. vegetable oil (sub for ½ cup oil + ½ cup applesauce)

4 eggs

1-1/2 tsp. vanilla extract

1 (1 lb.) bag carrots, peeled and grated

1 c. chopped walnuts

1/2 c. raisins

1 tsp of Allspice

1 tsp. vanilla extract

Cream Cheese Frosting:

1/2 c. butter, softened

1 (8 oz.) pkg. cream cheese, softened

1 (16 oz.) pkg. powdered sugar

1 tsp of Allspice

1 tsp. vanilla extract

Directions: Combine first 6 ingredients in a medium bowl; set aside.

Combine sugars, milk, vegetable oil, eggs and vanilla extract in a large bowl; stir until all ingredients are well blended.

Combine flour mixture, carrots, walnuts, and raisins, stirring just until well blended.

Grease round cake pans. Line bottoms with circles of parchment or waxed paper; grease and flour paper. Pour batter into cake pans.

Bake at 350°F. for 45-60 minutes or until a wooden toothpick inserted in center comes out clean. Cool in pans 10 minutes.

Combine butter and cream cheese in a large mixing bowl; beat until light and fluffy. Add sugar, all-spice and vanilla, mixing well.

Fit it all in:

Wise Choices While Eating Out

Healthy Eating shouldn't be hard, nor complicated. Eating well and staying healthy can be easy, delicious, fun, and quite economical. The key to eating well while eating out, and staying compliant to your diet is to have a plan. A well thought out 'mental' plan with some practical tactics can help you make the best choices like a pro and help keep you in good health.

Fit it all in: Nutritious Restaurant Eating

- ◇ Consider ordering an appetizer as your entrée since most entrées in today's restaurant are large enough to feed 2-3 people
- ◇ Make 'leaner' choices, leaner 'cuisine'
- ◇ Avoid overeating by eating your meal slowly, chewing foods well, and drinking non-calorie beverages between bites
- ◇ Share your entrée, or take half home for another meal

Fast Food: it can be healthy too...

- ◇ Take advantage of Nutrition Information to make wiser choices
- ◇ Menus are fairly standard from franchise to franchise and you can expect foods to be consistent in nutritional value. (Example: Subway, McDonalds, Dunkin Donuts, just to name a few..)
- ◇ Avoid supersizing anything-no matter how cheap it is. If money is a concern, share your 'supersized' meal with friends or family. Your waist, your pants, and your scale will thank you later
- ◇ Be a kid (at heart) and choose Kid-size meals, which are usually around 350-550 kcal per serving

Pizzeria: Mama mia!

- ◇ Choose your own sauce and toppings; less toppings usually mean fewer calories. Choose Plain or Margarita Pizza over Deluxe or Meat Lovers Pizza.
- ◇ Start your meal with a small salad with dressing on the side
- ◇ Pick personal size or half size
- ◇ Pick thin-crust over thick-crust

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Deli Shop: Slice them 'thin'...

- ◇ One sandwich is usually big enough for two, so DO share
- ◇ Order broth based soups over cream-based
- ◇ Add a small salad, with dressing on the side
- ◇ Choose 'calorie free' beverages to wash it down

Mexican: pass the salsa please!

- ◇ Look for key words... Asada (grilled), Veracruz-style (tomato based), Salsa Verde (green Chile sauce), Mole (chili-chocolate sauce), Soft tortillas (floured, steamed).
- ◇ Ask for additional lettuce and chopped tomatoes on your entrees

Italian: That is good meatball...

- ◇ Order vegetable based entrees; do skip dishes with breading that are deep fried
- ◇ Choose family style service to allow you to choose your own portion size
- ◇ Choose tomato based sauces over cream-based
- ◇ Be wary of the bread basket; take one and skip the rest.

Asian: The Far Far East

- ◇ Pick plain rice (or plain brown rice) over fried rice
- ◇ Pick dishes where the vegetable is the primary ingredient and meat is the accent
- ◇ Drink tea, plenty of it...

American Diner: Where comfort food gets its name.

