

SERVING SENIORS  
IN OUR COMMUNITY  
WITH NEWS THEY  
CAN USE....

# The Healthy Plate

CSFP NEWSLETTER

JUNE 2013

## THIS MONTH'S TOPICS

- **Whole Grains**
- **Strawberries**
- **June Sudoku**
- **Recipe**

Created by :

Lauren Villafane

Community Nutrition  
Student

University of Delaware

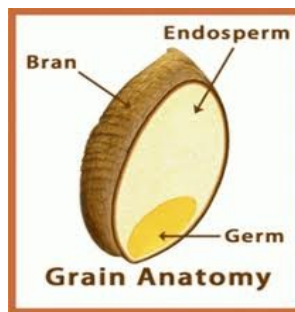
## What's the deal with whole grains?

Recently, people have been more and more interested in adding whole grains to their diet, but what is so special about whole grains?

First we need to know what a grain is. A grain is a seed, whether it be a popcorn kernel or a piece of rice. There are a few different types of grains, known as **whole**, **refined**, and **enriched** grains. Whole grains are the best for our health.

**Whole** grains contain the bran, endosperm and the germ. The bran and the germ are the parts with the most fiber and nutrients. Fiber is good for our

digestive system and keeps us full for a longer time.



**Refined** grains have been milled. During the milling process the bran and germ are removed, but it also removes fiber and nutrients from the grain.

**Enriched** grains have been milled, but some of the nutrients that were lost during

milling are added back.

Enriched grains do not get all of their nutrients back though, which is why whole grains are necessary to include in our diet. The USDA recommends people eat 6 ounces of grains each day, and 3 of those 6 ounces should be whole grains.

It is important for us to know where to find whole grains. Next time you're out at the grocery store, look for brown rice, whole wheat breads and pastas, oats, and quinoa. All of these are great examples of whole grains!



Scott Schuster  
Nutrition Educator  
Food Bank of Delaware  
14 Garfield Way  
Newark, DE  
302-292-1305 ex. 252  
www.fbd.org

## This Month in Food: Strawberries

Strawberries are a great fruit to include in our diets, especially during the summer months when they are in season. They are loaded with vitamins and minerals that help maintain good health.

Strawberries provide our bodies with Vitamin C, an antioxidant that helps our bodies build a

strong immune system. They also contain a lot of fiber. Fiber helps to keep us full longer, which reduces our risk of weight gain and obesity.

Strawberries are also a great source of manganese, a mineral that is necessary for many functions in the body, including brain activity.

Strawberries taste great when added to cereals, salads, and even deserts, making it easy to incorporate into your daily diet.

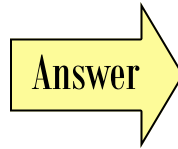
One cup of strawberries, about 8 large berries, is only 45-50 calories and will provide you with half of the daily recommended amount of fruit.

**For more information on how to apply for SNAP (food stamp) benefits, dial 800-464-4357.**

# June Sudoku

Source: [www.dailysudoku.com/sudoku/archive/2012/04/2012-04-](http://www.dailysudoku.com/sudoku/archive/2012/04/2012-04-)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 2 |   | 8 |   | 6 |   |
|   |   | 2 |   | 1 | 6 | 5 | 8 | 3 |
|   |   |   |   | 3 |   |   | 4 | 2 |
|   |   | 5 |   |   | 7 |   | 9 | 1 |
|   |   |   | 9 |   | 3 |   |   |   |
| 6 | 8 |   | 1 |   |   | 4 |   |   |
| 7 | 6 |   |   | 5 |   |   |   |   |
| 2 | 5 | 1 | 3 | 9 |   | 6 |   |   |
|   | 9 |   | 6 |   | 2 |   |   |   |



|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | 7 | 2 | 4 | 8 | 1 | 6 | 9 |
| 9 | 4 | 2 | 7 | 1 | 6 | 5 | 8 | 3 |
| 8 | 1 | 6 | 5 | 3 | 9 | 7 | 4 | 2 |
| 3 | 2 | 5 | 4 | 6 | 7 | 8 | 9 | 1 |
| 1 | 7 | 4 | 9 | 8 | 3 | 2 | 5 | 6 |
| 6 | 8 | 9 | 1 | 2 | 5 | 4 | 3 | 7 |
| 7 | 6 | 3 | 8 | 5 | 1 | 9 | 2 | 4 |
| 2 | 5 | 1 | 3 | 9 | 4 | 6 | 7 | 8 |
| 4 | 9 | 8 | 6 | 7 | 2 | 3 | 1 | 5 |

## Chicken and Strawberry Salad

### Ingredients:

### Dressing:

- 1/2 tbsp. sugar
- 1 tbsp. red wine vinegar
- 1/2 tbsp. water
- Dash of salt
- Dash of black pepper
- 1 tbsp. olive oil

### Salad:

- 4 cups romaine lettuce
- 1 cup strawberries, sliced
- 1/4 cup sliced red onion
- 6 oz. cooked, skinless, boneless chicken breast, sliced
- 1 tbsp. cashews or peanuts (optional)
- 1/4 cup reduced fat, shredded cheese of your choice (mozzarella, cheddar, provolone, etc.)

### Preparation:

1. To prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring with a whisk.
2. To prepare salad, combine romaine and next three ingredients in a bowl and toss. Split in half and place on 2 plates. Top each with 1/2 tbsp. nuts and 1/8 cup of cheese. Drizzle about 4 tsp. of dressing over each serving.

*Yields 2 servings*

### *Nutritional Information:*

*(does not include nuts)*

|                |        |
|----------------|--------|
| Calories:      | 321    |
| Carbohydrate:  | 19 g   |
| Fiber:         | 5 g    |
| Total Fat:     | 11 g   |
| Saturated Fat: | 1 g    |
| Cholesterol:   | 79 mg  |
| Protein:       | 32 g   |
| Sodium:        | 614 mg |

Adapted from: <http://www.cookinglight.com/food/in-season/healthy-strawberry-recipes-00412000067251/page3.html>

This material was funded by the USDA's Supplemental Nutrition Assistance Program. (SNAP) SNAP provides nutrition assistance to people with low income. To find out more about SNAP, contact the Delaware Department of Social Services: 1-800-372-2022. In accordance with Federal law and the US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.