A Reader’s Guide to

Nutritional Foods

— FOR PEOPLE LIVING WITH DIABETES —
AND EVERYONE PURSUING HEALTHY LIVING
AlphaCare is proud to be a supporter of the One Brooklyn Fund!

AlphaCare is a New York-based Managed Long Term Care (MLTC) plan designed for chronically ill and disabled individuals who want to continue to live in their home but need assistance with daily living. At AlphaCare we deliver personalized care, including transportation to healthcare providers. By addressing the physical, emotional and social aspects of your health, we help you stay independent and active within your community.

AlphaCare is part of Magellan Health, a national healthcare management leader focused on the most complex health issues with over 45 years of clinical and operational excellence.

To learn more about AlphaCare, call us today at 855-363-6110 (TTY/TDD: 711).
I want Brooklynites to know that being diagnosed with diabetes, whether or not it is Type 1 or Type 2, it is not a death sentence. Like me (I was diagnosed with Type 2), you too can choose a healthier lifestyle to combat the disease. I have taken steps to correct some of the factors that caused my own condition, and I want others to do the same.

You can possibly reverse hypertension, some forms of heart disorders, and many other adverse health conditions if you learn to make healthier eating choices and begin the practice of putting the correct foods into your body.

According to experts, although the diabetic trait can be handed down from our parents, the reality is that diabetes is a dietary disease. We cannot simply take a pill and think that our diabetes will disappear. Research has shown that far too often, the treatments start out with pills, but before you know it, pills give way to insulin injections, and insulin injections are often the gateway to amputations, dialysis, and eventually death. In fact, in 2010, the American Diabetes Association listed diabetes as the seventh-leading cause of death in the United States. So, if we want to get diabetes under control, as a start, we must get our diets under control. I decided to take control of what foods I allowed inside my body.
By doing so, I learned that one of the most important roles in my overcoming diabetes was the one I, as a patient, played myself. Immediately, I began reading everything I could get my hands on that examined treatments and even cases of reversing the disease. After doing all this research, I decided that a major lifestyle change for me was in order. You’ll notice that I did not say “go on a diet,” because I made the decision that I would instead change how I was living.

I stopped eating processed foods and sugar and began following a plant-based diet. I started making my own cereal and bread using chia, flax, and hemp seeds, with a measured amount of fruit.

I learned about “glycemic index” (GI) and “glycemic load” (GL), and I began to understand how different types of vegetables and fruits can impact my blood sugar levels.

After three weeks, I noticed a dramatic change in my health. My vision, which had previously begun to become impaired, cleared up, and my blood sugar levels became stable. My doctor took me off one of my medications, as we continued to work toward my being removed from taking another low dose of Metformin (marketed under the tradenames Glucophage, Glumetza, Riomet, and Fortamet) and often the first-line medication for the treatment of Type 2 diabetes.

Now, more than a year since my diagnosis, I have never felt better and more in control of my health and life. I am making healthier choices in my food selections, no longer eating “food-like” products such as fast food, artificial ingredients, refined sweeteners, cakes, and processed foods that I used to consume in the past. A helpful documentary that motivated me was Forks Over Knives, a 2011 film that deserves a viewing by everyone. The book How Not to Die, written by Michael Greger, MD, was another instrumental tool that I used in my journey to living a healthier life.

New York State Department of Health statistics for 2016 reveal that more than 29 million Americans are living with diabetes, and 86 million are pre-diabetic, which increases a person’s risk for Type 2 diabetes and other chronic diseases. It is my goal to show Brooklynites how they, too, can take control of their wellness. It is my mission to show you how foods can be your medicine and put you on the path to a healthier lifestyle.

My goal is to coordinate a borough wide health initiative, partnered with healthcare institutions, community-based organizations, and primary care networks to educate Brooklynites about diabetes. I will continue to provide information and resources that can put you on the path to a happier, healthier YOU!
The most important meal of the day is when we break our fast. That is why I start my day with a high power-breakfast.

**INGREDIENTS:**

- 1/2 cup of steel-cut oats
- Handful of chopped red cabbage
- Palmful of almonds or walnuts
- 3 tablespoons ground hemp seeds
- 3 tablespoons ground flax seeds
- Handful of chopped kale
- Cut-up fresh fruits

**PREPARATION:**

After boiling oatmeal, mix all ingredients into large bowl and serve hot. The crunchy raw cabbage with fruits gives the meal a surprising taste.
CUT THE SALT / CURB THE SUGAR

STRAWBERRY & YOGURT PARFAIT

½ cup sliced fresh strawberries
½ cup of nonfat plain Greek yogurt
¼ cup of granola
1 teaspoon of raw honey or extra virgin coconut oil

Founded in 1986, Affinity is an independent, not-for-profit organization driven by the mission to help its members and their families and communities lead healthier lives. Affinity offers a variety of programs under Medicaid, Child Health Plus, Essential Plan, HARP, Medicare and Qualified Health Plans on the New York State of Health Marketplace for members in the Bronx, Brooklyn, Manhattan, Queens, and Staten Island, as well as in Nassau, Suffolk, Westchester, Rockland and Orange counties.
THE FACTS ON FATS
The American Diabetes Association (ADA) recommends eating more monounsaturated fats than saturated or trans fats.

SATURATED FAT: Raises blood cholesterol levels. High blood cholesterol is a risk factor for heart disease. People with diabetes are at high risk for heart disease and limiting your saturated fat can help lower your risk of having a heart attack or stroke. The goal for people with and without diabetes is to eat less than 10% of calories from saturated fat. Saturated fat grams are listed on the Nutrition Facts food label under total fat.

TRANS FAT: Increases blood cholesterol levels and is worse than saturated fat. For a heart-healthy diet, you want to eat as little trans fat as possible by avoiding all foods that contain it. Trans fats are produced when liquid oil is made into a solid fat. This process is called hydrogenation. Trans fats are listed on the label, making it easier to identify these foods. Look for words like hydrogenated oil or partially hydrogenated oil.

MONOUNSATURATED FAT: Are not required on the label, but many foods that are a good source do list them on their labels.

POLYUNSATURATED FAT: Are also “healthy” fats. The ADA recommends that you include these in your diet as well as monounsaturated fats. Like the other healthy fats, you want to replace the sources of saturated fat in your diet with polyunsaturated fats.

SOURCES: WEBMD.COM, AND HEALTHYKIDS.NSW.GOV
KNOW THE TERMINOLOGY!

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), 1-CORN SYRUP, 2-SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS) CORN SYRUP SOLIDS, 3-DEXTROSE, 4-HIGH FRUCTOSE, 5-CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFAE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATE, GELATIN, COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBO-FLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), CITRIC ACID, FOLIC ACID, RED #40, YELLOW #5, YELLOW #6, BLUE #2, BLUE #1
WHAT SUGAR CAN BE LISTED AS ON LABELS:

- Agave nectar
- Brown sugar
- Cane crystals
- Cane sugar
- Corn sweetener
- Corn syrup
- Crystalline fructose
- Dextrose
- Evaporated cane juice
- Organic evaporated cane juice
- Fructose
- Fruit juice concentrates
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltose
- Malt syrup
- Molasses
- Raw sugar
- Sucrose
- Sugar
- Syrup
12 FOODS TO HELP MANAGE DIABETES

These superfoods are basics for maintaining overall good health.

