

WHAT'S GOOD TO EAT?!



San Francisco Free Clinic
Nutrition Newsletter
September 2015

Nutrition Matters



Eating well does not have to mean spending a lot on food. In fact, home cooked meals will save you money. With a little cooking knowledge and a simple recipe, you can make nourishing and tasty meals that won't break your budget.

- Make inexpensive plant foods the basis of your meal to provide nutrients and bulk.
 - Beans (canned or dried), lentils, grains (brown rice, quinoa, millet), pasta.
 - Seasonal or frozen vegetables. Shop around, sometimes farmers' markets and produce stores will have less expensive vegetables than grocery stores.
- Don't skimp on the flavors
 - Use lemon juice, vinegar, and after the food is cooked.
 - Look for fresh herbs on sale
- Pass on the processed foods. Frozen and pre-prepared foods are more expensive than cooking yourself.
- Drink water or tea. Save your food budget money for food, don't buy juices, sodas, or bottled teas and coffees.



hot sauce to brighten up flavors
and throw them in by the handful!



News Bites



Keeping your gut healthy and happy will help you absorb all the nutrients from your food. A recent meta-analysis (a study of multiple studies) found that the higher your fiber intake from food, the lower your risk of inflammatory bowel disease. Fiber comes from plants - so make at least half your plate vegetables and don't forget the healthy beans and whole grains!

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

turn over for
recipe ideas!



What's Fresh



Fall is in the air and apple season is on its heels! Apples make an excellent snack, they travel well and stay fresh for days and days. Crunchy fruits like apples provide a good source of both soluble and insoluble fibers. These nutrients help to keep the digestive tract healthy and blood vessels clear of fatty build-up.

RECIPE IDEAS

- Add sliced or diced apples to salads, breakfast cereals, sandwiches and soups.



- Make your own dried apples:



- slice 1/8th inch
- bake at 200 degrees until dry but still soft- about 2-3 hours.

- Yogurt and apple parfait: dice apple and add to plain yogurt with a sprinkling of cinnamon and a splash of vanilla extract or a dollop of jam.

