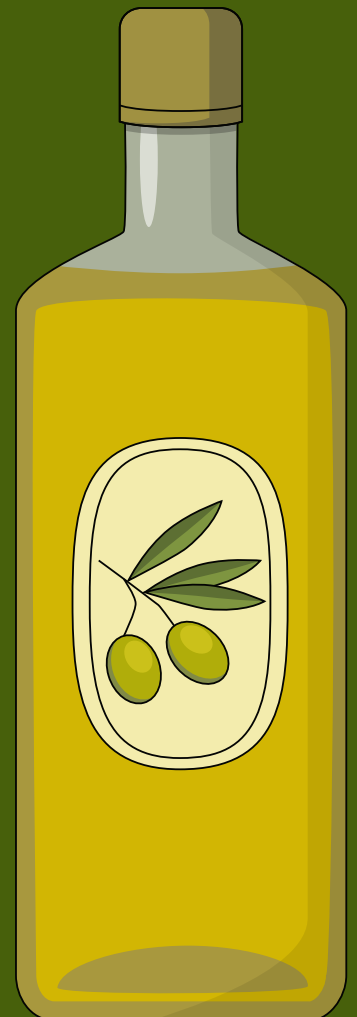
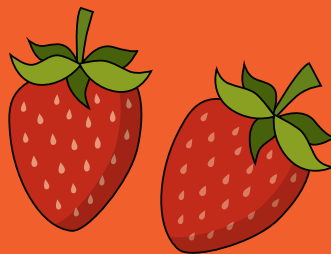
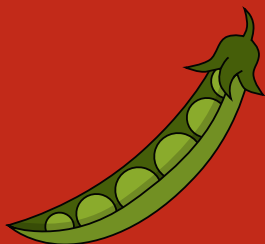
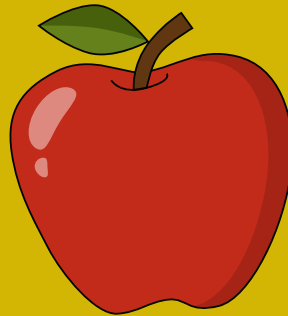
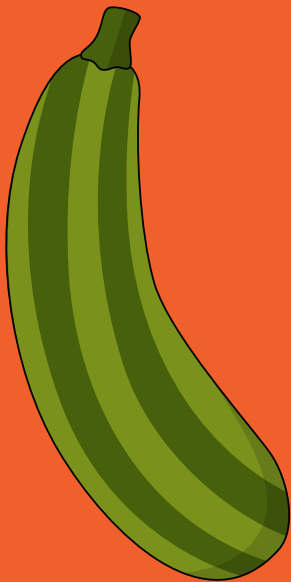
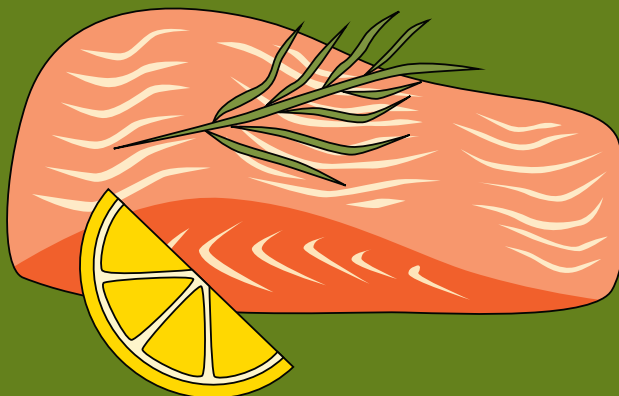


FOOD for LIFE



SMART





SMART is proud to be a recipient of the NY Health Foundation's *Healthy Food, Healthy Lives: Supporting a More Equitable Food System* grant. With support from this grant, we have launched **SMART Food for Life**, a pilot project that directly addresses the health of SMART women clients by linking those with Type II Diabetes (or who are pre-diabetic) to:

- a) nutritional counseling
- b) informational, physician-led diabetes presentations
- c) the development of a medically tailored, culturally appropriate food plan
- d) the provision of prescribed food

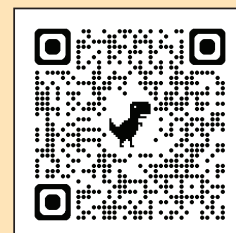
By piloting this project in-house with a cohort of 13 current SMART clients, we are developing a replicable model to share with other non-profits and health clinics.

