

What's Good To Eat?!

San Francisco Free Clinic * Nutrition Newsletter
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Nutrition Matters

Creating Your Foodway

If you want to improve your health, don't "go on a diet". Don't adopt the latest celebrity endorsed method of restricting your food intake. Instead, think about how you can create a philosophy of eating that nourishes your body, your mind, and your spirit. This way of eating should:

Give you energy	instead of...	leaving you exhausted
Balance your mental state	instead of...	leaving you irritable and moody
Contribute to feelings of wellness	instead of...	guilt, shame, or stress about your food choices
Support your worldview and be good x3: good for people, population, and planet- that is, 1. good for your health 2. the health of your community 3. and the health of your environment.		
And most importantly, taste good!		

This is your foodway:

a term that describes how you eat and how it impacts the world around you. It takes into account where your food comes from, how it is grown, how it is prepared and how it impacts your wellbeing.

This way of looking at eating requires a few things from you:

1. **Curiosity** — A willingness to learn and change.
2. **Awareness** — Pay attention to how you eat- when, what, and where.
3. **A sense of investigation** — How do you feel when you eat certain foods? When you go a long time between meals? When you eat large amounts of foods?
4. **Prioritization of your health** — If eating well is negotiable, then it likely won't happen. We have too many external factors driving us to eat poorly that if unhealthy food is an option, you will likely choose it when you are tired, upset, lonely, or looking for a treat.



Eating this way offers a path out of the addictive, stressful, and unhealthy food system that most of Americans are hooked on. [Establishing your foodway](#) will take some effort, it will take some persistence. You will need to tend to it daily. If you do, the benefits will ripple throughout your life

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

Continued on
the next page



In the News



We have consistent evidence that **diets high in fiber rich foods decrease the risk for certain types of cancer**, particularly those of the intestines.

A study published this year in the American Medical Association's journal *Oncology* points to why this might be. Analyzing data from over 137,000 US adults, researchers found a connection between the health of participant's gut bacteria and risk for colon cancer. Following a diet high in fiber *reduced the number of disease-causing bacteria in the gut*, providing some protection against cancer.

Include these high fiber foods in your diet to keep your gut healthy:

- Whole grains
- Beans and legumes
- Vegetables and fruit

What's Fresh?

Summer Succotash

This is an easy and delicious way to use many of the foods that are in season this time of year. This is a mix and match kind of dish, use what you've got! Succotash makes a light meal or is excellent with chicken, fish, or over a slice of toasted bread. **Cook time: about 15 minutes.**



Ingredients

Veggies

- ◆ 2 cups shelled peas or favas- (you will need to boil the favas if using to remove the inner skins)
- ◆ 2 medium sized Zucchini, chopped
- ◆ 1 cup fresh (or frozen) corn
- ◆ 1 cup cherry tomatoes
- ◆ 1 red or yellow onion, halved and sliced thinly

Seasoning

- ◆ Vegetable oil of your choice: Olive, grapeseed, canola
- ◆ 2 garlic cloves, diced
- ◆ 2 tablespoons diced herbs (optional): any combination of basil, parsley, mint, oregano, sage
- ◆ Juice from ½ a lemon or lime
- ◆ Salt and pepper

Directions

1. Sauté the veggies
 - a. Set a large sauté pan to medium heat
 - b. Add the oil, once hot add the onions and a pinch of salt. Cook, stirring occasionally until soft (**5 minutes**)
 - c. Add zucchini and garlic, cook until soft (**5 more minutes**). If your veggies start to stick, add a tablespoon of water to the pan.
 - d. Add tomatoes, peas or favas, stirring occasionally (**cook 3 minutes**).
 - e. Add corn, cook until warm (**2 minutes**).
2. Spoon the cooked veggies into a large bowl, toss with herbs and lemon or lime juice, salt and pepper to taste.

Enjoy!

Want to read more? Check out the clinic's website sffc.org and our nutrition blog sffcdietitian.wordpress.com