- ◇ Share your entrée; it's so big it can feed a family of four
- ◇ Substitute French fries with a baked potato, steamed vegetable, or small salad
- ◇ Ask if they can make your milk shake with low-fat milk and frozen yogurt instead of whole milk and vanilla ice-cream

If you must have dessert, ask for extra forks and share with someone.

Submitted by:
Li-Li Chen, RD, MS, MPH, CDN

Eleni Christoforou, RD, CDN PACT Dietitian, POD E & F, Brooklyn Campus

Favorite Foods: sweet potatoes, quinoa, Brussels sprouts, dark chocolate (YES! It's OK to treat yourself once in a while!)

Favorite Snack: Greek yogurt topped with crushed walnuts and fresh raspberries

Favorite Recipe: My favorite quick and easy breakfast is *Apple Cinnamon Oatmeal*. I combine a half cup of old fashioned rolled oats, a chopped apple, a pinch of cinnamon, a teaspoon of honey, and a tablespoon of walnuts in a small microwavable bowl. Cover with unsweetened almond milk and microwave for about 2 minutes until it bubbles up. Give it a mix and add more liquid if necessary. This recipe is great for cold winter mornings when you need something quick. The apples soften a bit, the walnuts provide a great crunch, and the cinnamon provides a warm and earthy taste.



Leah Stephens RD, CDE, CDN HBPC, Brooklyn/Saint Albans Campus

Favorite Food: Indian food

Favorite Snack: apples with almond butter

Favorite Recipe: *Tex-Mex Quinoa with Black Beans*

Ingredients:

- 1 Tbs. olive oil
- 1 ½ tsp. whole cumin seeds
- 1 cup prepared black bean soup
- 1 cup mild or medium picante sauce, divided
- 1 cup quinoa, rinsed and drained
- 1 ½ cups cooked black beans
- 1 cup frozen yellow corn, thawed
- 4 green onions, thinly sliced (½ cup)
- 1-2 Tbs. chopped pickled jalapeño chiles

Heat oil in medium deep-sided skillet or wok over medium heat. Add cumin, and cook 2 minutes, or until fragrant and lightly toasted, stirring often. Add soup, ½ cup water, ½ cup picante sauce, and quinoa; stir, and bring to a boil over high heat. Reduce heat to medium-low, cover, and cook 10 to 12 minutes, or until most of liquid is absorbed. Stir in beans and corn, and cook, covered, 7 to 10 minutes, or until all liquid is absorbed. (mixture will still be moist.) Remove from heat, and stir in remaining ½ cup picante sauce, green onions, and jalapeños. Season with salt and pepper, if desired



Marilyn Zonenshein RD, CDN Clinical Dietitian Acute Care, Brooklyn Campus

Favorite Foods: pineapple, berries, quinoa, grilled chicken, and anything made with lots of fresh herbs

Favorite Snack: Greek yogurt, McIntosh apples

Favorite Recipe: *Strawberry cream cheese pie*. This recipe is always a big hit! Nobody believes it's "light."

Ingredients:

- Pastry for a single crust pie (9 inch)
- 1 pkg (8 oz) reduced fat cream cheese
- ½ cup egg substitute
- 3 tbsp honey
- 1 tsp vanilla extract
- 3 ½ cups sliced fresh strawberries
- 1 tbsp cornstarch
- ½ cup cold water
- ½ cup reduced sugar strawberry preserves
- Whipped topping (optional)

Directions:

Roll out pastry to fit 9 inch pie plate, transfer to plate and flute edges. Prick bottom and sides of crust with a fork and bake at 350 degrees for 15 min or until lightly browned. Meanwhile, in a large bowl, beat the cream cheese, egg substitute, honey, and vanilla until smooth. Pour into crust. Bake 15-18 min longer or until the center is almost set. Cool on a wire rack. Arrange strawberries over filling. In a saucepan, combine cornstarch and water until smooth, add preserves. Bring to a boil, cook and stir for 2 min or until thickened. Spoon over the strawberries and refrigerate for 2 hours. Garnish with whipped topping.