Cohort members meet regularly with our partnered registered dietician, Arielle Kestenbaum, MS, RD, CDN/Executive Director at Fare Meals, to develop a tailored food plan based on their unique medical needs. In addition to these one-on-one nutrition counseling sessions, cohort members continue to participate in SMART's weekly Culinary Workshops led by Arielle and Sam Clare, as well as attending additional sessions tailored to Type II Diabetics, including focus groups and special hands-on culinary workshops.

Through a partnership with Mt. Sinai's Medicine Residency Program, we are linking each cohort participant to our partnered physician, Dr. Megha Srivastava, who, in consultation with Arielle, is providing an individualized food prescription. Dr. Srivastava is also presenting a series of informational classes, both in-person and virtual, on Diabetes Basics, Diabetes Labs, and Diabetes Medications.

SMART is utilizing our current partnerships with food vendors such as Shop Healthy supermarkets, GrowNYC, and local farmers' markets to help fill each member of the cohort's food prescription.

Visit the **Food for Life** webpage:

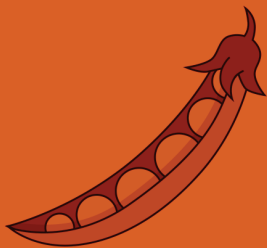
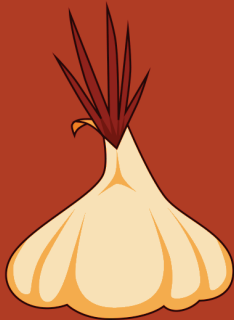
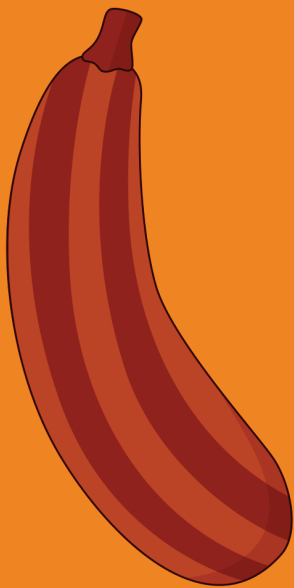




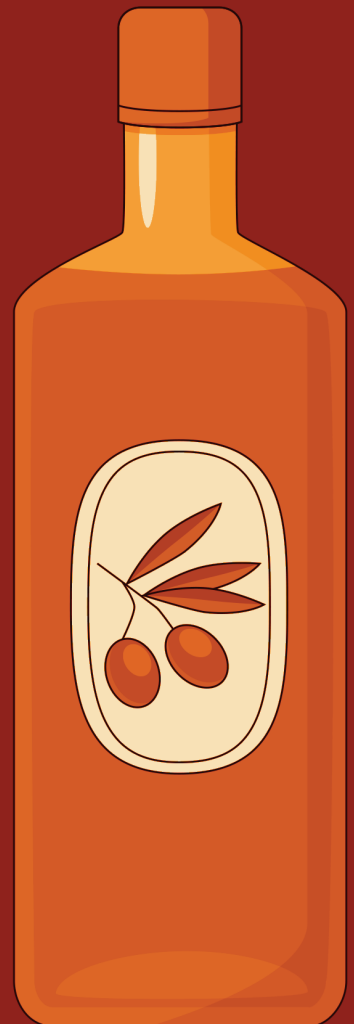
My Information



FOOD for LIFE



SMART





PERSONAL INFORMATION

Name:

Starting A1C:

Starting weight:

Starting BMI:

Primary care doctor:

Current medications:

Prescription:

Over-the-counter:

Vitamins/Supplements:

Other health conditions:

Dietary concerns/Allergies:

Goals:



NOTES



MY DIABETES CHECKLIST

- ☐ Hemoglobin A1c (every 3-6 months)
- ☐ Foot exam (yearly)
- ☐ Eye exam (yearly)
- ☐ Kidney labs (yearly)
microalbumin to creatinine ratio
- ☐ Lipid panel (yearly)
- ☐ **If on insulin and uncontrolled:**
Check glucose at home and keep diary

