

NUTRITION To Go

Volume 4 ♦ Issue 2 ♦ March 2023

Nutrition To Go is written and edited by Samantha Van Dyke, RD

Loaves & Fishes



FOOD PANTRY

If you need help with food more than two times a month, visit <https://foodfinder.brafb.org/>
Si necesitas ayuda más de dos veces al mes, por favor visita <https://foodfinder.brafb.org>



My Plate: a simple guide for healthy eating

MyPlate is an easy-to-follow food guide to help adults and children learn how to eat a variety of healthy foods in each meal. It takes the place of the Food Pyramid and the 4 Basic Food Groups. The colorful divided plate includes sections for vegetables, fruits, grains, and foods high in protein.

The most important message to remember is that vegetables and fruits should take up half the plate and grains and protein foods each take up about a quarter of the plate. With a side helping of dairy, you're reminded to include milk or another dairy food (like cheese or yogurt) in your daily meal plan.

This plate can be used to guide meal planning and food choices for breakfast, lunch, and dinner. Does this mean that you must eat vegetables for breakfast? Not necessarily! If your breakfast has mostly fruits, consider eating veggies as part of a healthy snack, or focusing more on veggies at dinnertime. See: www.myplate.gov for much more information.

Mi Plato: una guía para la alimentación saludable

"Mi plato" es el modelo de la alimentación saludable en los Estados Unidos. Los expertos del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), creó el plato de varios colores con el fin de ayudar a las personas a recordar que debe comer una amplia variedad de alimentos saludables en cada comida.

El plato tiene cuatro secciones: verduras, frutas, cereales y proteínas. El mensaje principal es que las frutas y las verduras deben ocupar la mitad del plato y los cereales y las proteínas deben representar un cuarto del plato. Puedes utilizar el plato para tu desayuno, almuerzo y cena.

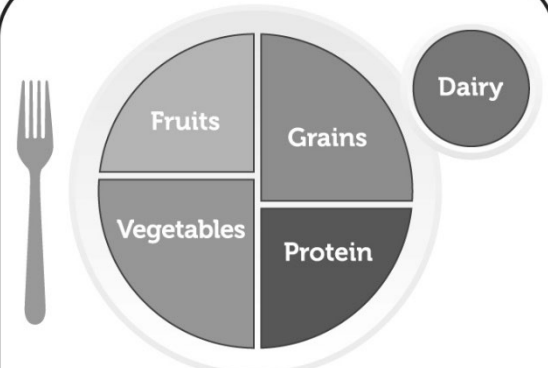
Es posible que te haga pensar en lo siguiente: ¿Tengo que comer verduras en el desayuno? La respuesta es "no." Intenta comer una variedad de grupos de alimentos. Si tu desayuno no incluye una verdura, considera comer una verdura como merienda o más verduras en la cena.



Scan to download
MyPlate app!

March is National Nutrition Month®

National Nutrition Month® started as National Nutrition Week in 1973. Interest and excitement grew and National Nutrition Month® was inaugurated in 1980. Meet healthy eating goals one at a time! Use the Start Simple with MyPlate app to pick simple daily food goals, see real-time progress, and earn badges along the way. This easy-to-use app can help you make positive changes. Healthy eating can help you achieve a healthier life overall. Get started with Start Simple with MyPlate! Available at the App Store or Google Play for free.



MyPlate.gov

In Praise of Spring!

written by Jolene Bodily, RDN for our April 2021 newsletter

With the mild winter this year, we already see many buds and blooms announcing the arrival of spring! Here's one of our spring favorites from the archives.

Have you ever noticed how many different shades of green there are as trees, lawns, shrubs and even weeds send forth new growth? Keep your eyes open and you will discover many variations. All along the Blue Ridge Mountains, in the days before grocery stores, people were on the lookout for edible, budding spring greens to supplement their winter diet of stored root vegetables. Those tender green shoots were the tasty promise of warm weather to come. Spring is a great time to experiment with the tender leaves we often lump together as lettuces.

When a study ranked fruits and vegetables, the first 16 were greens! Here are "the most common lettuces" in nutrient order:

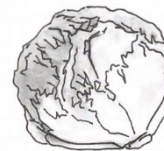
- Spinach (from baby leaves to large leaves)
- Leaf and bibb lettuces (loosely bound heads, sometimes with a reddish tinge)
- Romaine (elongated head, light green and crisp)
- Iceberg or head lettuce (pale green, crisp, mainly water)

Your best road to health is to eat greens regularly and choose different kinds. Even things like beet and radish tops are healthy. If you have a garden plot, greens are easy to grow from seed. Try Swiss chard, which tolerates Virginia heat.

Baby spinach



Iceberg lettuce



Romaine lettuce



Butterhead lettuce



Lettuce illustrations by Loaves & Fishes volunteer Kris Kerber



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FOOD PANTRY
Neighbors Nourishing Neighbors

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Giving out Free Groceries
Tuesdays 3:00-7:00pm (by
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Thursdays 6:30-8:30 pm
Saturdays, 10:00 am - 12:00 pm

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Support Loaves & Fishes when you shop
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Tipos de Lechuga

En la primavera se puede conseguir varios tipos de lechuga y espinaca. ¿Que prefieres en tu ensalada?

- Lechuga "Iceberg" - La lechuga más común, suelen venderlo a un precio bajo. Es crujiente y su sabor simple complementa todo. Es la lechuga con menos valor nutricional a nuestro cuerpo. ¡Aun así, comer lechuga "iceberg" es mejor que no comer lechuga!
- Lechuga romana - Una lechuga con hojas largas y robustas de un verde intenso. Tiene un sabor ligeramente amargo y va con todas las ensaladas. Siempre se usa en la ensalada César.
- Lechuga trocadero (o francesa) - Este tipo de lechuga deliciosa tiene hojas más lisas que en otras lechugas con un sabor más mantecoso y una textura tierna. El suave sabor combina bien con aderezos ligeros.
- Espinaca bebé - La espinaca bebé no es más que la espinaca de hoja lisa que ha sido cosechada en forma temprana. Las hojas son más tiernas y dulces que las de la espinaca grande. Se usa con sus tallos. La espinaca es una excelente fuente natural de vitaminas y minerales.

Food Spotlight: Navy Beans

This month we have dried navy beans in stock and you will find them in the paper bag of shelf-stable foods. Navy beans can be enjoyed in hot soups and in cold bean salads. Whatever recipe you are using, here's how to get them ready:

Rinse beans in cold water, then drain. Submerge beans in 4 cups water for every 1 cup of beans. Let them soak overnight before cooking the following day. Drain the soaking water and rinse beans again in cold water. To cook beans, add 4 cups liquid for each cup of beans and simmer 30 min - 2 hours depending on desired doneness. (Undercook the beans if you plan to cook them in your recipe.)