Valerie L. Thomas, MS, RD, CDN
Clinical Dietitian Acute Care, Manhattan Campus

Favorite Food: seafood and organic spinach

Favorite Snack: fruit and pretzels

Favorite Recipe: *Tilapia with wine and tomatoes*

Directions: Preheat a grill for medium-high heat. Place the tilapia fillets side by side on a large piece of aluminum foil. Season with lemon and pepper. Place one tablespoon of margarine on top of each fish, and sprinkle garlic, basil and tomato. Pour wine over everything. Fold foil up around fish and seal into pocket. Place pocket on a cookie sheet for to transport to and from the grill. Place the foil packet on the preheated grill, and cook for 15 minutes or until fish flakes with a fork. Open the packet carefully and serve.



Joseph Mutz MS, RD, CDN
PACT/MOVE! Dietitian, Manhattan Campus

Favorite Food: Tough question! I love sushi, big salads, and pizza.

Favorite Snack: I am a big snacker, and I find that snacking really helps me manage my hunger. I love classics like hummus and chopped veggies or fruit paired with cheese (Granny Smith or Pink Lady Apples with Laughing Cow or Baby Bell Light are standbys.)

Favorite Recipe: *Roasted Vegetable Ratatouille*

Ingredients

1 head of garlic, Extra virgin olive oil
 1 medium eggplant, cut into ¾ inch dice
 1 medium zucchini, cut into ¾ inch dice
 1 medium yellow squash, cut into ¾ inch dice
 1 red pepper, cut into 1 inch dice
 1 yellow pepper, cut into 1 inch dice
 1 medium onion, large dice (Vidalia onions are great here)
 Kosher Salt & Black Pepper
 1 pint grape tomatoes
 1 lb whole wheat pasta of choice
 Roughly ¼ cup chopped parsley
 ½ cup basil, julienned
 ½ cup grated parmesan cheese

Directions:

Preheat oven to 425 degrees (F)

Cut off the top of the garlic, exposing all of the cloves. Wrap the head of garlic in foil (from the bottom) and drizzle olive oil over the head. Place in the oven and roast for approximately 45 minutes

Toss eggplant, squash, bell peppers, and onions in a bowl with olive oil and salt. Place on a baking sheet in a single layer (using two, if needed) so that all vegetables are touching the bottom of the pan. Roast in the oven for 25-30 minutes

Place tomatoes on a separate baking sheet, drizzle with olive oil, salt and pepper and roast in oven with vegetables.

While the vegetables are roasting bring a large pot of salted water to a boil. Cook pasta, drain, and place back in the pot.

Remove garlic from oven and allow to cool until easy enough to handle. Once cooled squeeze the soft, roasted garlic into a large bowl. Add the tomatoes and mash together. Add the roasted vegetables, parsley, and basil and toss to combine.

Serve over whole-wheat pasta with Parmesan cheese and additional basil to taste.

Monica Sathyamurthy, MS, RD, CDN
Clinical Dietitian/Mental Health, Manhattan Campus

Favorite Foods: Thai and Indian seafood

Favorite Snack: Dark Chocolate

Favorite Recipe: *Chicken Curry* - Chicken breasts sautéed and simmered with onion, olive oil and curry powder. Simplest chicken curry you'll ever make! Serve over hot cooked rice with a little side of mango chutney, if desired.

Prep Time: 15 min Cook: 1 Hour
 Ready in: 1 hr 15 min

Ingredients:

6 skinless, boneless chicken breast halves – cut into strips
 2 large onions
 ¼ Cup Olive Oil
 1/3 Cup curry powder, or to taste

Directions:

Heat oil in a large skillet over medium heat. Add onion and sauté until soft and golden brown. Slowly stir in curry powder. Once ingredients are blended together, add chicken breasts. Cover skillet and simmer over medium low heat for about 45 minutes or until chicken is cooked through and no longer pink inside. Remove cover from skillet and cook for an additional 15 minutes, until sauce reduces. (Note: Make sure that you stir and that dish does not burn, as curry powder burns very easily!)



