Happy Spring Everyone!

We are closing out the school year with some great events! Natalie Terens from Cooking Matters at the Store will be teaching us how to shop healthy on a budget! Please see tour details below. We are also very fortunate to be finally going up to visit Rogowski Farms! After getting a taste of their farm through their campus markets, we will finally get a glimpse into how they grow their produce. Details regarding the trip are on page 2. Also in this issue, we have some helpful farmer’s market shopping tips from the Academy of Nutrition and Dietetics. Our Nutrition Myths Debunked column focuses on the misunderstood carbohydrates. We also have some helpful tips on how to keep hydrated this coming summer with foods that have a significant amount of water content. We hope you enjoy the rest of the semester and the warm weather!

All the Best,
Deborah Adamo
President

Food and Nutrition Club Officers

President……………Deborah Adamo
Vice President……..Stacey Abellard
Secretary……………….Samjhana Karki
Treasurer……………..Michael Arboleda
SAC Representative…..Sabrina Cerda
SAC Representative…..Bonnie Huang

Calendar

May 14………………Cooking Matters at the Store Tour
May 17………………Walter Rogowski Farm Field Trip
May 21………………Cooking Matters at the Store Tour
May 24-26………….Memorial Day Weekend- No Classes
June 4…………………Last Day of Classes
June 5……………….LaGuardia Commencement
June 6-12………………….Final Examinations

Farmer’s Market Shopping Tips from the Academy of Nutrition and Dietetics

The best thing about produce from farmers markets, says Academy Spokesperson Salge Blake, MS, RDN, LDN, is that it’s grown locally so it can be picked at peak ripeness, transported fewer miles and generally sold at lower prices. Not only is the food in many instances cheaper at a farmers market, it tastes better too, says Salge Blake. “When it's picked ripe that's when it's at peak freshness, peak flavor and peak nutrients,” she says. “We have the best of both worlds [at a farmers market]; We have great price and great taste.”

Some helpful farmer’s market tips:

• **Talk to the farmer:** If you don’t know what something is, you can always ask the farmer who grew it. They can give you storage and cooking tips for anything they have.

• **What’s in season?:** To find your local markets and learn what your local farmers are harvesting right now, Salge Blake recommends using websites like LocalHarvest.org and the USDA’s Know Your Farmer, Know Your Food program.

• **When to shop:** If you want your pick of the most beautiful, magazine-shoot quality produce imaginable, you’ll need to arrive before the crowds. If you want deals, however, go ahead and sleep in.

http://www.eatright.org/Public/content.aspx?id=6442470665

The Food and Nutrition Club along with Cooking Matters at the Store would like to invite you to

LEARN HOW TO SHOP HEALTHY ON A BUDGET!

Natalie Terens from Cooking Matters at the Store will be taking us on shopping tours and teaching us how to shop healthy on a budget! We will be learning about identifying whole grains, reading food labels, buying fruits and vegetables on a budget and comparing unit prices.

We will be holding tours on two separate dates during club hours.

WHAT: Healthy grocery store tour to learn how to shop healthy on a budget

WHEN: Wednesday May 14, 2:15-3:30pm
       Wednesday May 21, 2:15-3:30pm

WHERE: Meet in Room E-225 at 2:15pm. We will walk together to Key Food Supermarket (4610 Queens Blvd.).

Please sign up in the Student Life Office (Room M-115)

For more information, please email The Food and Nutrition Club at lagccfoodandnutritionclub@gmail.com.

Weekly Club Meeting on Wednesday’s from 2:15-3:30pm in Room E-225
Email us at lagccfoodandnutritionclub@gmail.com
Find us on Facebook at https://www.facebook.com/groups/211735922200812
Follow us on Instagram at http://instagram.com/food_nutrition_lagcc

LaGuardia Community College’s

One cannot think well, love well, sleep well, if one has not dined well. - Virginia Woolf
Nutrition Myths Debunked!

Common Myth: “Carbs make you fat.”

Carbohydrates are the most misunderstood of all the calorie-producing foods. Eating a diet rich in carbohydrates doesn’t necessarily cause weight gain, but eating too much of the wrong ones can.

Simple carbohydrates are all single (monosaccharides) and double-chained sugars (disaccharides). Simple sugars are usually devoid of nutrition because they don’t contain many (if any) micronutrients, vitamins, minerals or phytochemicals. Complex carbohydrates are many chains of simple sugars joined together (oligosaccharides and polysaccharides). They include starch, a form of carbohydrates that plants store, and fiber, the mostly undigested part of the plant. Foods that contain complex carbs include grains, breads, pasta, beans, potatoes, corn and other vegetables. Feed the body simple carbs (like fructose and glucose) and it is likely you are downing “empty” calories that don’t have any nutritional value. Complex carbs are usually nutrient dense, so they contain fiber, vitamins and minerals, nutrients that the body needs to perform properly.

Carbohydrates are the body’s #1 source of fuel, so it is important to consume adequate amounts. To get the best from carbohydrates, avoid refined and processed foods, which are more likely to contain added simple sugars. Consume more nutrient-rich complex carbs, such as whole grains, beans, legumes, fruits and vegetables. Avoid “low-carb” foods, which may contain excessive fat.


Walter Rogowski Farm Field Trip

Join the Food and Nutrition Club on a trip to Walter Rogowski Farm in upstate New York!

Please join the Food and Nutrition Club in visiting Walter Rogowski Farm in Pine Island, New York! Rogowski Farm has provided LaGuardia students, faculty and staff with a wonderful farmer’s market during many events on campus. So it is about time we go and see where and how they do it! We will be learning about agriculture and farming methods, different fruits and vegetables, and how buying local produce is better for you and the environment. Lunch will be provided to all participants. Please let us know of any specific dietary needs. We recommend bringing snacks and bottled water for the day.

WHEN: Saturday, May 17, 2014
7:00am-3:30pm (including travel time)

BUS WILL LEAVE PROMPTLY AT 7:30AM!

WHERE: Walter Rogowski Farm, Pine Island NY

Meet in front of the E-Building for departure.

Sign-Up in the Student Life Office (M-115)!

If you have any questions, please contact the Food and Nutrition Club at lagcefoodandnutritionclub@gmail.com

Tahini Yogurt Sauce

This is a combination of Israel’s tahini sauce and yogurt, which brightens and lightens the tahini. Use as a dip or a sauce for grilled fish or baked chicken.

Ingredients

- ¾ cup low-fat plain Greek yogurt
- 3 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoon water
- 1 clove of garlic, minced

Directions

- Combine all ingredients and stir well. Chill. Makes one cup.


Cool It Down: Five Water Rich Foods to Keep You Hydrated!

It’s getting hot out there! When the mercury rises, so does your need for water. To keep it functioning normally and to prevent dehydration, your body needs an ongoing water supply throughout the day—especially in extreme temperatures. And while nothing beats a tall glass of water to quench your thirst, foods can also supply some of your daily water needs. Enjoy some of these water-rich choices to beat the heat.

- Crisp lettuce- 96% water and a great source of potassium and antioxidants.
- Watermelon- 91% water and a great source of vitamin A and C.
- Grapefruit- 90% water and a great source of vitamins A and C.
- Broccoli- 89% water and a great source of vitamin C, calcium, fiber and iron.
- Low-fat milk and yogurt- 85-89% water and a great source of vitamins A and D.

http://www.eatright.org/public/slideshow.aspx?id=6442470873#1

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