**Apples** tend to be avoided for their high sugar content, but they’re packed with fiber. The soluble fiber slows digestion and can regulate blood glucose levels. Fiber can also reduce the risk of cardiovascular disease. One medium-sized apple contains 3 grams of fiber.

**Asparagus** is a wonderful choice for a side dish. It’s a non-starchy vegetable, is packed with fiber, low in carbohydrates, and high in folate, vitamin C, and glutathione (an antioxidant that can help boost the immune system and promote healthy lungs).

It can be hard for a diabetic to eat starchy foods because of how many those foods, when broken down, can affect blood sugar. **Beans** are a great alternative, because they’re high in fiber and protein. They are also packed with vitamins and minerals, such as folate, iron, magnesium, and potassium.

**Blueberries** are an awesome choice for diabetics. They are packed with dietary fiber, vitamin C, and flavonoids. Flavonoids are phytonutrients that help to boost your immune system, allowing you to fight off infection; they can also help fight off bad cholesterol and keep your heart and arteries healthy.

**Carrots** are a delicious and naturally sweet vegetable. They are full of beta-carotene that can help prevent cancer and heart disease. Carotenoids can also help reduce insulin resistance. They are found in the yellow and orange colors. Roast carrots in the oven for a sweet and healthy side dish.

**Grapefruit** is puckering, but delicious. They are packed with antioxidants, especially in the ruby red variety. In a short study, people who ate one red grapefruit a day lowered their bad cholesterol by 20% and triglycerides by 17%.

**Nuts** are a great snack option for individuals with diabetes when eaten in moderation. They have a great crunch and are packed with flavor. They also are full of protein and fiber. They are high in calories because of their fat content, but the fat is the healthy, monounsaturated kind.

**Oatmeal** is high in starch, but all of its fiber makes it a very healthy option. Look for less processed oatmeal, which takes longer to cook, for the best fiber content. The soluble fiber can help lower cholesterol, improve blood pressure, stabilize glucose levels, and it keeps you full for a long time.

**Sweet Potatoes** are considered a superfood for diabetics, says the American Diabetes Association (AMA). They have been shown to stabilise blood-sugar levels by lowering insulin resistance. They contain a high amount of fibre, which also helps to reduce levels of “bad” LDL cholesterol in the body.

**Tea** is high in antioxidants, called catechins. They are currently being studied for their effectiveness in preventing chronic illness, including cancers and cardiovascular disease. Each type of tea (white, green, or black) has different health benefits, so switch up your choice every so often.

Even if you’re not a vegetarian, **Tofu** is a good product when eaten in moderation to integrate into your diet. It’s made from soy, which is high in niacin, folate, zinc, potassium, iron, and the fatty acid alpha-linolenic. This can turn into the hugely beneficial omega-3 fatty acid.

**Tomatoes** are high in lycopene, which is an antioxidant that helps neutralize free radicals in the body; it’s also what gives the tomato its bright red color. To absorb its benefits, have cooked and processed tomatoes, such as sauces, chili, and juice. Fresh, raw tomatoes are also a wise option because of their fiber and vitamin C content.

Sources: diabeticlivingonline.com, and besthealthmag.ca
THE BENEFITS OF LEAFY GREENS
Make roughage an essential daily requirement to your diet.

Dark green, leafy vegetables are very nutrient-dense and incredibly healthy. They are a vital source of antioxidants that are very beneficial to providing weight loss help. The US Department of Agriculture recommends that adults consume at least three cups of dark green vegetables each week.

**BOK CHOY:**

**NUTRITION INFO: (ONE CUP) 9 CALORIES, LESS THAN 1G FAT, 1G PROTEIN, 2G CARBS, 1G FIBER**

*Benefits:* Bok choy is a low-calorie low fat, low carb vegetable, perfect to add to many dishes. It is rich in antioxidant content, especially beta carotene, which contributes in warding off various diseases such as cancer. As a carotenoid, bok choy is also thought to benefit eye health, since it helps reduce the chances of macular degeneration. For those who don’t eat dairy products, bok choy is an important source of calcium, which helps prevent osteoporosis and aids in controlling blood pressure. It also offers lots of vitamin A, vitamin C and vitamin K. In fact, one cup of shredded raw bok choy contains about half of your daily requirement for each of these nutrients. Plus, you’ll get healthy doses of folate and vitamin B6, as well. Bok choy has been recognized as one of the healthiest foods on earth, and it is a particularly good vegetable for controlling your weight and losing pounds. It is one of the healthiest low-calorie foods you can eat.
**BROCCOLI:**

**NUTRITIONAL INFO: (ONE CUP) 30 CALORIES, 0G FAT, 2G PROTEIN, 6G CARBS., 2G FIBER**

**Benefits:** Broccoli contains a high amount of potassium, which helps maintain a healthy nervous system and optimal brain function, as well as promotes regular muscle growth. Along with its high amount of potassium, broccoli also contains magnesium and calcium, which help regulate blood pressure. One cup of broccoli contains the recommended daily amount (RDA) of vitamin C, an antioxidant necessary for fighting against free radicals. Broccoli contains high levels of both calcium and vitamin K, which are both important for bone health and the prevention of osteoporosis.

Broccoli is helpful in repairing skin damage and helps the skin to detoxify and repair itself. Its vitamin C content is an effective antihistamine, which eases the discomfort of the common cold. Also, one cup of broccoli bolsters the immune system with a large dose of beta-carotene. Trace minerals, such as zinc and selenium, further act to strengthen immune defense actions.

The B6 and folate in broccoli reduce the risk of atherosclerosis, heart attack, and stroke. The vegetable also contains a powerful antioxidant compound and anti-carcinogen that will not only hinder the growth of breast, cervical and prostate cancer, but also boosts liver function. Broccoli contains lutein, which can slow down or prevent the thickening of arteries in the body, helping to fight against heart disease and stroke. Lutein also helps prevent age-related macular degeneration and cataracts.

**CABBAGE:**

**NUTRITION INFO: (ONE CUP) 22 CALORIES, 0G FAT, 1G PROTEIN, 5G CARBS, 2G FIBER.**

**Benefits:** Cabbage ranks right up there with broccoli, cauliflower, and Brussels sprouts for its reputation for fighting cancer. It’s also a good source of vitamin C, fiber, potassium, and other nutrients. In addition, cabbage also offers a major payoff, providing the fewest calories and the least fat of any other vegetable.

From green cabbage you’ll enjoy a fiber boost and a respectable amount of vitamin C. Two types of cabbage—savoy and bok choy—provide beta-carotene, the antioxidant that battles cancer and heart disease.

Indoles, the phytochemicals in cabbage, are being studied for their ability to convert estradiol, (an estrogen-like hormone that may play a role in the development of breast cancer), into a safer form of estrogen. These are all powerful incentives to add cabbage to your diet.
**COLLARD GREENS**

**NUTRITIONAL INFO:** (ONE CUP) 20 CALORIES, .1G FAT 1.2G OF PROTEIN, 4.4G OF CARBOHYDRATES AND 3.5G FIBER

**Benefits:** Collard green leaves are laden with fiber, which minimizes the severity of (LDL) low-density lipoprotein (“bad”) cholesterol in blood. Eaten regularly they can build up excellent resistance power in the body to control the onset of colon cancer, acute bowel disorder problems, and hemorrhoid disorder. It helps those who eat these greens steer clear of free radicals and different types of infections.

