

# WHAT'S GOOD TO EAT?!



San Francisco Free Clinic  
Nutrition Newsletter  
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## Nutrition Matters Whole Foods, Plant-Based Diet

Call it vegan or plant based, eating plants as the basis of your diet is a recipe for health. One of the keys to the well known advice of “eat your vegetables” is nutrient density: the more



nutrients in a food per calorie the healthier. Plants (vegetables, beans, fruits, nuts/seeds) are the most nutrient dense foods we can eat. In addition, plant foods help to maintain healthy levels of sugar and fats (cholesterol) in the blood because the carbohydrates in plants are packed within cell walls which slows down digestion, releasing the energy and nutrients gradually. Plant foods have also been shown to improve digestion and promote a healthy bacterial colony in the gut. Because of all this, diets composed of a variety of vegetables, fruits, whole grains,

legumes, nuts and seeds will ensure you meet your nutritional needs while controlling your weight and maintaining a healthy metabolism.

## News Bites

A 2012 study published in the British Journal of Nutrition found that eating two servings of **legumes (beans, peas, lentils)** per day for two months lowered total and LDL cholesterol (which is associated with heart disease) in clinically significant amounts. Just two months! While a short term study, the results are promising and indicate that making legumes part of your daily diet could be a treatment option for improving cholesterol. The soluble fiber in legumes may be the factor that lowers cholesterol (much like oats) by binding with cholesterol in the intestine and carrying it out of the body with the stool. In addition, legumes are easy to prepare, inexpensive, high in protein, low in fat and packed with essential nutrients.



***Come visit the clinic's dietitian! Available to clinic patients on Tuesdays. Call 415-750-9894.***

turn over for  
recipe ideas!



# What's Fresh



Not sure how to incorporate the bean into your meals? Here are few simple tips:

## RECIPE IDEAS



- Make 'em handy: use canned beans or cook dried beans in large quantities then store in the fridge for up to five days or in the freezer for several months. They will be an easy source of nutrient dense food you can add to any meal.

- Include in soups, stews, and salads.
- Use as a side dish with some olive oil and fresh lemon juice
- Puree in a blender or food processor with herbs, olive oil, and lemon for a healthy dip or spread to eat with raw vegetables.



- Roast them in a hot oven with olive oil, powdered garlic, onion and chili powder for an on-the-go high protein snack.

- Sauté cooked or canned beans in a bit of oil with garlic and fresh or dried herbs of your choice as a filling addition to any meal.

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