

WHAT'S GOOD TO EAT?!



San Francisco Free Clinic * Nutrition Newsletter
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Nutrition Matters

—Embracing the Grain—



Carbohydrates (sometimes called starch) are the primary source of energy in our diets, composing between 50-80% of daily calories. Where we get these macronutrients from may be a key to the healthfulness of our diet. Food sources of carbohydrates are fruits, vegetables, dairy, beans, and grains. Grains- primarily corn- comprise much of the raw materials for refined and processed foods. Which has led many people to regard them as unhealthy. Paleo diets in particular often limit or even eliminate grains entirely. In contrast, traditional advice is to make 1/4 of your plate grains and make at least 1/2 of them whole grains.

→ Which way should you follow? Evaluate the health impact of grains and make an informed decision!

Sources of grains (from **healthiest** to **least healthy**):

Whole grains: brown (or red or black) rice, steel-cut or rolled oats, quinoa, millet, wheat berries.

Refined whole grains: grains ground into flours for whole wheat breads, pastas, and cereals,

Refined grains: white breads, pastas, and cereals, white rice, instant oatmeal, fruit juices.

Highly refined grains (Those with added sugars, fats, and other additives): sugar-sweetened drinks, desserts, candies, many breakfast cereals and ready-to-eat meals.

Effects of processing/refining grains:

The health impact of grains depends on the extent of the processing. When grains are refined, they lose much of their nutritive benefits. Whole grains are packed with fiber, B vitamins, phytonutrients, healthy fats and even protein. Refining food changes its structure, breaking down cell walls and chemical connections between the interlocking nutrients in the food.

→ This creates "quickly digesting" carbohydrates which can disrupt normal metabolism: raising blood sugars, cholesterol, reducing fullness after eating, and starving the healthy microbes in our intestines.

The average American has a fiber deficiency, eating less than 1/2 of recommended amounts.

→ Highly refined grains are energy dense, nutrient poor, possibly addictive, and some even say toxic.

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

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the next page



News Bites

A recent study from Harvard which reviewed health data from 74,000 women and 43,000 men over 25 years indicates that risk for overall death and death from cardiovascular disease (CVD) decreased with increased whole grain intake. For each added serving of whole grains, death risk dropped 5% overall and 9% for CVD. Even more powerfully, replacing a serving of red meat with whole grains reduced risk by 20%!



The take-away:

Include whole grains in your daily meal plan and use as a replacement for red meat at least once a week.



What's Fresh

While we wait for spring produce, enjoy your whole grains with any fresh produce you like. This recipe for morning whole grains is best if made the night before and travels well so you can wake up and go.

———— MORNING SOAKED GRAINS —————

1. Combine 3/4 cup uncooked rolled or steel-cut oats in 1/2 cup or more non-dairy milk (look for those without added sugars or make your own!), cow's milk or plain yogurt.

Ideas for adding prior to soaking:

- 1 Tablespoon dried fruit, coconut, cocoa nibs.
 - 1/2 cup shredded apples, pears, persimmons, carrots, zucchini.
 - 1 teaspoon cinnamon, vanilla extract, nutmeg, cocoa powder. A pinch of cardamom.
2. Soak in the fridge overnight or for at least 1 hour.
 3. When ready to eat, you can add chopped fruit, whole berries, or chopped nuts.

Enjoy!

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