BLOOD SUGAR LOG

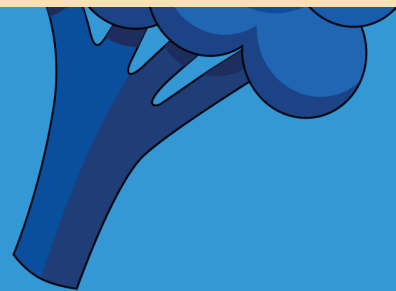
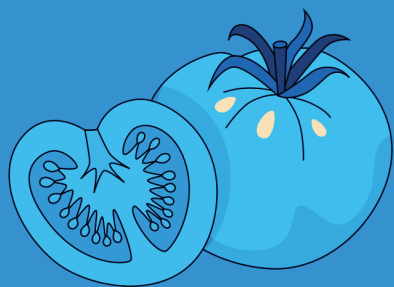
GOALS

Fasting: _____ Pre-meal: _____ Post-meal: _____ Week of: _____

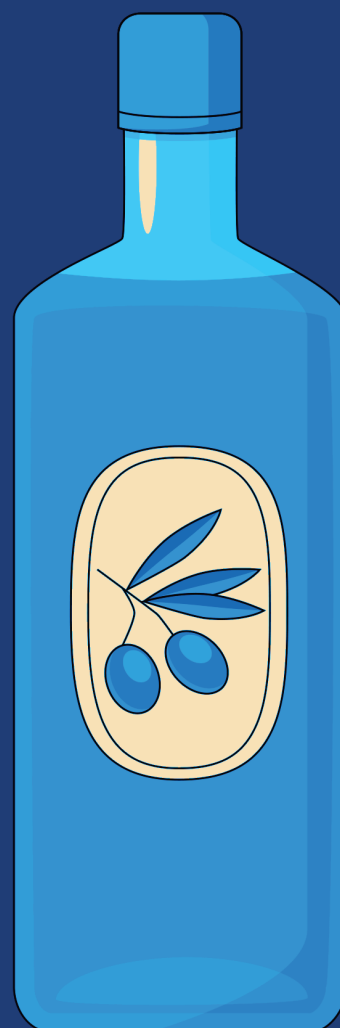
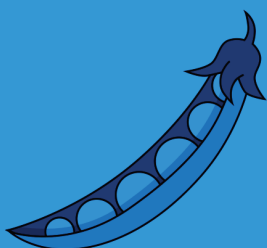
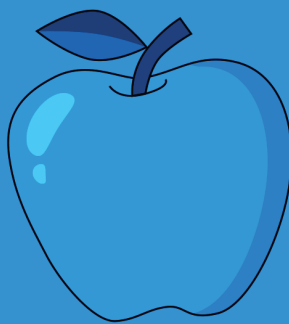
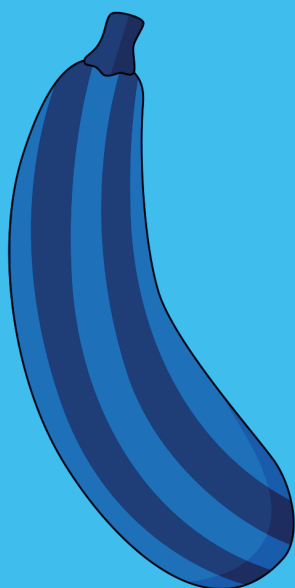
		Early AM	Breakfast Pre / Post	Lunch Pre / Post	Dinner Pre / Post	Bedtime
MON	Blood Sugar					
	Time					
TUES	Blood Sugar					
	Time					
WED	Blood Sugar					
	Time					
THUR	Blood Sugar					
	Time					
FRI	Blood Sugar					
	Time					
SAT	Blood Sugar					
	Time					
SUN	Blood Sugar					
	Time					

Notes:

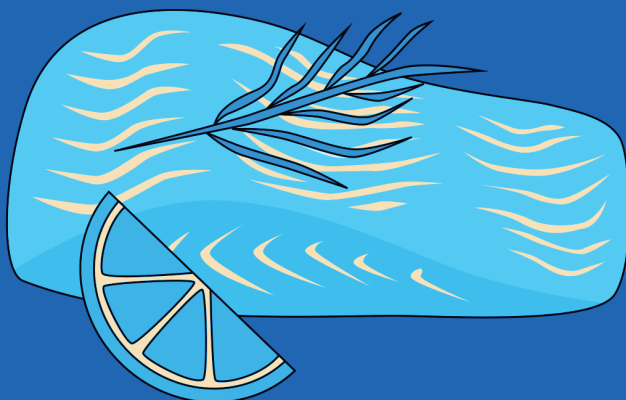
What is Diabetes II?



