



Sharsheret in the Kitchen

Feasting with Focus: Passover Nutrition Tips and Tricks with Tamar Rothenberg, MS, RDN

Webinar Follow Up
4/16/24

Click [here](#) for Sharsheret in the Kitchen webinar – Feasting with Focus: Passover Nutrition Tips and Tricks.

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Website: <https://www.tamarrothenberg.com/>

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TAMAR'S TIPS:

Why does it seem so difficult to eat healthy on Passover?

- Many Meals to plan
- Having late meals
- Off schedule - sleep is disrupted
- We can feel restricted due to fewer food choices - (For people with Eating Disorders please ask your Rabbinic authority as you should not feel restricted)
- More sedentary
- We should try to focus more on the holiday part and less on the food: the social aspect of the family getting together and eating together which are all wonderful elements of the holiday

Tips for Food Decisions

- Many of us are not eating balanced meals because of the difference in food
- Make sure every meal you are having your three macronutrients - your protein, fat and carbs
- Limit Matzah - a quarter of your plate as your starch or carb choice



- One sheet of white matzah = 25 grams of carbs or 1.5 slices of bread no fiber and a trivial amount of protein
- Whole wheat matzah = better balance; 20 grams of carbs and 4 grams of fiber and little bit more protein - equivalent to whole wheat matzah
- Handmade matzah: 30g is equivalent to whole wheat matzah, depending on thickness.
- Keep hydrated
- Pay attention to hunger and fullness sensors - take a pause as you are eating and ask yourself, "Am I almost full?"
- Don't skip meals
- Aim for the higher fiber foods
- $\frac{3}{4}$ of your plate should be plant based food - this includes your matzah plus a salad or a vegetable
- $\frac{1}{4}$ of your plate is left for protein
- Use almond flour instead of matzah flour for desserts or for breading -it has a little oil so you can reduce oil in recipe and it is very low carb and high fiber
- Take exercise snacks instead of food snacks to get your blood sugar down - go on a walk with your family
- Manage expectations - it is a holiday so go with it and feel good about the positive things

Stocking your environment with healthier choices

- Ask yourself some questions:
 1. What are your greatest barriers to creating this health-promoting food environment? Do you have the right tools; Do you have the time; Do you have the cooking skills
 2. What are your greatest assets? Do you have time, do you have the help, do you have the budget.
 3. The next time you bring groceries home take a look before you put them away. Is this the environment that you want in your kitchen? Overall does your environment reflect your goals?

Pantry Essentials:

- Whole Grains - Whole Wheat matzah products; Quinoa (seed eaten as grain)
- Liquids - Milks - almond and coconut; Vinegars - Red Wine, Balsamic, Apple Cider; Broths - Vegetable, Chicken, Mushroom: Oils - Olive*(best choice), Coconut, Avocado, Grape seed oil, Oil spray
- Fish/Meat - Salmon, Sardines, Tuna, Chicken

- Flours - Almond, Cassava
- Wet Items (canned) - Vegetables - Tomatoes, Tomato sauce and paste, Roasted peppers, Heats of Palm, Artichoke hearts, Mushrooms, Canned Chilis, Sweet Potato puree, Pumpkin Puree; Fruits - Peaches, Pineapple, Pears, Cherries
- Nuts/Seeds - Loose - Walnuts, Almonds, Cashews, Pistachios, Chia seeds, Pumpkin seeds; Butters - Almond
- Spices/Herbs - Salt/pepper, Cinnamon, Vanilla, Ginger, Garlic, Onion, Oregano, Curry, Cumin, Turmeric, Chili flakes
- Vegetables - Arugula, Kale, Shredded cabbage, Spinach, Spring Mix, Collards, Chard, Escarole, Iceberg, Romaine, Broccoli, Carrots, Cauliflower, Cabbage, Cucumbers, Eggplant, Peppers, Zucchini
- Fruit - Apples, Clementines, Grapefruits, Grapes, Lemons, Limes, Oranges
- Condiments - Sundried tomatoes, Hot sauce, Mayonnaise, Pickles, Olives
- Dairy - Cheese, Eggs, Milks, Yogurt
- Freezer - Assorted Vegetables and Fruits, Basil cubes, Garlic Cubes and Ginger cubes
- Animal Proteins - Cod, Flounder, Salmon, Trout, Chicken, Turkey *(focus on fish- you will feel a lot better)
- Dry storage - Avocado, Bananas, Citrus, Melons, Onions, Potatoes, Garlic, Shallots, Sweet Potatoes, Winter Squash (Sweet potatoes have more fiber than regular potatoes and more vitamin A; regular potatoes have more potassium)
- Prepared Foods - (If its boxed not usually part of a healthy environment) but Fruit pops and Sorbet are ok for dessert



Recipe Tips

- Marinated Strawberries and Yogurt (you can use any fruit here or any other type of berry) - a nice morning breakfast
- Deconstructed Salmon Sushi Bowl (Sephardim can keep the rice and Ashkenaz can use quinoa) - a great lunch or light dinner - Cilantro lime dressing suggested but can use whatever type of dressing that you like
- Baked Cod with Fennel and Tomato Sauce - main dish (you can substitute any fish or chicken for this, can substitute celery for the fennel, mushrooms could be substituted for olives)
- Sheet Pan Lemon Dill Chicken and Dressing - (you can use chicken breast or chicken thighs for this recipe)







SHARSHERET®

CANCER GENETICS


FAST FACTS



EVERYONE who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.



Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.



If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.



1 IN 40
Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.



Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.

Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.

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