

# The Lifestyle and Culinary Medicine NEWSLETTER

## Welcome to the Newsletter!

### WE ARE SO GLAD YOU'RE HERE!

This Month's Focus: Legumes and Lentils: true nutritional powerhouses that are also incredibly budget-friendly.

Also new this month, we will be offering Lifestyle Medicine Consultations on Wednesday afternoon, between 1-4 pm. We offer a comprehensive Lifestyle Medicine Consultation Program to all patients. This program is available at an out-of-pocket cost, as it is not covered by insurance. Patients with a current Primary Care Provider (PCP), as well as those who are uninsured, are welcome to participate.

I hope you enjoy this month's newsletter and let us know how we are doing.

With gratitude,  
Dr Lateef



## Movement Tip:

### EMBRACE SUMMER MOVEMENT!

With long days of summer finally here, we encourage you to use this time to add more movement to your daily routine.

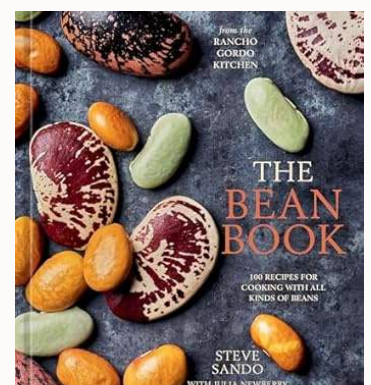
*Here are some ideas:*

gardening, sunset yoga, biking in your favorite park, hiking/meditation walking, and rollerblading!

## Monthly Cookbook Suggestion

### THE BEAN BOOK BY STEVE SANDO

A celebration of beans, designed to inspire readers to explore the incredible diversity and culinary potential of these often-underestimated legumes. This book features over 100 recipes, from dips and soups to salads, main courses, and even deserts!



# Orange Lentil Curry

## RECIPE OF THE MONTH:

### Ingredients:

1 cup orange lentil, rinse with water 3-4 times,  
3 cup water  
4 cloves garlic, crushed, let sit for 10 min before using.  
1 tsp salt  
1/2 tsp red pepper  
1/2 tsp turmeric powder  
1/2 tsp ground coriander

### Directions:

Add all to a cooking pot, cook on medium heat, with occasional stirring till lentils are soft and cooked. May add extra 1/2 to 1 glass water, cook until it is all blended through.  
Cover and simmer for 10 min.

### For Garnish/Tempering:

1 small onion, cut in half and thinly sliced  
3 Tbs extra virgin olive oil  
Fry till onions are golden brown  
Now add one tsp of thinly sliced ginger, add 1/2 tsp of cumin seeds, Fry 2-3 min and add to the cooked lentils, Mix, Garnish with fresh thinly cut cilantro, Serve with boiled rice.

## Benefits of Legumes and Lentils:

### TRUE NUTRITIONAL POWERHOUSES THAT ARE ALSO INCREDIBLY BUDGET-FRIENDLY.

- These are whole carbohydrates, or complex carbohydrates that digest slowly and are nutrient dense and provide longer-lasting energy.
- High in fiber that support gut health and balance blood sugar and lower LDL cholesterol and maintains weight.
- Beans and Lentils are the Longevity food; they are a staple in every long living culture.
- One study found that eating a cup of beans per day could add four years to your life.
- In addition to these, lentils also contain beneficial plant compounds called polyphenols, which have antioxidant and anti-inflammatory properties and may contribute to protecting against chronic diseases.
- Cost if 1 lb. of dry lentils: \$2.50 to \$4.50

Here's a breakdown of the key nutrients found in cooked lentils:

#### **Macronutrients:**

- \* **Protein:** Lentils are an excellent source of plant-based protein, providing around 18 grams per cooked cup. This makes them a valuable food for vegetarians, vegans, and anyone looking to increase their protein intake.
- \* **Carbohydrates:** They are rich in complex carbohydrates, with about 40 grams per cooked cup. These provide sustained energy.
- \* **Fiber:** Lentils are exceptionally high in dietary fiber, offering around 15-16 grams per cooked cup. This includes both soluble and insoluble fiber, which are crucial for digestive health, blood sugar regulation, and cholesterol management.
- \* **Fats:** Lentils are very low in fat, typically less than 1 gram per cooked cup, with minimal saturated fat.

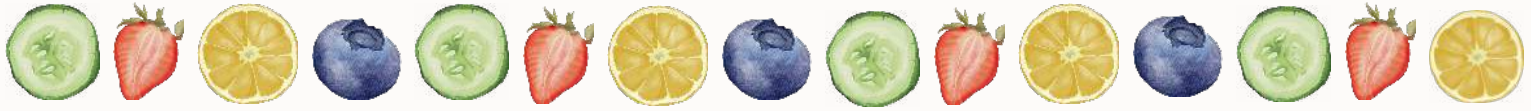
#### **Micronutrients: Vitamins and Minerals.**

Legumes and lentils contain a wide array of vitamins, including, Folate, Thiamin, Niacin, Vitamin B6, Pantothenic acid, Riboflavin, Vitamin K, Vitamin C, Vitamin E, and Beta-carotene, a precursor of Vitamin A. It also contains minerals like Iron, Magnesium, Potassium, Phosphorus, Zinc, Copper, Manganese, Selenium and small amount of Calcium.

# Hydration Hacks: flavoring your water

TO AN 8OZ CUP OF WATER, ADD ONE OF THESE

1. Cucumber Mint Lemon Water: ½ cup cucumber slices, 1 small lemon, sliced with 6–10 fresh mint leaves.
2. Strawberry Thyme Refresher: ½ cup sliced strawberries, 5–6 sprigs of fresh thyme
3. Berry Basil Cooler: ½ cup fresh blueberries, 7–8 fresh basil leaves



## Culinary Medicine Cooking Class

HOW TO MAKE A NOURISHING POWERBOWL!

Wednesday, August 27<sup>th</sup> 3–5 pm  
please register at [577foundation.org](https://577foundation.org)

## Rejuvenate Your Health

**YOGA/CHAIR YOGA FOR DIABETES PATIENTS!**

Studies have shown that regular yoga practice can lead to significant improvements in diabetes control. In a small study, it has shown to lower HbA1c by 1% by doing a 10-minute yoga routine daily. The study also finds a drop in blood pressure by 29% and a drop in heart rate by 18%.

By doing regular yoga, you could see benefits like:

- \* Improved blood sugar regulation: Yoga can enhance insulin sensitivity and glucose uptake.
- \* Reduced stress: Stress hormones can elevate blood sugar; yoga provides effective stress reduction techniques.
- \* Increased physical activity: Gentle poses can improve circulation and overall fitness.
- \* Enhanced mindfulness: Develop a greater awareness of your body and its needs.