QUIZ:

Test Your Knowledge On Kitchen Food Safety

1. At what temperature should the refrigerator be maintained?
 - A. 20° F
 - B. 40°F
 - C. 45°F

2. What is the minimum safety temperature ground beef should be cooked?
 - A. 165° F
 - B. 160°F
 - C. 100°F

3. When sanitizing cutting board at home using chlorine bleach, how much bleach should be added per quart of water?
 - A. 1 Tablespoon
 - B. 1 Cup
 - C. 1 Teaspoon

4. Which of the following ways is NOT a safe way to defrost raw meat?
 - A. On the counter
 - B. In the refrigerator
 - C. In the microwave

5. What is the minimum amount of time you should wash your hands under running water?
 - A. 2 minutes
 - B. 20 sec.
 - C. 10 sec

Answers: 1: B; 2: B;
3:C; 4:A; 5:B

Submitted by:
Dora A. Burke, RD



Kate Halpert, M.S., R.D., C.D.N
Clinical Dietitian Acute Care, Manhattan Campus

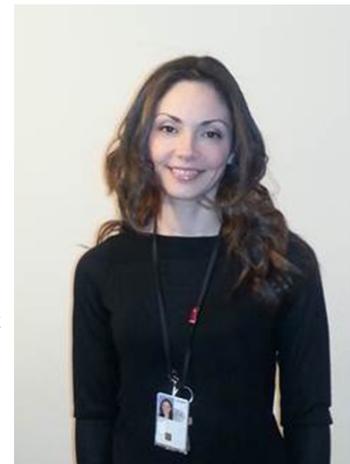
Favorite Foods: I would have to say everyone in my house loves pasta. Few times per week, we have a pasta dinner, with salmon or grilled chicken, and a fresh garden salad on the side

Favorite Snack: Fresh berries, raw almonds and anything with chocolate

Favorite Recipe: Quick & super easy pasta and mushroom dish, served with fresh garden salad

Ingredients: 1.5 cup of uncooked orzo OR half box of whole wheat spaghetti, 16 oz package of mushrooms (your choice, but I like baby bella mushrooms), fresh parsley, salt, pepper, garlic, onion, 1 tbsp red cooking wine

Directions: Cook pasta in pot of water, as per directions on box. While pasta is cooking, chop 2 garlic cloves and half of an onion. Heat up pan with 1 tbsp olive oil, sauté chopped garlic and onion in the pan. Slice mushrooms, add to pan. Once mushrooms brown, add ¼ cup fresh chopped parsley, season with salt and pepper and add red cooking wine. Cover pan for few minutes. Drain pasta, and add to pan of sautéed mushrooms. Toss pasta with mushrooms in pan, turn off heat and serve.



Anasa Smith, RD
Clinical Dietitian at the Community Living Center
Saint Albans Campus

Favorite Recipe: Carrot Sweet Potato Casserole

Ingredients:

- ¾ cup grated carrots
- 1 and ¼ cups mashed, baked sweet potatoes (best done with American sweet potatoes)
- ¼ cup flour with dash of baking powder and salt
- ¼ cup vegetable oil and ¼ stick margarine
- 1 cup milk
- ¼ cup brown sugar
- ½ grated nutmeg
- small piece of fresh ginger grated

Process:

Sift flour, baking powder and salt into mashed, baked sweet potatoes. Add other ingredients to mixture. Mix until well blended. Bake in greased casserole dish for 45 min to 1 hour at 350 degrees.

Verzhine Owens MS, RD, CDN Clinical Dietitian/Outpatient/MOVE! Weight Management, Manhattan Campus

Favorite Food: A very challenging question for a dietitian to answer—My favorite foods change all the time! Lately, I have been experimenting with the cuisine of Thailand. I admire the cuisines use of savory, spicy and sweet. A satisfying taste on the palate. I enjoy preparing vegetarian curries using a touch of lite coconut milk.

Favorite Snack: Homemade Kale Chips! Kale is a delicious nutrient packed super-food and so simple to make. All it takes is a touch of olive oil, a touch of soy a sauce, a bit of spice from your favorite hot sauce, an oven turned onto a low temperature and your patience! A great alternative to high calorie, greasy potato chips or tortilla.

Favorite Recipe: Roasted Vegetable Lasagna or Sweet and Tangy Slaw

This Asian-inspired cabbage salad is light, fresh and a great spin on the usual cole slaw. By using a variety of herbs such as fresh cilantro and scallion the recipe is packed with tons of flavor without adding too many calories, fat or sodium. This is one of my favorite salads—a staple in my home.

