



▶ NUTRITION SERVICES ... 1



▶ WALNUTS 2



▶ CUT THE FAT! 2

○ ISSUE
3

○ VOLUME
1

○ MARCH
2010



Nutrition *news*

NUTRITION EDUCATION IN EASY TO DIGEST BYTES!

Nutrition Services at Project Angel Food

Project Angel Food's goal is to help feed people who face life threatening diseases and conditions. We help to make sure that our clients get food that is good for them in their time of need.

We offer a range of diets for clients based on their medical condition. A sample of the diets we have are low fat, low sodium, carbohydrate controlled, GI and renal.

Our focus is on those with the greatest need: People who may not get enough to eat because of their state.

When clients come on to service they are given an initial nutrition evaluation and then annual follow up assessments to help us know what type of foods are best suited to their needs. We offer info on other food resources and also send out education when requested.

Our Nutrition Services Department is staffed by Registered Dietitians and nutritionists who are well versed in Medical Nutrition Therapy (MNT) and understand the complexities of diseases and how food affects them.

If you have any questions about Nutrition Services at Project Angel Food please call us at 323.845.1800 ext. 212



We could use your help...

Without the generosity and kindness of people like you our work could not get done. You can help us out with our very important mission in two ways:

•**Donate:** You can donate money to our cause and help us feed people in need. You can donate through our website at www.angelfood.org or you can send a check to Project Angel Food at 922 Vine Street, Los Angeles CA 90038. Remember, every little bit helps!

•**Volunteer:** We can always use your help in our kitchen, with food deliveries and/or at special events. Volunteers are the backbone of the service we provide. If you'd like to learn more about helping out, please call our Volunteer Services Hotline at 800.592.6435

**BE HEALTHY!
BE FABULOUS!**



Did you know that what you eat affects your health?
Of course you do!
So be sure to eat whole grains, whole fruits, whole vegetables, low fat/non fat milk or milk products and lean meats for better health!



Walnuts

Get nutty with good nutrition!

Not only are walnuts good but they are also good for you! Walnuts are rich in a fat called *Omega-3* which plays many roles in our body and keeps us in good health.

A new study suggests that walnuts may help us as we age with our motor and behavior skills.

As our brain gets older it does not perform as well as it did when it was young. The study (performed by the USDA Human Nutrition Research Center on Aging) examined aged mice fed different amounts of walnuts as part of their diet. It then had the mice perform different tasks.

Results from the test showed that mice fed a moderate amount of walnuts did well on the tasks. Those fed too much or too little did not do as well.

Other studies have shown that walnuts may also help prevent breast cancer and heart disease. So be sure to include walnuts as part of your diet to help you live a long and healthy life!

Info from Science Daily

Cut the Fat!

Eating a diet high in fat can be very bad for your health. It is known that a high fat diet can cause problems like heart disease, strokes and cancer. But new facts show us that high fat diets may also be bad for our immune system.

A new study from Sahlgremska Academy shows that mice fed a lard-based diet over a long period of time also had a harder time fighting off infections than those fed a lower fat diet.

In the study mice were fed a lard-based diet and got 60% of their total calories from fat. Other mice were fed a low-fat diet and got no more than 10% of their calories from fat.

It was no surprise that the mice on the high-fat diet got fatter. But the study also noted that their immune systems were not as active as those on the low fat diet. In fact, the white blood cells could not fight off bacteria in their blood (sepsis) as well. It is thought that this may have led to an early death.

Since overweight people are more likely to contract an infection during a surgery, it may be a smart move to cut the amount of fat in their diet.

It is usually advised that no more than 30% of your total calories come from fat. For a person eating a 2000 calories diet that equals no more than 65 grams of fat per day. In addition, fat should come from healthy sources like salmon, nuts, seeds, olives and avocados. Be sure to cut out the fries, cheeseburgers and lard!



Info from Science Daily

Si desea recibir esta información en Español, por favor llame al 323.845.1800