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Nutrition *news*

NUTRITION EDUCATION IN EASY TO DIGEST BYTES!

March is National Nutrition Month. To celebrate, Project Angel Food Nutrition Services is launching "Nutrition News"

Introducing PAF's Nutrition News

Project Angel Food is celebrating National Nutrition Month by launching the new quarterly "Nutrition News". Nutrition News will feature information on how to eat better for your health. It will also feature questions asked by our clients on specific topics relating to nutrition and their health. If you would like to submit questions for this newsletter, you can either email them to obigelow@angelfood.org or mail them to Project Angel Food Nutrition Services, 922 Vine Street, Los Angeles CA 90038.

Due to conflicting information on nutrition in the media, PAF's nutrition services wanted to provide its clients with reliable source of science based information.

Please note that the information contained in this newsletter is for general health purposes only and is not meant to substitute instructions from your doctor.



What's cooking at Project Angel Food?

Each week Project Angel Food sends out menu to both our hot meal and frozen meal delivery clients. Menus are also posted online for our client at www.angelfood.org. Just look under the menu selection "Clients" and you will see the tab called "For Your Health".



High ORAC Foods: Getting the most from what you eat

Nutritious foods can help our bodies be strong and hearty but some foods pack even more of a healthy punch!

Did you know that our cells undergo *oxidation* every day? This oxidation is similar to what you see happening to cars as the rust. This oxidation speeds up the aging process and can help promote certain types of cancer.

Fruits and vegetables are high in *antioxidants*. These antioxidants help to protect our cells from oxidative damage. That is why dietitians promote eating them every day!

Some fruits and vegetables have more antioxidant power than others.

A rating system known as the Oxygen Radical Absorbance Capacity scale (ORAC) measures the antioxidant power of different foods and lists them by potency.

Early findings suggest that eating plenty of high-ORAC fruits and vegetables--such as spinach and blueberries--may help slow the processes associated with aging in both body and brain.

Here is a list of some of the most potent:

Fruits	Vegetables
prunes	kale
raisins	spinach
blueberries	brussels sprouts
blackberries	alfalfa
strawberries	broccoli
raspberries	beets
plums	red bell pepper
red grapes	onion
cherries	corn
kiwi fruit	eggplant

FRUITS & VEGETABLES: More Matters!



We know that fruits and vegetables contain vitamins and minerals that help us stay healthy but did you know that they also have powerful antioxidants known as phytochemicals that also help protect our cells from damage? In fact, we haven't even come close to discovering all the phytochemicals they contain! So remember to eat your fruits and veggies everyday!

Healthier Eating with MyPyramid



The **Dietary Guidelines for Americans**, released in 2005, gives science-based advice on food and physical activity choices for health. The **Guidelines** describe a **healthy diet** as one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Here are some tips for better health:

- Include lean meats, poultry, fish, beans, eggs, and nuts; and
- Eat foods that are low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.
- Increase your intake of fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Eat foods rich in calcium, potassium, fiber, magnesium, vitamins A, C, and E.
- Choose a variety of foods from each food group. Look for *nutrient-dense* foods. They have the most vitamins and minerals for the fewest calories.
- Snack on ready-to-eat whole-grain cereals, use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in stir-fry or casseroles.
- Buy vegetables that are easy to prepare. Include chopped vegetables in pasta sauce or lasagna. Set a good example for children by eating vegetables with meals and as snacks.
- Buy fresh fruits in season. Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.
- Include milk as a beverage at meals. Use fat-free or low-fat milk instead of water to prepare oatmeal and hot cereals. If you are lactose intolerant, choose lactose-reduced alternatives such as cheese, yogurt, or lactose-reduced milk.
- Choose low-fat or lean meats and poultry. Bake it, broil it or grill it. Try not to fry your foods! Vary your choices with more fish, beans, peas, nuts, and seeds.
- **Physical Activity**- Find your balance between food and physical activity. Be physically active for at least 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

For more information, visit the MyPyramid website at www.mypyramid.gov.