Sweet and Tangy Slaw Serves: 10 Active preparation time: 25 min

- 8 cups chopped or shredded fresh red cabbage (about 1/2 large head cabbage)
- 1 cup shredded carrot (1-2 medium carrots)
- 1/2 cup diced scallions (4 scallions)
- 1/4 cup (packed) chopped cilantro leaves
- 1/4 cup olive oil
- 1 tablespoon sesame oil
- 1/4 cup rice vinegar or white vinegar
- 1-2 tablespoons sweetener of your choice (honey, Splenda, agave or brown sugar)
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly-ground black pepper
- 1/2 teaspoon paprika or crushed red pepper flakes (for a kick!)
- 1/3 cup toasted sliced almonds

1. Wash all vegetables.
2. Cut cabbage in half and then into quarters. Remove the hard center stem. Cut/shred cabbage thinly just like you would for cole slaw and place in a large bowl.
3. Peel and thinly cut or grate carrots, add to bowl.
4. Chop scallions and cilantro, add to bowl.
5. In a separate small bowl, combine olive oil, sesame oil, rice vinegar, sweetener, salt, pepper and paprika or crushed red pepper.
6. Scatter sliced almonds in a pan or on a sheet in a toaster oven and toast on low-medium heat until toasty brown. Be careful, they burn quickly at high heat!
7. Add to salad and mix thoroughly.
8. Refrigerate for at least 30 minutes and “ENJOY THE TASTE OF EATING RIGHT!”

Cindy McGovern, MS, RD, CDN Clinical Dietitian/ Community Living Center/ Saint Albans Campus

I have been practicing as a dietitian for 12 years and have been working for the VA for almost eight years. My other full time job is being a mother of two children! At home, I do not bring fast food into the house. I try to cook every night to show my family what a healthy meal should look like. When food shopping, I try and buy different types of fruits and vegetable for everyone to try, sometimes it is successful & other times not.

Favorite Foods: One of my favorite things to make is pizza on a pizza stone.

Favorite Recipe: I grease a pizza stone with olive oil, put tomato sauce, cheese & some veggies on top & bake it in the oven. The stoneware makes the pizza dough nice & crispy. This is one meal that the whole family enjoys so I always have the ingredients in my fridge!





“Eating Healthy Doesn’t Have to Be Expensive or Boring!”

Try some of these tips to help you save money the next time you check out at the grocery store.

Fruits and Vegetables: Choose fresh fruits that are in-season (berries in the summer are less expensive than in the winter). Year-round, apples and bananas are less expensive. Canned and frozen vegetables (plain) are wallet-friendly and nutritious. Rinse canned veggies with water to remove sodium, and drain canned fruits (choose light syrup). Compare prices- fresh broccoli, carrots, and string beans are less costly than asparagus.

Fill up on whole grains: Make at least half of your daily grain choices whole grains. Brown rice, whole-wheat pastas and breads, plain popcorn, oatmeal, and whole-grain low-sugar breakfast cereals are great sources of fiber to help keep you full.

You can freeze that!: Lean proteins (fish, chicken, turkey, and 90% or greater lean ground beef) in bulk are often a good deal. Freeze in individual portions to make defrosting easier. Freeze bread, un-opened reduced-fat shredded cheese, and yogurt if on sale.

Plan in advance: Keeping a well-stocked pantry, refrigerator, and freezer makes meal planning easier. Use items you already have before buying new to avoid food waste. Use easy and fast recipes on days you don’t want to cook instead of doing expensive take-out. Try cooking your favorite meals in bulk, so you can cook once and freeze the rest for future meals.

Compare prices and read food labels: often the generic brand is less expensive than name or store brands. If you see a great sale on a staple item in your meal plan, stock up! Choose foods that are healthy so you can get the most nutrition for your money (consider calorie, fat, and sodium content).

Prepare your own meals: “Take-out” food and fast-food restaurants can get expensive (even if ordering off the dollar menu), especially if you eat most of your meals away from home. Cooking does not have to be time-consuming or require advanced culinary skills. Check out our recipes, or go to choosemyplate.gov.