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SMART



TYPE II DIABETES

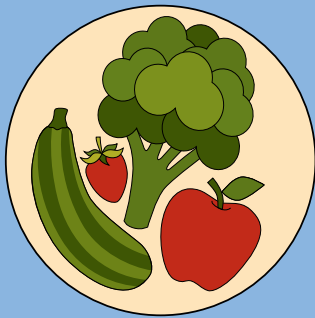
Insulin is a hormone that helps move the glucose in your blood (blood sugar) into cells throughout your body. This gives your body energy.

Type II diabetes (and prediabetes) happen when your body can't make or use insulin correctly. When glucose doesn't move from your blood into your body's cells, your blood sugar levels rise.

High blood sugar can cause other health issues, such as heart disease, stroke, and kidney disease.

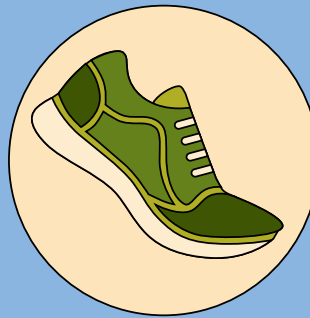
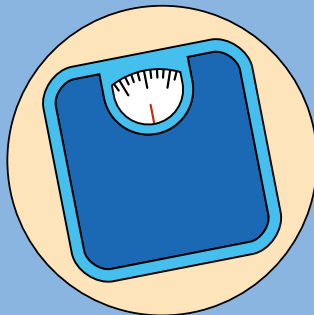
Eating healthy food can lower your risk for prediabetes and type II diabetes, or help mitigate symptoms.

Lower Your Risk



Healthy Food

Weight
Management



Exercise

Not Smoking

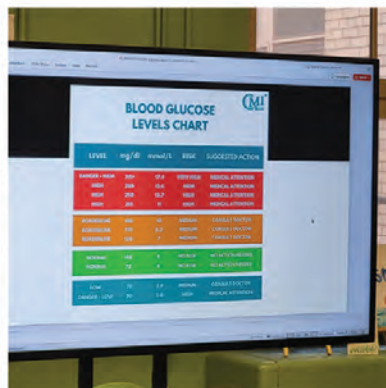


Scan the code to watch
SMART's informational

VIDEOS



DIABETES CLASSES

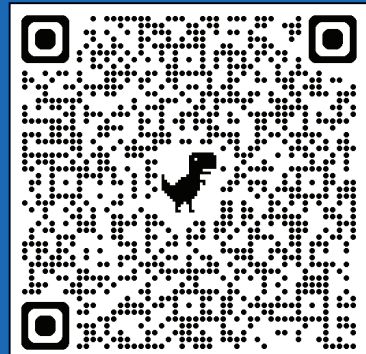
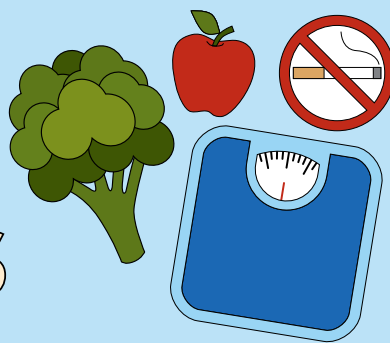


TYPE II DIABETES

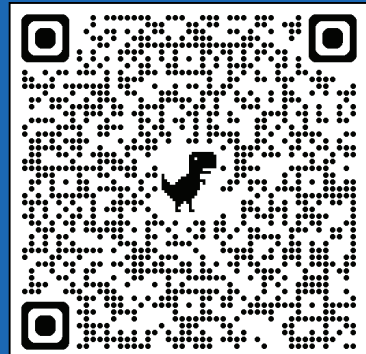
SLIDE PRESENTATIONS

Scan the QR codes to review Dr. Megha Srivastava's slide presentations:

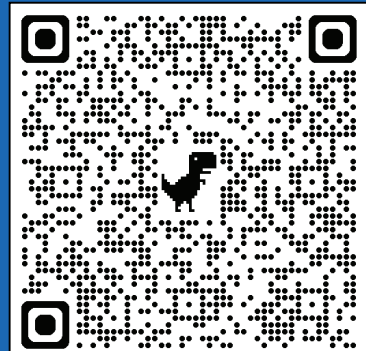
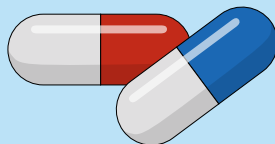
Diabetes Basics



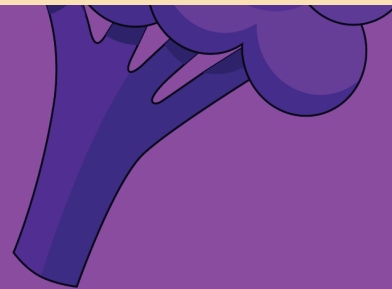
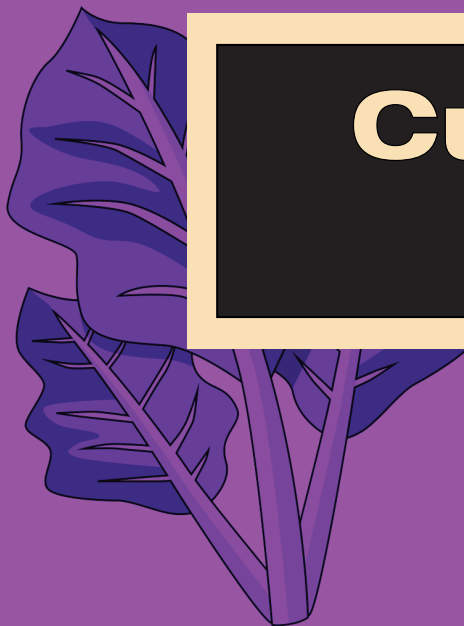
Diabetes Labs



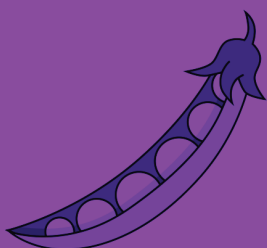
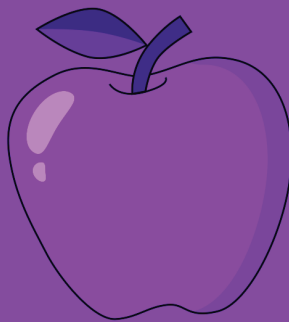
Diabetes Medications



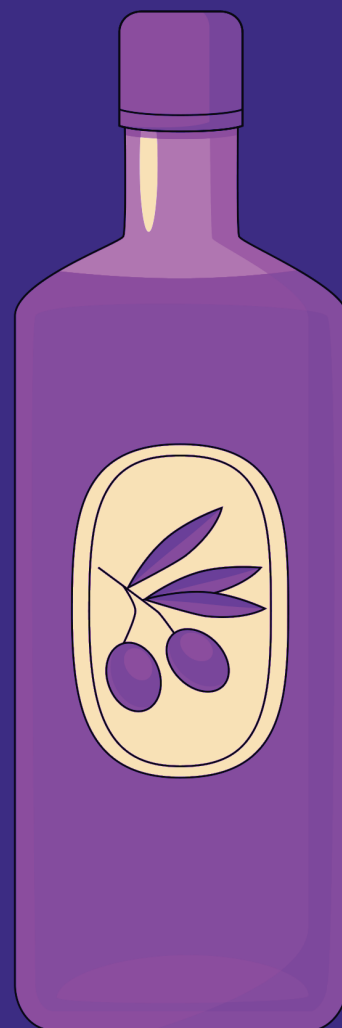
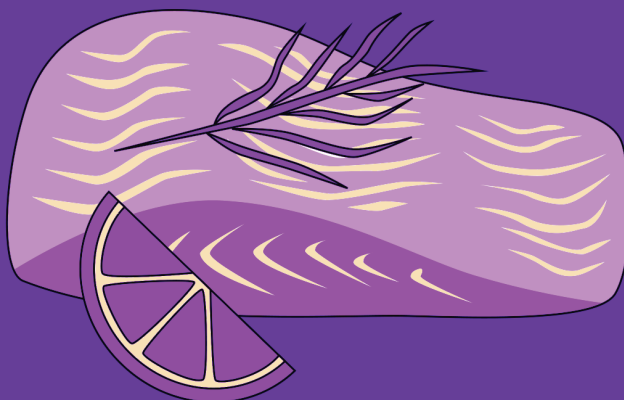
Culinary Tips



