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GROW



THRIVE

Healthy Cooking for WRAP

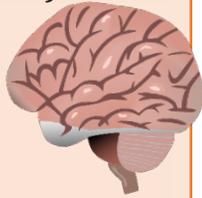
BOSTON
MEDICAL
CENTER

Teaching Kitchen

Brain Friendly Foods

Healthy fat (Omega-3)

- Avocados
- Walnuts
- Olive oil
- Canola oil
- Fatty fish (salmon, tuna, and sardines)
- Chia seeds
- Flax seeds



Antioxidants

- Citrus fruit (oranges, pineapples, clementine)
- Berries (blueberries raspberries, blackberries strawberries)
- Apples
- Grapes
- Melon (cantaloupe & watermelon)
- Beans (black, red, lentils)
- Sweet potatoes

Vitamins such as folic acid

- Dark leafy greens (kale, spinach, and cabbage)

Pro/prebiotics

- Low-fat Greek yogurt
- Raw vegetables
- Kombucha
- Miso
- Kefir

Nourish your mind and body

Like an expensive car, your brain runs best when it gets premium fuel. Eating foods that contain lots of **vitamins, minerals, antioxidants, healthy fats, and pro/prebiotics** can help feed the brain and protect it from cell damage.

Your weight can be altered by medications. Some medications can impact the way we use energy and/or our appetite.

Food can impact your health by...

- **Managing** your weight (preventing excessive weight loss or weight gain).
- **Preventing** diseases such as diabetes, heart disease, fatty-liver disease, and kidney disease.
- **Improving** your gut health to support digestion and the brain-gut connection that impacts brain function.
- **Regulating** energy by stopping extreme highs and lows.
- **Reducing** inflammation that can cause dysfunctional messaging systems in your body and stress to your cells.
- **Preparing** you for a healthy future.

Foods to Watch Out For

All foods can fit in a healthy diet pattern. Some foods are better to have occasionally. Foods made with a lot of **fat, sugar, and salt** such as fast food, sweetened beverages, baked goods, and other desserts are foods that should be eaten on occasion.

Everybody is different and some people may be more sensitive to foods such as dairy, gluten, and other irritants. Some patients feel better by avoiding these foods. Contact a dietitian to better understand what foods are right for you.

BMC Teaching Kitchen

850 Harrison Ave, Boston, MA Yawkey Building 2nd Floor (617- 414-3840)

For complete class schedules and recipes, visit www.bmc.org/nourishing-our-community/teaching-kitchen

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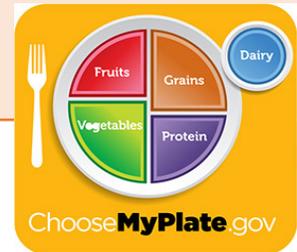


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Step 1: Balance your plate

Every meal should include lean protein, non-starchy vegetables, whole grains and/or a fruit. Use your plate to control portions. For more information go to ChooseMyPlate.gov



Grains and Starchy Vegetables (1/4 plate)

Choose whole grains:

Brown rice, quinoa, barley, bulger (blé), farro, maize (corn tortillas), and whole grain bread and pasta

Starchy Vegetables:

Sweet potatoes, plantains, beans, peas, oats

Fruit

(1 small or 1/2 large)

Fruit can be added to meals but is not required

Non-starchy Vegetables (1/2 plate)

(1/2 plate)

Choose lettuce (salad), carrots, cucumber, broccoli, Brussels sprouts, asparagus, eggplant, zucchini, pepper, onions, garlic, spinach, tomatoes (tomato sauce & salsas)



Lean Protein (1/4 plate)

Choose chicken, turkey, ground turkey/chicken, fish, nuts/nut butter, fat-free/low fat dairy (yogurt, cheese & milk), eggs, lentils, and tofu

Healthy fats

Replace saturated fat (found in red meat, butter, and full fat dairy)

Olive oil, canola oil, fatty fish (salmon, herring, sardines), nuts/nut butters (peanuts, almonds, walnuts, cashews), and seeds (sunflower, chia, flax)



MyPlate Off The Plate!

Add veggies and lean protein to pasta, pizza, stir-fry, tacos, omelets, stews and soups

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Step 2: Start your day right

Choose a high protein option (low-fat Greek yogurt, eggs, and peanut butter) and either fruit (1/2 banana, apple, berries) OR whole grains (oatmeal, whole wheat toast, corn tortilla)



3 eggs scrambled with spinach and a piece of fruit



1 cup fat free Greek yogurt with nuts and fruit



2 tbsp peanut butter or 1/4 cup almonds with 1/2 cup oats and berries

Step 3: Snack Smart

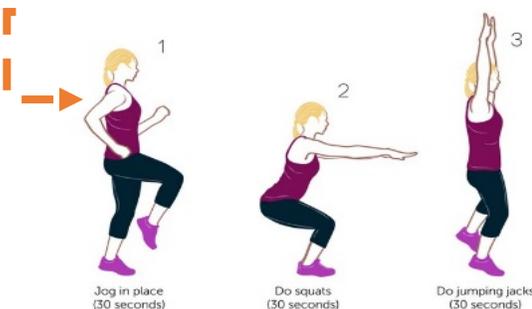
Snacking controls blood sugar and hunger. Try to always include protein with your snacks!

- 2 boiled eggs & 1 fruit
- 1/2 cup hummus with carrots or cucumber
- 1 apple or banana with peanut butter
- 1 cup fat-free Greek yogurt with fruit
- 2 cups popcorn made with olive oil
- 1 low carb protein bar
- 1/2 cup low fat cottage cheese with berries
- 1/4 cup nuts (almonds, walnuts, cashews...)

Step 4: Exercise 3-5x a week

Exercise helps manage weight. **Workouts include:**

- 30 min of a pick-up sports game (basketball, soccer, tag football)
- Fast walking outside, at the gym, or at the mall for at least 30min or 4,000 steps (track on your cell phone)
- Swimming laps at the pool for 30min
- Yoga/stretching in a studio or online class
- Strength training (lifting weights) using light weight (3-8 lbs.) and high repetition (8-12x)



For recipes and more information on the partnership between the Teaching Kitchen and WRAP – please visit our website!



<https://www.bmc.org/nourishing-our-community/teaching-kitchen/teaching-kitchen-and-wrap>

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