Vary your proteins: Meat is often the most expensive component of the meal. Stretch your food budget-make your dinner plate ¼ lean protein, ½ vegetables, and ¼ whole grains. Try less-costly vegetarian options, such as eggs, beans, peanut butter, and canned tuna in water.

Re-think your beverages/snacks: Your favorite soda, juice, cookies, or chips may be on sale, but water is a less expensive option that is calorie free. Flavor plain water with fresh fruit slices (lemon/lime/oranges) or frozen fruits (mixed berries). Fruits and vegetables make great snacks that can help keep you healthy!

Look for sales or coupons, but only on items you truly use. Keep a grocery list and stick to it!

Avoid going to the grocery store when hungry, when you may be tempted to buy foods you didn’t plan on.

Submitted by: Michelle Hyman, RD, CDN

Try these spices at

Give these spice/herb combinations a try:

Rosemary: potatoes, chicken, pork, beef, sweet potatoes

Garlic: goes great anywhere!

Oregano: potato, fish, zucchini, chicken

Basil: tomato, chicken, salad

Sage: chicken, fish

Try this sodium-free taco seasoning blend:

Mix 1/2 tablespoon chili powder, 1/4 teaspoon garlic powder, 1/4 teaspoon onion powder, 2 teaspoons cumin, 1/4 teaspoon black pepper, 1/2 teaspoon paprika. Store in a jar and use as desired as a lower-sodium option.

Six Super Spices

A couple of sprinkles a day can keep the doctor away.



DRIED RED PEPPER

The compound capsaicin puts the heat in chiles. It may lower the risk of skin and colon cancers; studies show it also helps people eat fewer calories. Try hot pepper on pizza or in pasta.



NUTMEG

Contains antibacterial compounds that may help fight listeria, *E. coli* and salmonella, according to research. Try nutmeg in soups or chicken dishes or on sweet potatoes.



CUMIN

A potent anti-inflammatory and antioxidant that may help stop tumor growth. Try cumin in tacos, or use it as a rub on meats.



TURMERIC

Contains an active component called curcumin, which may stop cancer from spreading and help prevent type 2 diabetes. Try turmeric in soups, stews or curry dishes.



CINNAMON

Just ¼ to ½ teaspoon daily lowers blood sugar, LDL (bad) cholesterol and triglycerides in people with type 2 diabetes. Try cinnamon sprinkled on oatmeal or applesauce.



GINGER

Can stop nausea and may also relieve heartburn and bloating. Try adding a few slices of fresh ginger to stir-fries or salad dressings.

Michelle Hyman, RD, CDN
Outpatient Clinical Dietitian/ MOVE!/MOVE! Telephone Lifestyle Coaching Program, Saint Albans Campus

Michelle enjoys teaching MOVE! weight loss groups over clinical video technology and working with Veterans through the Telephone Lifestyle Coaching (TLC) Program to help them reach their weight loss and health related goals. She is studying towards an advanced degree in clinical nutrition, with emphasis in Diabetes and Obesity management. In her spare time, she enjoys cooking, tennis, and spending time with her new puppy.

Favorite Foods: Vegetarian burrito, whole wheat pasta with broccoli, apples, dark chocolate

Favorite Snack: whole grain crackers with hummus and carrots or string cheese

Favorite Recipe: Everything but the kitchen sink salsa

“Everything but the kitchen sink salsa”
 (Adapted from allrecipes.com)

This recipe is full of fiber, vegetables, and uses ingredients from your pantry.

Great on top of salads, poultry, over brown rice, or with whole grain baked chips

1 (11 oz) can of corn (rinsed and drained)

1 (14.5oz) can of diced tomatoes (or 1.5 cups fresh, diced tomato)

$\frac{3}{4}$ cup diced onion or red onion

1 (15 oz) can of black beans (rinsed and drained)

2 tablespoons olive or canola oil

1 teaspoon salt

1.5 Tablespoons of garlic powder (can substitute fresh garlic)

1 teaspoon of chilli powder

1 teaspoon of red chilli flakes

(optional: $\frac{1}{2}$ of an avocado, fresh cilantro, 1 diced bell pepper, lime juice to taste)

Mix all ingredients together, and refrigerate. Serving size: $\frac{1}{4}$ cup.