Collard green leaves perform as an anti-oxidant to purify the body, and this detoxification is done well if an individual eats collard greens on a regular basis. This vegetable contains vitamin K and other minerals, ensuring better bone development, formation of healthy cells and to some extent, it reduces the severity of Alzheimer’s symptoms, which damages the neural system by minimizing the destructive impact on the human brain. At the same time, collards increase physical stamina and energy greatly.

**KALE:**

**NUTRITIONAL INFO:** (ONE CUP) 70 CALORIES, 0G FAT, 4G PROTEIN, 10G CARBS, 5 G FIBER

**Benefits:** Kale is rich in the eye health-promoting lutein and zeaxanthin compounds. Beyond antioxidants, the fiber content of cruciferous kale binds bile acids and helps lower blood cholesterol levels, while reducing the risk of heart disease, especially when kale is cooked, instead of raw.
**MUSTARD GREENS:**

**NUTRITIONAL INFO:** (ONE CUP) 15 CALORIES, 0.1 G FAT, 1.5G PROTEIN, 2.7 G CARBS., 1.8G FIBER

**Benefits:** Mustard greens are very helpful in reducing the risk of certain types of cancers such as bladder, breast, colon, lung, prostate, and ovarian cancer. Their high amount of fiber, folate and antioxidants help to remove free radicals from the body. Mustard greens, and cruciferous vegetables in general, boost the body’s detoxification activities, flush out toxins from the body, and reduce the chances of developing cancers. They also promote heart health by lowering cholesterol. The small amount of glucoraphanin that they contain provides important anti-inflammatory benefits, while reducing unwanted inflammation.

Mustard greens are a great source of vitamin A and C, and magnesium, which are combatants against asthma as they help lungs stay relaxed, avoiding constriction. Magnesium also helps to regulate and control blood pressure levels, and is also instrumental in the prevention of certain menopausal symptoms.

**RAPINI (BROCCOLI RABE):**

**NUTRITION INFO:** (ONE CUP) 9 CALORIES, 0G FAT, 1G PROTEIN, 1G CARBS, 1G FIBER

**Benefits:** Rapini is a cancer-preventing powerhouse full of phytochemicals. It’s a rich source of glucosinolates, which your body converts to cancer-fighting sulforaphanes and indoles. Studies show that these compounds are particularly effective against stomach, lung, and colon cancers, and promising research hints at protective effects against breast and prostate cancers, as well. Rapini’s bone-strengthening properties are a by-product of its vitamin K content.

Rapini contains strong anti-inflammatory nutrients, such as folate and vitamin C. Both nutrients reduce homocysteine, a type of amino acid that can damage the arteries, causing coronary heart disease.

Rapini contains sulfur, a compound that assists with detoxifying of the liver. It contains two grams of fiber for every cup, which lowers blood cholesterol and glucose levels. Combining rapini with a high carbohydrate meal will reduce the insulin response, which, in turn, will prevent both hyper- and hypoglycemia.

Rapini helps the body maintain a healthy hormonal balance for both men and women, and can reduce yeast infections in the body, because it kills candida albicans, the yeast strain that often overgrows due to anti-biotics.
RED LEAF LETTUCE:
NUTRITION INFO: (ONE CUP) 4 CALORIES, 0.06 G FAT, 0.37 G PROTEIN, 0.63 G OF CARBOHYDRATES AND 0.3 G FIBER

Benefits: Red leaf lettuce contains minerals essential for bone production and repair, hormone production and the regulation of your heartbeat. Deficiencies in minerals can cause health complications, such as osteoporosis, from lack of calcium. A one-cup serving of red leaf lettuce contains 9 mg of calcium, as well as iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese and selenium.

Vitamins are essential for good health, and each vitamin is necessary for a particular function. A one-cup serving of red leaf lettuce contains vitamin C, thiamine, riboflavin, niacin, pantothenic acid, vitamin B-6, folate, choline, beta-carotene, vitamin A, lutein and vitamin K.

SPINACH:
NUTRITIONAL INFO: (ONE CUP) 7 CALORIES, 0.12G FAT, 0.86G PROTEIN, 1.09G CARBS, 4.3G FIBER

Benefits: Spinach is an excellent promoter of cardiovascular health due to its antioxidant properties (water-soluble in the form of vitamin C and fat-soluble beta-carotene), which work together to prevent the harmful oxidation of cholesterol—a danger to the heart and arteries. Magnesium in spinach works to maintain healthy blood pressure levels as well.

Spinach is low in calories and high in vitamins, making it one of the most nutrient-dense foods in existence. It also protects against birth defects and heart disease. Since heat reduces the green’s oxalate content (freeing up its dietary calcium), this means that cooked spinach gives you more nutrition than its raw version, although it is excellent eaten raw in salads.

Spinach also contains a carotenoid that makes prostate cancers destroy themselves, as well as kaempferol, a strong antioxidant that prevents the formation of cancerous cells.

Additionally, spinach has been shown to protect brain function from premature aging and to slow age-related effects on mental capabilities by preventing the harmful effects of oxidation on the brain. Overall, those who eat vegetables in quantity, especially those of the leafy green variety, experience a decrease in brain function loss.
We Are Proud To Support One Brooklyn Fund’s Healthy Living & Cooking.

investors Bank
Banking in your best interest.

855-iBank4U (855.422.6548)
investorsbank.com
SWISS CHARD:
NUTRITIONAL INFO: (ONE CUP) 7 CALORIES, 0.7 PROTEIN, 0.07 FAT, 0.6 FIBER AND 1.4 G CARBS.

Benefits: One cup of cooked Swiss chard has enough calcium to support healthy bones and prevent osteoporosis. Swiss chard is full of antioxidants, which help to prevent and treat coronary artery disease and various other diseases. It helps to prevent inflammation, and contains the daily recommended content of potassium—helpful in maintaining a healthy level of blood sugar—along with containing high amounts of fiber content, that helps reduce blood cholesterol. Swiss chard also helps to protect your eyes against macular degeneration, and is useful for people suffering from anemia because of its iron content. The leafy vegetable also helps to offset fatigue and depression, while it helps control diabetes and prevents the onset of Alzheimer's disease, as well as various types of cancer.

TURNIP GREENS:
NUTRITIONAL INFO: (ONE CUP) 32 MG OF MAGNESIUM, 5 G OF FIBER, 1.6 G OF PROTEIN, 197 MG CALCIUM.

Benefits: One of the most notable nutrients present in a serving of turnip greens is vitamin A, which acts as an antioxidant in your body and promotes healthy vision and prevents certain age-related eye disorders. Eating vitamin A-rich foods helps your body target and gets rid of toxins and free radicals that can contribute to cancer. Another important nutrient present is iron, which is responsible for the formation and development of healthy red blood cells, which ensure that enough oxygen is circulated throughout your body. An iron deficiency can also lead to anemia, (low red blood cell count) and can cause fatigue, pale skin and breathlessness.

Turnip greens provide calcium, which is good for your bones and teeth, and a diet high in calcium may prevent softening of the bones, bone fractures and osteoporosis.