FOOD for LIFE



SMART





KNIFE SKILLS





COOKING CLASSES

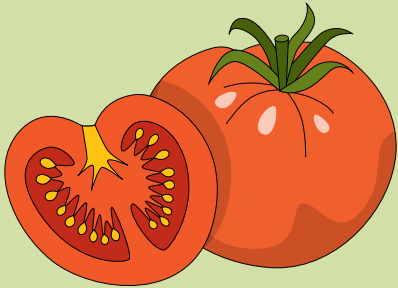






Low Glycemic Index Foods

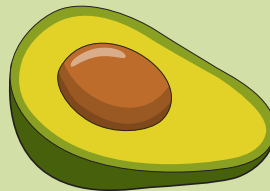
Healthy suggestions for your diet!



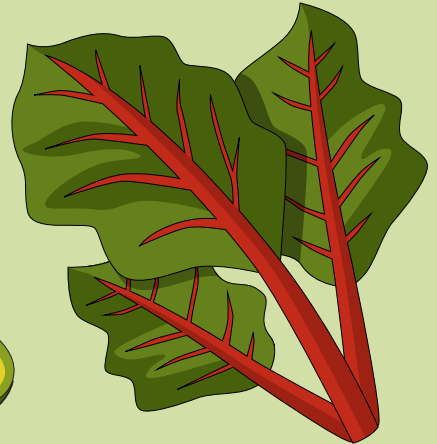
Tomato



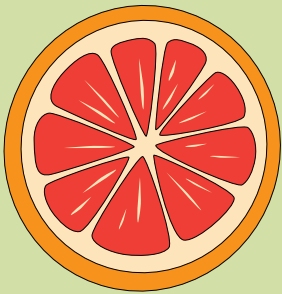
Chickpeas



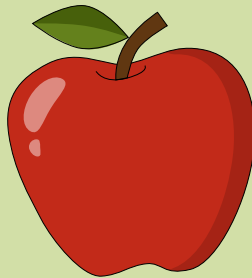
Avocado



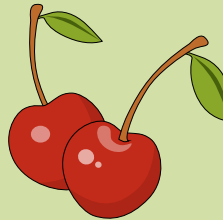
Leafy Vegetables



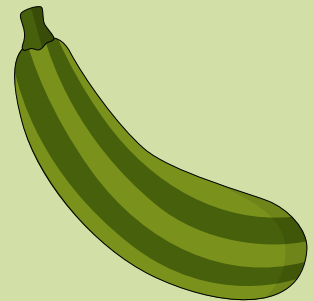
Citrus Fruit



Apple



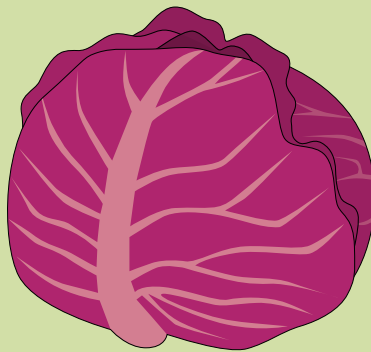
Cherries



Cucumber



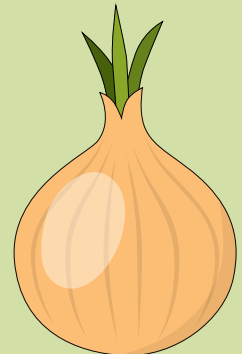
Garlic



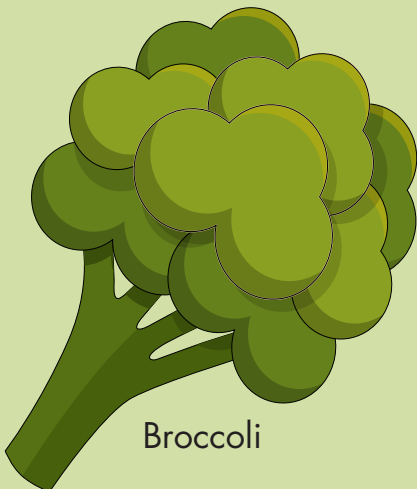
Cabbage



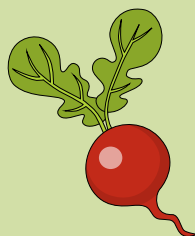
Pepper



Onion



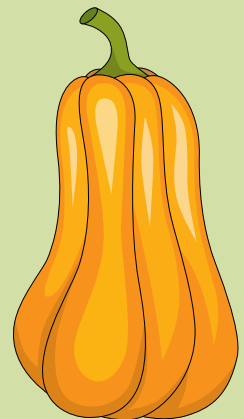
Broccoli



Radish



Eggplant

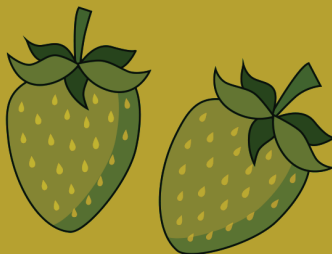
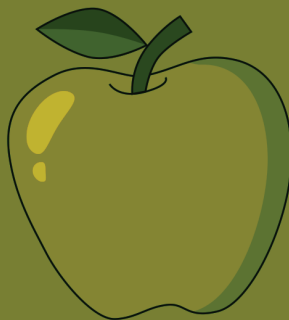


Squash

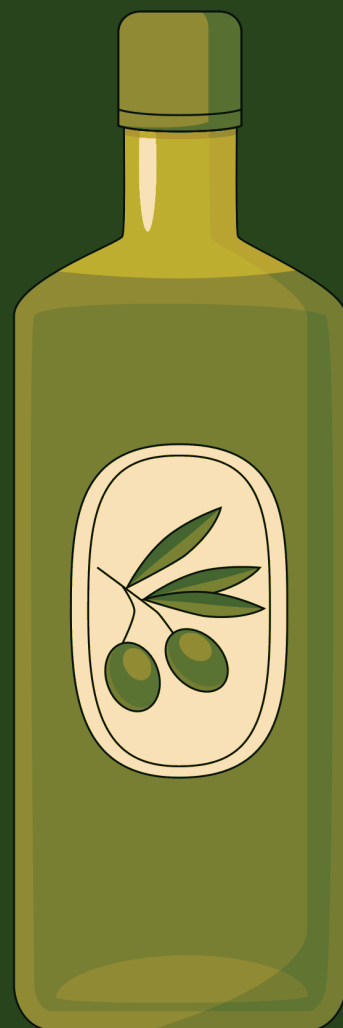
Recipes

Quinoa

FOOD for LIFE



SMART



HEALTHY RECIPES





RECIPES

Cauliflower and Sweet Potato Salad with Infused Rosemary-Lemon-Garlic Vinaigrette

Ingredients

For the salad:

2-3 cups sweet potatoes, peeled and chopped
1 small cauliflower head, chopped
2-3 tbsp olive oil
½ tsp salt
½ tsp granulated garlic
¼ tsp pepper
2 ½ cups of kale
1 apple, chopped
¼ cup red onion, finely chopped
6-7 figs, stems removed and halved
(for a substitution, use 6-7 dates, pitted)