Costa Fotopoulos, MS, RD, CDN
Clinical Dietitian, Outpatient PACT clinic/MOVE/ADHC/HBPC, Saint Albans Campus

Favorite Food: none. I like to eat all foods.

Favorite Snack: dark chocolate

Favorite Recipe: Mom's Hummus

Ingredients: Tahini, 3 tbsp.

Extra virgin olive oil, 3 tbsp.

Chick peas, 1 can drained

Salt, $\frac{1}{2}$ -1 tsp (according to taste)

Garlic, 6 cloves

Lemons, 2 (juice from)

Directions: Mix all together in blender until smooth. Serve with favorite cracker or chips.



Outpatient Nutrition Services at NY Harbor

Weight Management

MOVE!® Enrollment- one time only CVT class which allows Veterans to learn more about the MOVE! Program and to set their individual goals. Location: BK- 6th floor (6-235); NY-Learning Center Education RM (2227N); SA-Directors Conference Room (also broadcasts to Harlem and Chapel St, Staten Island). When: Mondays-9:30 am; Thursdays-2:30 pm

MOVE!® Individual- weight loss counseling for Veterans who prefer a one on one visit. Individual appointments may be scheduled at BK, NY, and SA campuses. For Staten Island, appointments can be made via CVT.

MOVE!® Group- interdisciplinary weight loss group which includes behavioral goal setting, nutritional guidance, exercise tips, etc. Location: BK- Tuesdays 9:00 am, 10:00 am, and 11:00 am (CVT); NY- Monday 11:00 am; Wednesday 11:00 am (Diabetes) and 1:00 pm; Thursday 1:00 pm (located on 10 West); SA- Tuesdays at 11:00 am; Chapel- Wednesdays at 1:00 pm (CVT); Harlem- Wednesdays at 1:00 pm (CVT); Staten Island- Tuesday at 11:00 am (CVT)

MOVE!® Support- Veterans who have successfully lost weight are invited to join this weight maintenance group. Location: BK- Tuesdays 9th floor (room 9-234) at 8 am; SA CVT- every Friday at 9:00 AM broadcast to NY and Chapel; NY Campus- every Monday at 9:00 AM (not CVT)

MOVE!® Telephone Lifestyle Coaching (TLC)- Veterans who cannot attend groups or prefer individual settings have the option to receive nutritional counseling remotely via telephone. Please call Michelle Hyman, RD, CDN at 718-526-1000 extension 2349 to enroll/assess your eligibility for program.

MOVE!® Bariatric Support- Broadcasted to Brooklyn and Manhattan. The class is the 2nd Wednesday of every month from 3-4 PM

MOVE!® Women's Group: weight management group designed for our Women Veterans. This CVT group is broadcasted to BK, NY, and Castle Point every 2nd Wednesday of the month from 5:30-6:30 pm

MOVE!® BUDDY PROGRAM: A health coaching volunteer opportunity for Veterans who have successfully lost weight to help their fellow Veteran lose weight by conducting 5-10 minute weekly telephone calls. Veteran volunteers are trained on basic motivational interviewing by RD and have the opportunity to take advantage of perks of volunteering with the VA such as meal vouchers.

Congestive Heart Failure

CHF Shared Medical Appointment- interdisciplinary group that covers all areas of patient self- management of congestive heart failure with psychology, social work, nursing, and nutrition. BK- Thursdays at 1 pm located in POD F NY- Tuesdays at 1 pm located on 12th fl in Cardiology Conference room

Diabetes Self-Management

Diabetes Shared Medical Appointment –interdisciplinary team group with nutrition, clinical psychologist, RN certified diabetes educator, pharmacy, and chief medical resident. BK- Fridays from 9:00-10:30 am, room G664 (POD C/D)

Diabetes Survival Skills- 30 minute education class taught by nutrition and diabetes nurses educator NY- Thursdays from 11:30 am-12:00 pm, 12 North 12-143

Healthy Teaching Kitchen

National program that teaches Veterans basic meal planning and cooking skills for improved overall health outcomes Brooklyn (coming soon TBA); Manhattan (TBA)

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