

COMMUNITY NOURISHMENT

A CDPD RYAN WHITE DAILY TABLE NUTRITION PROGRAM NEWSLETTER



ISSUE No. 4
FEBRUARY 2022



Choose Healthy Fats

Is there really such a thing as a healthy fat? The answer is yes! Eating nutritiously does not mean cutting out all fats. Our body needs fats we get from food, specifically from healthy unsaturated fats. Unsaturated fats have been shown to have heart-healthy benefits, including improving cholesterol levels, decreasing inflammation, and reducing risks of cardiovascular disease, especially when replacing saturated fats. It is recommended that 20-35% of our calories come from healthy unsaturated fats, like polyunsaturated (omega-3 fatty acids) and monounsaturated fats.

Omega-3 Fats

This is a type of fat that has been shown to improve cholesterol numbers by increasing HDL (good) cholesterol, lowering triglycerides levels, reducing inflammation, and promoting normal function of the brain and nervous system. Our body cannot make omega-3 fatty acids so we can only get them through the foods we eat.

FOODS WITH OMEGA-3s:

■ **Fatty fish** such as salmon, sardines, herring, mackerel, and tuna. It is recommended to include fish in your diet at least twice per week.

■ **Nuts and seeds** including walnuts, chia, hemp, and flaxseeds. Add to cereals, baked muffins, yogurts, and smoothies. Be sure to get ground flaxseeds; our bodies cannot break down the whole

flaxseed to access the health benefits of the omega-3 oils they provide.

■ **Eggs** from chickens fed with high omega-3 feed. Check the package label for omega-3 eggs.

Monounsaturated Fats

These healthy fats help to lower LDL (bad) cholesterol and increase HDL (good) cholesterol in our body. Replacing high saturated fat items such as butter, shortening, and fried foods with healthy monounsaturated fats may help to reduce cholesterol in your body and decrease your risks of certain heart diseases.

FOODS WITH MONOUNSATURATED FATS:

■ **Plant-based oils** like olive oil, canola oil, or peanut oil in place of butter or shortening when cooking.

■ **Nuts** have the extra benefit of not only a heart-healthy fat but also fiber, protein, vitamins, and minerals. Replace chips with nuts for a healthy snack. A good portion size is about one handful.

■ **Peanut butter** is a great source of this heart-healthy fat. Almost half of the fat in peanut butter is monounsaturated fat!

■ **Avocados**, like nuts, have the added health benefits of providing fiber with other vitamins and minerals, as well as monounsaturated fats. Try avocado in your salad or on multigrain toast with a sprinkle of cumin.

RECIPE



DAILY TABLE GROCERY LIST

- HONEY
12oz (\$3.29)
- THYME,
DRIED 0.5oz
(\$0.69 each)
- GARLIC
POWDER 3oz
(\$1.59 each)
- MUSTARD
(\$1.49 each)
- LEMON
(\$0.39 each)
- SALMON
(\$5.99/lb)

Baked Honey-Glazed Salmon

INGREDIENTS

- 2 Tbsp honey
- 1 Tsp dried thyme
- ½ Tsp garlic powder
- 2 Tsp Dijon or spicy mustard
- 1 Tsp lemon zest
- Pepper
- 1 – 1¼ pound salmon or 4 salmon filets

DIRECTIONS

1. Preheat oven to 350°F. Line cooking pan with aluminum foil or parchment paper.
2. In a small bowl combine honey, thyme, garlic powder, mustard, lemon zest, and pepper. Place salmon, skin side down, on prepared cooking pan. Spread honey mixture evenly on top of salmon.
3. Place salmon in oven for 20 minutes or until flesh is opaque and flakes with a fork (internal temp 145°F). Enjoy!

Serving suggestions: Place salmon on top of your favorite salad greens, tomatoes, cucumbers, sliced red onion, and a sprinkle of nuts for a quick dinner.

HEALTHY TIPS

SALMON IS ONE OF THE BEST SOURCES FOR OMEGA-3 FATTY ACIDS AS WELL AS BEING RICH IN HIGH-QUALITY PROTEIN AND B VITAMINS. ALL HELP TO REDUCE INFLAMMATION, HEAL, AND DECREASE RISK FOR SOME HEART DISEASES.

FOOD SAFETY



Select and Handle Seafood Safely

A well-balanced diet includes variety of fish and shellfish and helps aid in heart health. Follow these tips when selecting and handling fish to keep you and your family safe from foodborne illnesses. Enjoy the nutritious benefits from seafood!