WATERCRESS:
NUTRITION INFO: (ONE CUP) 4 CALORIES, 0G FAT, 1G PROTEIN, 0G CARBS, 0G FIBER

Benefits: Watercress contains many phytochemicals, which are plant compounds that offer disease prevention. Glucosinolates are best absorbed from raw vegetables, and since watercress is rarely cooked, it’s an excellent source. Watercress has a higher antioxidant concentration than apples or broccoli. Studies have found that baby leaf watercress contains more antioxidants than most other greens.

Regular consumption of watercress can also reduce your risk of developing certain types of cancer. Studies have found that the antioxidants and carotenoids in watercress can reduce cellular damage related to the development of cancer.

Sources: WebMD.com, and Livestrong.com
TARGET ❤️ BROOKLYN

GATEWAY
ATLANTIC TERMINAL
BROOKLYN JUNCTION
CITY POINT

COMING SOON
OCT 2017
BENSONHURST
OCT 2018
MIDWOOD
AMLA ROOT  BASIL  CHIA SEEDS
CINNAMON  CUMIN  FLAX SEEDS
GARLIC  GINGER  HEMP SEEDS
MACA ROOT  MINT  TURMERIC
HERBS AND SPICES THAT HELP FIGHT DIABETES

Herbs and spices do more than simply add flavor to food. They let you cut down on some less healthy ingredients, such as salt, added sugars and saturated fat.

**AMLA ROOT:** Rich in chromium which regulates the carbohydrate metabolism and makes the body more responsive to insulin, which reduces the blood glucose levels. Mix 2-3 teaspoons of amla powder or juice in a glass of water and consume daily. Amla powder, when taken with honey purifies the blood.

**BASIL:** Helps to cure cough and cold and heart burn issues, research has proved that these leaves have been beneficial in curing diabetes as well. Chew a couple of leaves every morning to get maximum benefit.

**CHIA SEEDS:** Rich in omega-3 fatty acids, which can lower your triglycerides and raise your good HDL cholesterol level. These seeds are rich in fiber. Sprinkle chia seeds on healthy diet choices like cereal, oatmeal, and low- or no-fat yogurt and ice cream.

**CINNAMON:** Cinnamon is a wonder spice. If you want to avoid sugar, you can use this spice to add sweetness to your food. Not only does it have a sweet aroma, it is also great in lowering blood glucose levels when consumed daily.

**CUMIN:** Another spice that has been found to not only lower blood glucose levels, but also blood pressure levels as well.

**FLAX SEEDS:** Three tablespoons of flax seeds will provide you with omega-3, fiber, protein, and vitamin B1. Flax seeds are also abundant in phosphorus, selenium, vitamin B6, iron, potassium, copper and zinc. To ensure that you are getting enough flax, add at least two tablespoons to your daily routine.

**GARLIC:** On a daily basis (in food or raw) helps to lower cholesterol levels because of the anti-oxidant properties of Allicin. It is also immensely beneficial to regulate blood pressure and blood sugar levels.

**GINGER:** Ginger also has similar properties. So, add these to your diet on a regular basis to get rid of diabetes.

**HEMP SEEDS:** A perfect and natural blend of easily digested proteins, essential fats (Omega 3 & 6), Gamma Linolenic Acid (GLA), antioxidants, amino acids, fiber, iron, zinc, carotene, phospholipids, phytosterols, vitamin B1, vitamin B2, vitamin B6, vitamin D, vitamin E, chlorophyll, calcium, magnesium, sulfur, and copper.

**MACA ROOT:** Maca is very rich in nutrients (has a higher calcium level than milk) and is very nutrient dense. The pleasant tasting root is usually available in powder form after being harvested and grounded down. The maca root benefits include a positive effect on hormone balance, energy levels, and a health booster.

**MINT:** Mint leaves not only aid in digestion, but also are great in lowering blood sugar levels.

**TURMERIC:** The spice with anti-inflammatory properties also has certain qualities to lower the blood glucose levels.

**SOURCES:** HEALTHYANDNATURALWORLD.COM, AND MSN.COM/17-HERBS-AND-SPICES

21
Farmers markets are noted for their offerings of fresh, organic and healthy options for fruits and vegetables. There are loads of farmers markets near and around Brooklyn. Try patronizing a farmers market in your neighborhood to help support the community, local vendors and small businesses. Each market offers a variety of unique taste & style, so shop around. And many welcome approved coupons and Electronic Benefit Transfer (EBT card), for your convenience.

Consult the farmer’s market listings (featured in circulars and online) that cover your geographic area directly, for their seasonal operating schedule, or use the one provided below to get started.

**AGAPE’S BOUNTY FARMERS MARKET**
8712 Glenwood Road between 87th and 88th Streets
Saturday, 8:00 AM – 2:00 PM

**BARTEL-PRITCHARD SQUARE GREENMARKET**
Prospect Park West at 15th Street
Wednesday, 8:00 AM – 3:00 PM and Sunday, 9:00 AM – 3:00 PM

**BAY RIDGE GREENMARKET**
Third Avenue and 95th Street
Saturday, 8:00 AM – 3:00 PM

**BENSONHURST GREENMARKET**
18th Avenue between 81st and 82nd Streets
Sunday, 9:00 AM – 4:00 PM

**BORO PARK GREENMARKET**
14th Avenue between 49th and 50th Streets
Thursday, 8:00 AM – 3:00 PM

**BROOKLYN BOROUGH HALL GREENMARKET**
Court and Montague Streets
Tuesday, Thursday and Saturday, 8:00 AM – 5:00 PM
BROWNSVILLE PITKIN AVENUE YOUTH MARKET
Pitkin Avenue and Thomas Boyland Street
Saturday, 9:00 AM – 2:00 PM

BROWNSVILLE ROCKAWAY YOUTH MARKET
Rockaway and Livonia Avenues
Friday, 11:00 AM – 4:00 PM

BUSHWICK FARMERS MARKET
Maria Hernandez Park,
Knickerbocker Avenue and Starr Street
Saturday, 9:00 AM – 4:00 PM

BUSHWICK FARMERS MARKET
Halsey Street and Broadway
Thursday, 2:00 PM – 7:00 PM

CARROLL GARDENS GREENMARKET
Carroll Street between Court and Smith Streets
Sunday, 8:00 AM – 2:00 PM

CORTELYOU GREENMARKET
Cortelyou Road between
Argyle Road and Rugby Road
Sunday, 8:00 AM – 3:00 PM

CYPRESS HILLS YOUTH MARKET
Fulton and Richmond streets
Friday, 11:00 AM – 5:00 PM

DUMBO DOWN TO EARTH FARMERS MARKET
Pearl and Water streets
Wednesday, 11:00 AM – 7:00 PM

EAST NEW YORK FARMERS’ STAND
New Lots Avenue between Alabama and Georgia avenues
Wednesday, 3:30 PM – 6:30 PM

EAST NEW YORK FARMERS MARKET
Schenck Avenue between
New Lots and Livonia avenues
Saturday, 9:00 AM – 3:00 PM

EDIBLE SCHOOLYARD
NYC’S FARMERS’ STAND
Public School 216 (Sept-Nov only)
350 Avenue X and East First Street
Friday, after 2:00 PM

FLATBUSH JUNCTION YOUTH MARKET
Nostrand and Flatbush avenues
Saturday, 8:30 AM – 2:00 PM
FORT GREENE PARK GREENMARKET
Washington Park between DeKalb and Willoughby avenues
Saturday, 8:00 AM – 3:00 PM

GRAHAM AVENUE FARMERS MARKET
Cook Street and Graham Avenue
Saturday, 8:00 AM – 5:30 PM