1 15 oz can chickpeas, drained (optional)
A sprinkle of farro (optional)
½ cup sliced almonds
1 tbsp capers

For the dressing:

6 tbsp olive oil
½ tsp salt
¼ tsp pepper
3 tsp honey
2 tsp mustard
1 tbsp balsamic vinegar
1 tbsp lemon juice
1 large sprig rosemary
2 cloves garlic, chopped
4 small (about ½ in) pieces of lemon peel
1 tbsp water (or more as needed to thin dressing)

Directions

1. Roast the cauliflower and sweet potatoes: preheat the oven to 400 degrees. Place the chopped cauliflower and sweet potato on a sheet pan, then add the olive oil, salt, pepper and garlic powder. Toss to combine, then place in the oven for 35-45 minutes, tossing halfway through, until the vegetables are slightly browned.
2. Prepare the dressing: heat 6 tbsp olive oil in a pot (do not overheat the oil, as it will change the flavor). Add the garlic, rosemary, and lemon peel to a heat proof bowl. Pour the hot oil over the garlic, rosemary, and lemon peel and let it sit for 5-10 minutes to infuse. Then, pour the mixture through a strainer, removing the garlic, rosemary, and lemon peel, leaving only the infused oil. Add the rest of the dressing ingredients to a mason jar, then add the infused oil. Put the lid on the mason jar and shake well to combine.
3. Assemble the salad: add all the remaining salad ingredients to a large bowl with the cauliflower and sweet potatoes. Add the dressing, toss, and enjoy!