Buying Fresh Seafood

- Only buy fresh fish that is refrigerated or displayed on a thick bed of ice.
- Fish should smell fresh and like the sea, not fishy or like ammonia.
- Eyes should be clear, flesh should spring back when pressed.
- Shrimp, scallop, and lobster flesh should be clear or pearl color with little or no odor.
- Discard cracked or broken clams, oysters, and mussels.

Buying Frozen Seafood

- Avoid packages with signs of defrost and ice crystals – this means the package is old or has been thawed and refrozen.
- Avoid packages when the fish flesh is soft or flexible.

Handling Seafood

- Put seafood on ice, refrigerate, or freeze within 2 hours of purchasing.
- Store seafood in the refrigerator at 40°F or lower; use within 2 days or freeze.
- Thaw frozen seafood in the refrigerator overnight. Quick thaw: seal seafood in a plastic bag and place in cold water, changing water every 30 minutes until seafood is bendable.

Cooking Seafood

Seafood should be cooked to a temperature of 145°F. If you do not have a thermometer, follow these tips to determine if your seafood is done:

- **Fish:** Flesh should be opaque and flake with a fork.
- **Shrimp, Scallops, Lobster, Crab:** Flesh is firm.
- **Clams, Oysters, Mussels:** Shells should open during cooking, throw away any that do not open.

Spoiled seafood has a stronger odor after cooking. If seafood smells sour, fishy, or like ammonia do not eat it.

RECIPE

Guacamole Deviled Eggs

INGREDIENTS

- 6 Eggs, hard boiled and peeled
- ½ Avocado
- 1 Tsp red onion, diced
- ½ Tsp garlic powder
- ½ Small tomato or about 8 cherry tomatoes, diced
- Juice from ½ lime
- 1 Tbsp fresh cilantro, chopped
- Salt and pepper to taste

DIRECTIONS

1. Cut eggs in half lengthwise. Place egg white halves on a plate.
2. Place egg yolks and avocado in a medium bowl. With a fork, mash together. Add remaining ingredients except salt and pepper, gently stir together. Season to taste with salt and pepper.
3. Evenly scoop guacamole mix into each egg white half.
4. Optional: Garnish tops of egg halves with additional chopped cilantro, tomato and/or red onion. Enjoy!



HEALTHY TIPS

EGGS ARE ONE OF THE MOST NUTRITIOUS FOOD ITEMS WE CAN EAT! EGGS HAVE HIGH QUALITY PROTEINS AND FATS WITH THE YOLKS CONTAINING MOST OF THE VITAMINS, MINERALS, AND NUTRIENTS.

DAILY TABLE GROCERY LIST

- EGGS (\$1.99/dz)
- AVOCADO (\$1.29 each)
- RED ONION (\$1.49/lb)
- TOMATO (\$1.49/lb)
- GARLIC POWDER 3oz (\$1.59 each)
- LIME (\$0.49 each)
- CILANTRO (\$0.99/bunch)



637 WASHINGTON ST.,
DORCHESTER, MA 02124
617-825-9660 | CODMAN.ORG



637 WASHINGTON ST.,
DORCHESTER, MA 02124
617-822-8350 | CODMAN.ORG/XCLINIC

DAILY TABLE

450 WASHINGTON ST., DORCHESTER, MA 02124

DAILYTABLE.ORG | Mon – Sat: 9am – 8pm | Sun: 11am – 7pm

Daily Table offers customers wholesome and nutritious foods at a fraction of regular grocery store prices making it easy for customers to make healthy food choices rather than food choices based on price. Customers can find everyday essentials as well as delicious, freshly prepared soups, sandwiches, salads, lunches, and dinners made in-house, keeping nutrition and health in mind. Every day essential offered at Daily Table: Fruits/Vegetables, Dairy/Eggs, Bakery, Deli, Fresh Prepared Foods, Meat, Poultry, Seafood, Pantry & Dry Goods, Frozen Foods, Snacks, Beverages

Looking to fill your pantry with heart-healthy fats? Daily Table has you covered!

- Peanuts, 16oz: \$2.49 each
- Almonds, 12oz: \$4.99 each
- Olive oil, 17oz: \$3.49 each
- Avocado: \$1.29 each
- Olives, reduced sodium: 7oz \$1.99 each
- Chunk lite tuna in water, 5oz: \$0.99 each