GRAND ARMY PLAZA GREENMARKET
Prospect Park West and Flatbush Avenue
Saturday, 8:00 AM – 4:00 PM

GREENPOINT MCCARREN PARK GREENMARKET
Union Avenue between Driggs Avenue and N 12th Street
Saturday, 8:00 AM – 3:00 PM

HARVEST HOME CITYLINE FARMER MARKET
Drew Street between 101st and Liberty avenues
Saturday, 8:00 AM – 4:00 PM

HARVEST HOME CLINTON HILL FARMERS MARKET
Lafayette Street between Waverly Avenue and Washington Avenue
Tuesday, 8:00 AM – 6:00 PM

HARVEST HOME CONEY ISLAND HOSPITAL FARMERS MARKET
Ocean Parkway between Avenue Z and Shore Parkway
Wednesday and Friday, 8:00 AM – 4:00 PM

HARVEST HOME KINGS COUNTY HOSPITAL FARMERS MARKET
Clarkson Avenue between East 37th and East 38th streets
Wednesday, 8:00 AM – 6:00 PM

HARVEST HOME MARCY PARK FARMERS MARKET
Myrtle and Marcy avenues
Thursday, 8:00 AM – 4:00 PM

HATTIE CARTHAN AFTER CHURCH FARMERS MARKET
49 Van Buren Street between Tompkins and Throop avenues
Sunday, 1:00 PM – 6:00 PM

HATTIE CARTHAN COMMUNITY FARMERS MARKET
Marcy Avenue and Clifton Place
Saturday, 9:00 AM – 3:00 PM

HIGH SCHOOL FOR PUBLIC SERVICE YOUTH FARMERS MARKET
600 Kingston Avenue between Rutland Road and Winthrop Street
Wednesday, 2:30 PM – 6:30 PM

ISABAHLIA FARMERS’ STAND
514 Rockaway and Sutter avenues
Friday, 11:00 AM – 4:00 PM

ISABAHLIA FARMERS’ STAND WINTER MARKET
(Nov-Dec only) New Lots Avenue and Sackman Street, inside greenhouse
Saturday, 8:00 AM – 1:00 PM

ISABAHLIA FARMERS MARKET
Livonia Avenue between Powell and Junius streets
Saturday, 8:00 AM – 3:00 PM

KENSINGTON YOUTH MARKET
Fort Hamilton Parkway between East Fourth and East Fifth streets
Saturday, 8:00 AM – 3:00 PM

LIVE MARKET PAERDEGAT PARK
East 40th Street between Foster Avenue and Farragut Road
Sunday, 9:00 AM – 3:00 PM

MALCOLM X BLVD FARMERS MARKET
Malcolm X Boulevard between Marion Street and Chauncey Street
Saturday, 8:00 AM – 1:00 PM
We salute
One Brooklyn Fund

EmblemHealth is proud to support initiatives and organizations that enhance the lives of Brooklyn residents. Join us in honoring those whose work helps secure healthier futures for the members of our diverse community.

We know that care is in the heart of every successful community. Thank you for caring enough to make a difference.

Find your plan at emblemhealth.com
MARCY PLAZA COMMUNITY FARMERS MARKET
Fulton Street and Marcy Avenue
Wednesday, 11:00 AM – 5:00 PM

MCGRICK PARK’S DOWN TO EARTH FARMERS MARKET
Russell Street and Nassau Avenue, center of park
Sunday, 10:00 AM – 4:00 PM

PARK SLOPE’S DOWN TO EARTH FARMERS MARKET
5th Avenue and 4th Street
Wednesday, 3:00 PM – 7:00 PM and Sunday, 10:00 AM – 5:00 PM

PARKSIDE PLAZA GREENMARKET
Parkside and Ocean avenues
Sunday, 9:00 AM – 4 PM

PITKIN VERDE FARMERS MARKET
2094 Pitkin Avenue at Pennsylvania Avenue
Tuesday, 9:00 AM – 5:00 PM

PROJECT EATS BROOKLYN MUSEUM FARMERS MARKET
200 Eastern Parkway
Thursday, 3:30 PM – 9:00 PM

PROJECT EATS MARCUS GARVEY VILLAGE FARMERS MARKET
300 Chester Street at Dumont Avenue
Tuesday, 10:00 AM – 4:00 PM

RED HOOK FARMERS MARKET
580 Columbia Street
Saturday, 10:00 AM – 3:00 PM

SARATOGA YOUTH MARKET
Saratoga Avenue and Fulton Street
Saturday, 10:00 AM – 2:00 PM

SUNSET PARK GREENMARKET
4th Avenue between 59th and 60th streets
Saturday, 8:00 AM – 3:00 PM

URBAN OASIS FARMERS MARKET
Clarkson Avenue and Troy Avenue
Wednesday, 2:00 PM – 5:30 PM

WILLIAMSBURG GREENMARKET
Taylor Street and Lee Avenue
Thursday, 8:00 AM – 4:00 PM
FOOD PANTRIES
IN BROOKLYN

AGAPE SOCIAL SERVICES MINISTRY
929 Marcy Avenue – Bedford-Stuyvesant
(718) 636-8500 x16
Tuesday and Thursday,
10:30 AM to 2:00 PM;
Wednesday soup kitchens
12:00 PM to 2:00 PM; Need ID

BLESSED SACRAMENT CHURCH
198 Euclid Avenue – Cypress Hills
(718) 827-1200
First and Third Wednesday, 1:00 PM to
2:00 PM, Call ahead

CALVARY FOOD PANTRY
151 Woodruff Avenue – Flatbush
(718) 435-2731
Thursday, 11:00 AM to 1:00 PM; Need ID

CALVARY FREE WILL BAPTIST CHURCH
1520-30 Herkimer Street – East New York
(718) 498-3767
Thursday, 12:00 PM to 1:00 PM;
Need ID or referral
CLOSED UNTIL SEPTEMBER

CHURCH OF THE LIVING GOD
212 Schenectady Avenue – Crown Heights
(718) 493-2821
Saturday, 9:00 AM to 11:00 AM;
ID preferred

CORNERSTONE BAPTIST CHURCH
574 Madison Street – Bedford-Stuyvesant
(718) 574-5900
Tuesday, 11:00 AM – 12:30 PM; Need ID

CUYLER WARREN U.M. CHURCH
450 Warren Street – Downtown Brooklyn
(718) 875-8502
Tuesday, 1:30 PM until finished; Need ID
** in process of moving **

HOLY CROSS CHURCH
2530 Church Avenue – Flatbush
(718) 469-5900
Tuesday, and Thursday, 2:00 PM to 3:30 PM;
Need picture ID, proof of address and birth
certificates for children

LOVE FELLOWSHIP TABERNACLE
464 Liberty Avenue – East New York
(718) 235-2266
Tuesday, 2:00 PM to 5:00 PM;
Need ID for all adults in family

MAKE THE ROAD
301 Grove Street – Bushwick
(718) 418-7690
Friday, 9:00 AM until food runs out;
Need ID, come early
MT. MORIAH CHURCH OF GOD & CHRIST
1149 Eastern Parkway – Crown Heights
(718) 953-4364
Saturday, 11:00 AM to 12:00 PM;
ID preferred, come at 9:30 AM for a ticket

