

PATCH Food Program Newsletter

September 2021



Rethink Fat

Eat the right types of fats to keep your body healthy.

Eat foods with healthy fats – avocados, nuts, seeds, olives, soybeans, and fatty fish like tuna, salmon, and sardines.

Limit saturated fat – cook meals around protein foods that are naturally low in saturated fat like beans, peas, lentils, soy foods, skinless chicken, seafood, and lean meats.

Cut solid fats – solid fats like butter, shortening, and fat from meats are high in unhealthy saturated fats.

Substitute the spread – use fresh foods like avocado, crushed berries, crushed pineapples, hummus, roasted vegetables, instead of butter and cream cheese spreads.

Too much fat may cause inflammation, increase risk of heart disease, raise cholesterol, cause weight gain and obesity, and impair brain function.

Food for Thought

Q: What did the burger name her daughter?

A: Patty



Salt & Sodium

Most of the sodium we consume is in the form of salt and in processed foods. Your body needs a small amount of sodium to work properly and too much sodium is bad for your health.

Excess sodium can increase your blood pressure and your risk of heart disease and stroke.

Recommended daily sodium intake is 2,300 milligrams.

Be mindful and Read the nutrition facts label.

Choose whole foods for greater health benefits.

Cooking with Your Children



Bell Pepper Pizza

Ingredients:

Bell peppers (any color)

Mozzarella cheese

Add other toppings kids may like

Give each child half of a bell pepper, cheese, and other toppings kids may like to put on their pizza. Kids to fill the bell pepper with cheese and other toppings of their choice. Bakes for 15 minutes. Cool down and ready to eat.

Fall Foods & Nutrients

Blueberries – fiber, vitamin C, may lower risks of heart disease and type 2 diabetes.

Apples – fiber, vitamin C, antioxidant, anti-inflammatory.

Pears – fiber, vitamin C, supports bone, heart, tissue.

Cranberries – fiber, vitamin C, may improve blood pressure and cholesterol, supports healthy urinary tract.

Pumpkin – vitamin A, potassium, fiber. Great for skin and eyes.

Brussels sprouts – vitamin C and K. supports bone, kidney, cells.

Sweet potatoes – vitamin A, vitamin C, fiber, potassium, improve vision and eye health, support healthy blood pressure and kidney

Parsnips – vitamin C and K, fiber, folate, help keep bones healthy,

Beets – nitrates, support healthy blood pressure

Kale – vitamin A, C, and K, good source of antioxidant and nitrates. Good for eye and skin.