



What fuel does your body need? Your body runs on the fuel it gets from what you eat. If it doesn't get the right kind of fuel then it doesn't work very well, or like your car, it could break down. **Protein, carbohydrates, fat, vitamins, minerals and water.** Your body needs all of these, but what do they do?



Protein- It is a very important nutrient because it builds up your muscles, organs and glands. It helps repair and replace them too, so that your body can keep on working. It makes hemoglobin, which carries oxygen around the body in your blood. It contains antibodies - to fight diseases. It helps cuts and grazes heal up.

Where do you get it? If you eat meat, chicken, fish, eggs, nuts, dairy products and legumes, then you've got it! Protein from animal foods has **all** the essential amino acids you need. Plant foods have each got **some** of them.

Carbohydrates- They give energy to all the cells in your body. They produce glucose. Glucose gives you quick energy, but your body cells cannot use heaps of it all at once so it saves some in your liver and muscles as glycogen. Once you have enough glycogen stored, the rest turns into fat.

Where do you get them? Some simple carbohydrates come from "sometimes" foods like fizzy drinks and candy, which have lots of sugar and don't have important vitamins, which your body needs. **But** many come from foods such as apples, bananas, grapes, raisins, as well as low-fat ice cream and yummy frozen yoghurt. These give you extras such as vitamins and minerals. **Complex carbohydrates** come from food like bread, cereals, pasta and vegies like corn, potatoes and carrots. They give you energy more slowly so it lasts longer and they have heaps of vitamins and minerals, which your body needs.

Fat- In your body, it is the way you store energy - for later. There are **three** types of fat that we eat: **Saturated fatty acids** - from animal foods, dairy foods and some oils that come from plants. **Unsaturated fatty acids** - from plants, fish and most plant oils. **Mono unsaturated fatty acids** - from some plant products such as olive oil and canola oil. Try to choose low fat milk, yogurt, cheese, etc., cut fat off meat, & avoid fried food and pastries (make them 'sometimes foods').

Drink Water! Water in blood carries food to all parts of your body. Try to drink around 6 cups of water a day, more if it's hot or you've been running around a lot. Putting the right kind of fuel into a car helps it to give its best performance.

Source: <http://www.cyh.com/SubDefault.aspx?p=255>

Program Reminders

Annual Workshop: Invitations have been mailed out; please do not forget to register if you haven't already for an in person training or online session. Secure a spot by sending in your registration slip. Registrations will not be taken by phone.

First 50 people to complete the **web training** will be entered in a raffle to win a blender!

If you are new to claiming online and switch to web claiming starting in June you will enter a raffle of \$50!

Menu Ideas – Meatless Mondays

Breakfast				
Cream of wheat	Cinnamon toast HM	WW tortilla & egg omelet	WW english muffin & melted cheddar cheese	PB toast
Grapes	Banana slices	Chopped green pepper	Honeydew melon	Strawberries
Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Lunch or Dinner				
Tuna melt	Lean steak stir-fry	Grilled chicken	*Quinoa Black Bean Salad	Low-fat mozzarella cheese
WW bread	Corn tortilla	Brown rice	Quinoa	WW pita bread
Baked sweet potato	Tomato	Sautéed spinach	Cucumber & tomato	Green kale salad
Watermelon	Broccoli	Cauliflower	Mango slices	Baked beans
Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Snack Am or Pm				
Kiwi	Celery	Diced fresh peaches	Boiled egg	Baked potato
Multigrain crackers	Almond butter & shredded coconut	Cottage cheese	Baby carrots & hummus	Shredded cheddar cheese

Quinoa Black Bean Salad

Ingredients:

- 2 cups quinoa 4 cups water
- Salt and chicken or vegetable broth
- Chopped cucumber, onion, & tomato
- 1 can corn
- 1 can rinsed black or kidney beans
- 1 lemon

Instructions:

1. Cook quinoa in water with salt and broth until it comes to a boil. Then reduce heat to low, cover and simmer for 10-15 minutes until tender and most of the liquid has been absorbed.
2. Fluff quinoa with a fork and then add to a bowl with the chopped cucumber, onion, tomato, corn, and black or kidney beans.
3. Add the juice of a lemon and mix
4. Serve cold. Serves: 6



Choose Veggies/Fruits in Season!

With summer commencing, we have a variety of vegetables and fruits in season to choose from!



Check out this list of a variety of foods to include in your meals:

Veggies in season:

Fruits:



Eggplant



Loquats



Okra



Lychees

Artichokes
Beets
Figs
Peppers
Radish

Kiwi
Honeydew melon
Mango
Plums

Shopping locally and in season can help with the cost of groceries.

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