MT. PARAN BAPTIST CHURCH
1665 Broadway – Bushwick
(718) 443-8217
Tuesday, 10:30 AM to 11:30 AM;
Call ahead, need ID with proof of address

NEW BAPTIST TEMPLE
360 Schermerhorn Street – Downtown Brooklyn
(718) 875-1858
Every Saturday, of the month except the 1st,
9:00 AM to 10:30 AM;
Seniors served first; ID needed

NEWMAN MEMORIAL U.M. CHURCH
257 Macon Street, corner of Throop Avenue
– Bedford-Stuyvesant
(718) 622-7955
Tuesday, 9:00 AM to 2:00 PM,
or until food runs out;
Need ID for each person receiving food

OPEN DOOR CHURCH OF GOD IN CHRIST
999 Greene Avenue – Bedford-Stuyvesant
(718) 455-3545
Saturday, 8:30 AM to 10:30 AM;
Soup kitchen every Sunday 9:00 AM – 10:30 AM
Bring your own bags

OUR LADY OF GRACE PASTORAL MINISTRY
2322 E. 4th Street – Gravesend
(718) 375-0668
Tuesday and Friday, 9:00 AM to 10:30 AM;
Need ID and proof of family size

OUR LADY OF MERCY
680 Mother Gaston Boulevard – Brownsville
(718) 346-3166
Monday and Friday, 9:00 AM to 11:00 AM;
Need referral, ID and proof of address

OUR LADY OF REFUGE R.C. CHURCH
2020 Foster Avenue – Flatbush
(718) 434-2090
Wednesday, 9:30 AM to 12:00 PM;
ID preferred for all in household

ST. CHRISTOPHER OTILE, BETHANY HOUSE #1
164 Suydam Street – Bushwick
(718) 574-6300
Thursday, 11:00 AM to 1:00 PM, Need ID

ST. JOHN THE BAPTIST R.C. CHURCH
75 Lewis Avenue – Bedford-Stuyvesant
Tuesday, 8:00 AM (call to confirm time)
(718) 455-6864
First come, first served; Need photo ID

ST. JOHN'S BREAD & LIFE PROGRAM
75 Lewis Avenue at Hart Street –
Bedford-Stuyvesant
(718) 574-0058 x10
Monday through Friday, 8:30 AM to 12:00 PM;
Brooklyn residents only,
Need ID, proof of income and family size

SALVATION ARMY BAY RIDGE
COMMUNITY CENTER
252 86th Street – Bay Ridge
(718) 238-2991
Need referral

SALVATION ARMY
BEDFORD COMMUNITY CENTER
601 Lafayette Avenue – Bedford Stuyvesant
(718) 622-0614

SALVATION ARMY
BROWNSVILLE COMMUNITY CENTER
280 Riverdale Avenue – Brownsville
(718) 345-7050

SALVATION ARMY
BUSHWICK COMMUNITY CENTER
1151 Bushwick Avenue – Bushwick
(718) 455-4102

SALVATION ARMY SUNSET PARK
COMMUNITY CENTER
520 50th Street – Sunset Park
(718) 438-1771
Monday to Friday, 9:00 AM to 5:00 PM
BEYOND
AT LIBERTY VIEW

Bed Bath & Beyond, Face Values, and buybuy BABY: Valid in store at Beyond at Liberty View, Brooklyn, NY only. Cosmetics not accepted. Limit one coupon. Savings Certificate, special offer or discount per item cannot be combined with a price match. Coupon must be surrendered at time of purchase. Coupon valid for one use only. Electronic copies of physical coupons are treated as one coupon. Any return of purchase will reduce your savings proportionately. The costs of shipping or delivery, taxes or gift cards are not counted toward any minimum purchase required, and coupon cannot be applied to such items. Not valid for wholesale purchases. No discounts or other offers can be applied to payment of membership program fees or home services. Company reserves the right to limit quantities. Valid only in the U.S. Offer excludes the following: A Pea in the Pod®, Alessi, Amazon, Arthur Court, Austin® Baby Jogger, Baby Tula, Babyletto®, Babymoov®, Baby's Own Furniture, BAUMGARTEN®, BEIGE®, Siemens®, BIS®, Braun® Ltd., Breville®, Broil King®, Bugaboo®, Bumbleride®, Chick®, Coravin® CUBA® Dallum®, Demeyere®, DKNY® Donna®, Ducy®, Empowler®, Filt®, Foundations®, Franklin & Ben®, Freshly Picked®, Global Gallery®, Google® HAIO® Business®, Inglesina®, Joie, Kaela, spade®, Kenneth Cole Reaction Home®, KitchenAid®, PROLINE®, Kosta Boda®, Le Creuset®, La Hacienda®, Magnolia Home®, Max-Cos®, Mike & Miller®, Million Dollar Baby Classic®, Mocka®, Monique Lhuillier®, Mopot®, Mountain Buggy®, Nautique®, Nautica®, Nesci®, Nest®, Nursery Works®, Oenothera®, Oveja®, Peppermint®, Pottery Barn Kids®, Phil & Ted®, Philos®, Hue®, Quinny®, Riedle®, Ring®, Romero Britto®, Rosendahl® & Rössler® Series Vario®, Vuse®, Southern Tide®, Star Wars®, Sphere®, BB&B®, Star Wars® Battle Rebel®, Star Wars® Starship®, Star Wars® Starship® Stroller®, Star Wars® Starship®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovski®, Swarovsk
STUYVESANT HEIGHTS CHRISTIAN CHURCH  
69 McDonough Street – Crown Heights  
(718) 783-5383  
Thursday, 5:00 PM until finished;  
Need ID

TRANSFIGURATION CHURCH/SOUTH SIDE COMMUNITY MISSION  
280 Marcy Avenue – Williamsburg  
(718) 388-8773  
Monday thru Thursday, 9:00 AM to 12:00 PM;  
Come early, ID preferred

TRIUMPHANT FULL GOSPEL ASSEMBLY  
889 Rutland Road – Crown Heights  
(718) 774-4696  
Thursday, 3:00 PM to 6:00 PM;  
ID preferred

TRUE HOLY CHURCH OF GOD  
2340 Atlantic Avenue at the corner of Eastern Parkway – Ocean Hill  
(718) 385-0248  
Friday, 6:00 PM to 8:00 PM;  
Need ID, proof of children, referral if shelter resident. If picking up for another adult, a doctor’s letter is needed.

URBAN STRATEGIES FAMILY SUPPORT  
829 Saratoga Avenue – Brownsville  
(718) 346-2539  
Tuesday, 8:00 AM to 10:00 AM; Come early, ID preferred

FOR REFERRALS TO FOOD PANTRIES ALL OVER THE CITY, CALL NYC EMERGENCY FOOD HOTLINE AT 1 (866) 888-8777.
One Brooklyn, Healthy Brooklyn

MISSION
One Brooklyn Fund, Inc. promotes collaboration and engagement among Brooklyn’s diverse communities through events, programs, and services. It connects those in need with those who have the resources, and provides for a healthy and secure future for all Brooklyn residents. One Brooklyn Fund, Inc. stimulates cultures, encourages civic pride, and enhances the lives of all Brooklynnites.

