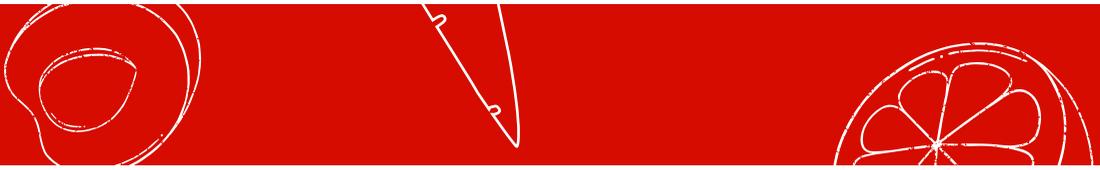


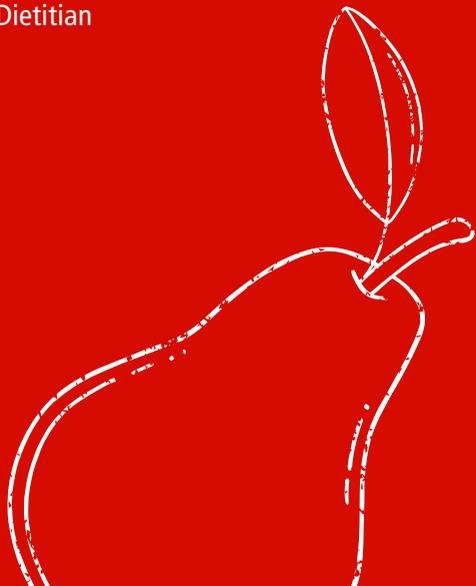
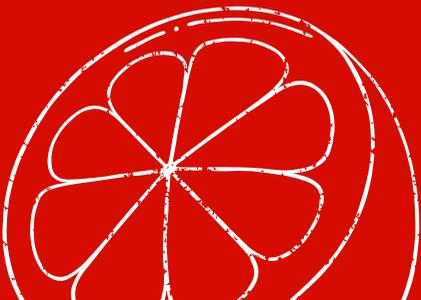
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Living in a Good Way | Volume 9 | September 2019



News

Come out to the Grand Rapids Community Center for Neshnabék wwi wthandak, a cooking class inspired by Native cuisine. Classes are every Thursday starting Sept. 19 to Oct. 24 from 5 to 7 p.m. Please contact NHBP Registered Dietitian Erin Stark at 269.704.4180 or erin.stark@nhbp.org to register.



Recipe: Homemade Hummus

Ingredients:

- 15 ounce can of chickpeas
- 2 tablespoons olive oil
- ¼ cup lemon juice
- ¼ cup tahini*
- 2 cloves garlic
- ¼ teaspoon cumin



Nutrition Information Serving size: 2 tablespoons

- 5.6 grams of fat
- 150 calories
- 20 grams of carbs
- 6 grams of protein

Instructions:

Drain and rinse the chickpeas. Place rinsed chickpeas and all of the other ingredients in a food processor. Pulse until the mixture is smooth. Add 1 tablespoon of water at a time, until reaching desired consistency. Taste the hummus and add seasonings to your liking. Can be enjoyed with vegetables, whole wheat crackers, on a sandwich, or to top a salad!

*Tahini is a thick paste, made of ground sesame seeds, and is commonly used in Middle Eastern recipes. It can be found in the ethnic foods section of most major grocery stores, however, occasionally it is located in the nut butter section.

PROTEIN MIX UP

The average American adult requires 46 grams to 58 grams of protein per day. However, most adults are taking in more protein than they actually need. For instance, an average-sized chicken breast alone contains about 54 grams of protein. Just like the other macronutrients, fat and carbohydrates, protein is essential for a healthy body, in the right amount. Taking in more protein than our bodies need can lead to excess calories and sodium that we don't need. That is why portion size and choosing a variety of proteins is important for a balanced diet! There are many different factors that can affect a person's protein requirement, so schedule an appointment with a registered dietitian to learn about your individual needs!

Check out these alternative protein sources to help add some variety to your meals:

Food	Amount of Protein
1 ounce pumpkin seeds	9.5 grams
½ cup lentils, cooked	9 grams
1 egg	6 to 7 grams
½ cup chickpeas	5 grams
1 slice 100% whole wheat bread	4 grams

Health topics discussed in this mailer are intended to provide general health information. For condition specific or personalized health information, please contact your medical provider or schedule an individual appointment at an NHBP Health Facility.