ONEBROOKLYNFUND.ORG

PROUDLY SUPPORTS
BROOKLYN BOROUGH PRESIDENT
ERIC L. ADAMS’
"CUT THE SALT, CURB THE SUGAR"
PROGRAM FOR A HEALTHIER BROOKLYN

BARRY SMITH, MD, PHD
PRESIDENT AND CEO
THE ROGOSIN INSTITUTE
505 EAST 70TH STREET, NY, NY 10021
ROGOSIN.ORG
One Brooklyn Would Like To Thank Our Partners

RADIO 103.9

SOULCYCLE
**WHY ModernMD**

- **Get in. Get out. Get better.**
- **Open evenings, weekends, and holidays.**
- **Williamsburg**: 68 Graham Ave. (646) 604-8120
- **Bed-Stuy**: 1248 Fulton St. (646) 604-8130
- **Crown Heights**: 436 Utica Ave. (646) 604-8150
- **Flatbush**: 916 Flatbush Ave. (646) 604-8140
- **Bushwick**: 366 Knickerbocker Ave. (646) 604-8160

**ALL LOCATIONS OFFER**

- Onsite labs & X-rays
- We are 6-8 times cheaper than the emergency room
- No appointment necessary

**WE TREAT**

- Most common illnesses & injuries
- Cold, flu & fevers
- Asthma & allergies
- Cuts & scrapes
- Bites, burns & rashes
- Breaks & sprains

**YOU GOT A DOC DOWN THE BLOCK!**

**GET IN, GET OUT AND GET BETTER IN UNDER AN HOUR**

ModernMDuc.com
WE KNOW THE MOMENTS…
The ones that define us and give meaning to our lives.
The moments that make us breathe deeply and then take our breath away…
the ones when having our health makes everything possible.

This is what we’re made of.

At Fidelis Care, we provide quality, affordable health coverage for children and adults of all ages and at all stages of life.

Compassion. Commitment. Community.
And a mission to always care for you and the ones you love – moment by moment.

Quality health coverage. It’s Our Mission.

Estimate Costs:
It only takes a minute to view product choices and estimate costs with the Fidelis Affordable Care Advisor at fideliscare.org/enroll

Meet with a Representative:
Call 1-888-FIDELIS to meet with a Representative or visit fideliscare.org/offices to find a community office close to you

1-888-FIDELIS (1-888-343-3547)
TTY: 1-800-421-1220
fideliscare.org

To learn more about applying for health insurance, including Child Health Plus and Medicaid through NY State of Health: The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.
### WHAT ARE GLYCEMIC INDEX AND GLYCEMIC LOAD?

**GLYCEMIC INDEX (GI):** GI measures the actual impact of these foods on our blood sugar.

**GLYCEMIC LOAD (GL):** G/L estimates how much the food will raise a person’s blood glucose level after eating it.

<table>
<thead>
<tr>
<th></th>
<th>Glycemic index (glucose = 100)</th>
<th>Serving size (grams)</th>
<th>Glycemic load (per serving)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)</td>
<td>42</td>
<td>111</td>
<td>24</td>
</tr>
<tr>
<td>Waffles, Aunt Jemima®</td>
<td>76</td>
<td>35</td>
<td>10</td>
</tr>
<tr>
<td>Bagel, white, frozen</td>
<td>72</td>
<td>70</td>
<td>25</td>
</tr>
<tr>
<td>Hamburger bun</td>
<td>61</td>
<td>30</td>
<td>9</td>
</tr>
<tr>
<td>White wheat flour bread, average</td>
<td>75</td>
<td>30</td>
<td>11</td>
</tr>
<tr>
<td>Whole wheat bread, average</td>
<td>69</td>
<td>30</td>
<td>9</td>
</tr>
<tr>
<td>100% Whole Grain Bread Natural Ovens</td>
<td>51</td>
<td>30</td>
<td>7</td>
</tr>
<tr>
<td>Coca Cola US formula</td>
<td>63</td>
<td>250 mL</td>
<td>16</td>
</tr>
<tr>
<td>Fanta orange soft drink</td>
<td>68</td>
<td>250 mL</td>
<td>23</td>
</tr>
<tr>
<td>Apple juice, unsweetened</td>
<td>41</td>
<td>250 mL</td>
<td>12</td>
</tr>
<tr>
<td>Cranberry juice cocktail Ocean Spray</td>
<td>68</td>
<td>250 mL</td>
<td>24</td>
</tr>
<tr>
<td>Gatorade, orange flavor US formula</td>
<td>89</td>
<td>250 mL</td>
<td>13</td>
</tr>
<tr>
<td>Orange juice, unsweetened</td>
<td>50</td>
<td>250 mL</td>
<td>12</td>
</tr>
<tr>
<td>All-Bran</td>
<td>44</td>
<td>30</td>
<td>9</td>
</tr>
<tr>
<td>Cornflakes</td>
<td>81</td>
<td>30</td>
<td>20</td>
</tr>
<tr>
<td>Cream of Wheat</td>
<td>66</td>
<td>250</td>
<td>17</td>
</tr>
<tr>
<td>Cream of Wheat Instant</td>
<td>74</td>
<td>250</td>
<td>22</td>
</tr>
<tr>
<td>Grape-Nuts</td>
<td>75</td>
<td>30</td>
<td>16</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>55</td>
<td>250</td>
<td>13</td>
</tr>
<tr>
<td>Food</td>
<td>Glycemic index (glucose = 100)</td>
<td>Serving size (grams)</td>
<td>Glycemic load (per serving)</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-------------------------------</td>
<td>----------------------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>Instant oatmeal</td>
<td>79</td>
<td>250</td>
<td>21</td>
</tr>
<tr>
<td>Puffed wheat cereal</td>
<td>80</td>
<td>30</td>
<td>17</td>
</tr>
<tr>
<td>Raisin Bran</td>
<td>61</td>
<td>30</td>
<td>12</td>
</tr>
<tr>
<td>Special K (US formula)</td>
<td>69</td>
<td>30</td>
<td>14</td>
</tr>
<tr>
<td>Pearled barley, average</td>
<td>25</td>
<td>150</td>
<td>11</td>
</tr>
<tr>
<td>Sweet corn on the cob</td>
<td>48</td>
<td>60</td>
<td>14</td>
</tr>
<tr>
<td>White rice, boiled, type non-specified</td>
<td>72</td>
<td>150</td>
<td>29</td>
</tr>
<tr>
<td>Quick cooking white basmati</td>
<td>63</td>
<td>150</td>
<td>26</td>
</tr>
<tr>
<td>Brown rice, steamed</td>
<td>50</td>
<td>150</td>
<td>16</td>
</tr>
<tr>
<td>Parboiled Converted white rice Uncle Ben’s</td>
<td>38</td>
<td>150</td>
<td>14</td>
</tr>
<tr>
<td>Whole wheat kernels, average</td>
<td>45</td>
<td>50</td>
<td>15</td>
</tr>
<tr>
<td>Graham crackers</td>
<td>74</td>
<td>25</td>
<td>13</td>
</tr>
<tr>
<td>Vanilla wafers</td>
<td>77</td>
<td>25</td>
<td>14</td>
</tr>
<tr>
<td>Shortbread</td>
<td>64</td>
<td>25</td>
<td>10</td>
</tr>
<tr>
<td>Rice cakes, average</td>
<td>82</td>
<td>25</td>
<td>17</td>
</tr>
<tr>
<td>Soda crackers</td>
<td>74</td>
<td>25</td>
<td>12</td>
</tr>
<tr>
<td>Ice cream, regular, average</td>
<td>62</td>
<td>50</td>
<td>8</td>
</tr>
<tr>
<td>Milk, full-fat, average</td>
<td>31</td>
<td>250 mL</td>
<td>4</td>
</tr>
<tr>
<td>Milk, skim, average</td>
<td>31</td>
<td>250 mL</td>
<td>4</td>
</tr>
<tr>
<td>Reduced-fat yogurt with fruit, average</td>
<td>33</td>
<td>200</td>
<td>11</td>
</tr>
<tr>
<td>Apple, average</td>
<td>36</td>
<td>120</td>
<td>5</td>
</tr>
<tr>
<td>Banana, raw</td>
<td>48</td>
<td>120</td>
<td>11</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>25</td>
<td>120</td>
<td>3</td>
</tr>
<tr>
<td>Grapes, black</td>
<td>59</td>
<td>120</td>
<td>11</td>
</tr>
<tr>
<td>Oranges, raw, average</td>
<td>45</td>
<td>120</td>
<td>5</td>
</tr>
<tr>
<td>Pear, raw, average</td>
<td>38</td>
<td>120</td>
<td>4</td>
</tr>
<tr>
<td>Pear, canned in pear juice</td>
<td>44</td>
<td>120</td>
<td>5</td>
</tr>
<tr>
<td>Raisins</td>
<td>64</td>
<td>60</td>
<td>28</td>
</tr>
<tr>
<td>Watermelon</td>
<td>72</td>
<td>120</td>
<td>4</td>
</tr>
<tr>
<td>Food Description</td>
<td>Glycemic index (glucose = 100)</td>
<td>Serving size (grams)</td>
<td>Glycemic load (per serving)</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------------------------</td>
<td>----------------------</td>
<td>----------------------------</td>
</tr>
<tr>
<td>Baked beans</td>
<td>40</td>
<td>150</td>
<td>6</td>
</tr>
<tr>
<td>Black beans</td>
<td>30</td>
<td>150</td>
<td>7</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>10</td>
<td>150</td>
<td>3</td>
</tr>
<tr>
<td>Kidney beans</td>
<td>34</td>
<td>150</td>
<td>9</td>
</tr>
<tr>
<td>Cashews, salted</td>
<td>22</td>
<td>50</td>
<td>3</td>
</tr>
<tr>
<td>Peanuts</td>
<td>13</td>
<td>50</td>
<td>1</td>
</tr>
<tr>
<td>Macaroni, average</td>
<td>50</td>
<td>180</td>
<td>24</td>
</tr>
<tr>
<td>Macaroni and Cheese Kraft</td>
<td>64</td>
<td>180</td>
<td>33</td>
</tr>
<tr>
<td>Spaghetti, white, boiled, average</td>
<td>46</td>
<td>180</td>
<td>22</td>
</tr>
<tr>
<td>Spaghetti, white, boiled 20 min</td>
<td>58</td>
<td>180</td>
<td>26</td>
</tr>
<tr>
<td>Spaghetti, whole-grain, boiled</td>
<td>42</td>
<td>180</td>
<td>17</td>
</tr>
<tr>
<td>Corn chips, plain, salted</td>
<td>42</td>
<td>50</td>
<td>11</td>
</tr>
<tr>
<td>Fruit Roll-Ups</td>
<td>99</td>
<td>30</td>
<td>24</td>
</tr>
<tr>
<td>M &amp; M’s peanut</td>
<td>33</td>
<td>30</td>
<td>6</td>
</tr>
<tr>
<td>Microwave popcorn, plain, average</td>
<td>65</td>
<td>20</td>
<td>7</td>
</tr>
<tr>
<td>Potato chips, average</td>
<td>56</td>
<td>50</td>
<td>12</td>
</tr>
<tr>
<td>Pretzels, oven-baked</td>
<td>83</td>
<td>30</td>
<td>16</td>
</tr>
<tr>
<td>Snickers</td>
<td>51</td>
<td>60</td>
<td>18</td>
</tr>
<tr>
<td>Green peas</td>
<td>54</td>
<td>80</td>
<td>4</td>
</tr>
<tr>
<td>Carrots, average</td>
<td>39</td>
<td>80</td>
<td>2</td>
</tr>
<tr>
<td>Baked russet potato</td>
<td>111</td>
<td>150</td>
<td>33</td>
</tr>
<tr>
<td>Boiled white potato, average</td>
<td>82</td>
<td>150</td>
<td>21</td>
</tr>
<tr>
<td>Sweet potato, average</td>
<td>70</td>
<td>150</td>
<td>22</td>
</tr>
<tr>
<td>Chicken nuggets, frozen, reheated in microwave oven 5 min</td>
<td>46</td>
<td>100</td>
<td>7</td>
</tr>
<tr>
<td>Pizza, plain baked dough, served with parmesan cheese and tomato sauce</td>
<td>80</td>
<td>100</td>
<td>22</td>
</tr>
<tr>
<td>Honey, average</td>
<td>61</td>
<td>25</td>
<td>12</td>
</tr>
</tbody>
</table>

Source: health.harvard.edu/diseases- Harvard Health Publications Glycemic Index and Glycemic Load
RESOURCE PAGE

AMERICAN DIABETES ASSOCIATION
diabetes.org/diabetes-basics/statistics

CENTER FOR DISEASE CONTROL AND PREVENTION
Cdc.gov/chronicdisease/resources/publications/aag/diabetes.htm

NATIONAL INSTITUTE OF DIABETES
AND DIGESTIVE AND KIDNEY DISEASES
niddk.nih.gov/health-information/diabetes/financial-help-diabetes-care

NEW YORK STATE DEPARTMENT OF HEALTH
health.ny.gov/statistics/diseases/conditions/diabetes

SENIOR FARMERS’ MARKET NUTRITION PROGRAM
www.agriculture.ny.gov
Toll Free Phone Number: 1-800-554-4501 or
write to: New York State Department of Agriculture & Markets
10B Airline Drive
Albany, NY 12235

DIABETIC LIVING ONLINE MAGAZINE
Diabeticlivingonline.com

HARVARD HEALTH PUBLICATIONS
GLYCEMIC INDEX AND GLYCEMIC LOAD
Health.harvard.edu/diseases

HOW NOT TO DIE – MICHAEL GREGER, M.D.
METROPLUS SALUTES BROOKLYN BOROUGH PRESIDENT ERIC L. ADAMS AND ONE BROOKLYN FUND ON THE CUT THE SALT / CURB THE SUGAR SIGNATURE HEALTH INITIATIVE
Here for you

with access to doctors, specialists, and hospitals close to home

Call 1-888-974-9901

or visit gethfny.org

Healthfirst Community Offices

<table>
<thead>
<tr>
<th>Brooklyn</th>
<th>Manhattan</th>
<th>Bronx</th>
<th>Long Island</th>
</tr>
</thead>
<tbody>
<tr>
<td>635 Fulton Street, Brooklyn, NY 11217</td>
<td>1467 St. Nicholas Avenue, New York, NY 10033</td>
<td>412 East Fordham Road, Bronx, NY 10458</td>
<td>50 Clinton Street, Hempstead, NY 11550</td>
</tr>
</tbody>
</table>

Plans are offered by affiliates of Healthfirst, Inc. Plans contain exclusions and limitations.

© 2017 HF Management Services, LLC