RECIPES

Crisp Apple Pecan/Walnut Salad with Tangy Apple Cider Vinaigrette

Ingredients

For the dressing:

½ cup extra-virgin olive oil
¼ cup apple cider vinegar
2 to 3 tbsp honey
1 tbsp lemon juice
½ tsp salt
Freshly ground black pepper, to taste

For the salad:

3 medium Honeycrisp apples, thinly sliced
Juice of ½ lemon
12 ounces mixed salad greens (spring mix, baby spinach, arugula, or baby romaine)
1 cup pecan or walnut halves, toasted
Fresh figs or unsweetened dried cranberries
Red onion, thinly sliced
4 ounces crumbled feta or goat cheese

Directions

1. Make the vinaigrette: combine oil, apple cider vinegar, honey, lemon juice, salt, and pepper in a mason jar. Seal tightly and shake well to blend. You can also whisk everything together in a bowl or use a blender.
2. Prepare the apples: place the apple slices in a plastic bag, drizzle with lemon juice, and shake the bag to coat the apples. This prevents browning and adds extra freshness.
3. Assemble the salad: In a large bowl, layer the salad greens, apple slices, red onion, toasted pecan or walnuts, figs or dried cranberries, and crumbled feta or goat cheese.
4. Dress and serve: right before serving, pour your desired amount of vinaigrette over the salad and toss to evenly coat the ingredients. Enjoy.





RECIPES

High-Protein Snickers Salad

Ingredients

1 green apple
1 red apple
High-protein yogurt
Peanut butter
Chocolate chips
Peanuts (you can substitute nuts of your choice)
Low-carb/sugar-free caramel sauce

Directions

1. Thinly slice the apples and place them in a deep bowl with a lid.
2. Top the apples with the yogurt, peanut butter, chocolate chips, nuts, and caramel sauce.
3. Place the lid on the bowl and shake well to blend the ingredients together.
4. Enjoy!





RECIPES

Cauliflower and Sweet Potato Salad with Infused Rosemary-Lemon-Garlic Vinaigrette

Ingredients

For the salad:

2-3 cups sweet potatoes, peeled and chopped
1 small cauliflower head, chopped
2-3 tbsp olive oil
½ tsp salt
½ tsp granulated garlic
¼ tsp pepper
2 ½ cups of kale
1 apple, chopped
¼ cup red onion, finely chopped
6-7 figs, stems removed and halved
(for a substitution, use 6-7 dates, pitted)
1 15 oz can chickpeas, drained (optional)
A sprinkle of farro (optional)
½ cup sliced almonds
1 tbsp capers

For the dressing:

6 tbsp olive oil
½ tsp salt
¼ tsp pepper
3 tsp honey
2 tsp mustard
1 tbsp balsamic vinegar
1 tbsp lemon juice
1 large sprig rosemary
2 cloves garlic, chopped
4 small (about ½ in) pieces of lemon peel
1 tbsp water (or more as needed to thin dressing)

Directions

1. Roast the cauliflower and sweet potatoes: preheat the oven to 400 degrees. Place the chopped cauliflower and sweet potato on a sheet pan, then add the olive oil, salt, pepper and garlic powder. Toss to combine, then place in the oven for 35-45 minutes, tossing halfway through, until the vegetables are slightly browned.

2. Prepare the dressing: heat 6 tbsp olive oil in a pot (do not overheat the oil, as it will change the flavor). Add the garlic, rosemary, and lemon peel to a heat proof bowl. Pour the hot oil over the garlic, rosemary, and lemon peel and let it sit for 5-10 minutes to infuse. Then, pour the mixture through a strainer, removing the garlic, rosemary, and lemon peel, leaving only the infused oil. Add the rest of the dressing ingredients to a mason jar, then add the infused oil. Put the lid on the mason jar and shake well to combine.

3. Assemble the salad: add all the remaining salad ingredients to a large bowl with the cauliflower and sweet potatoes. Add the dressing, toss, and enjoy!





RECIPES

Vegetable and Barley Soup

Ingredients

1 yellow onion, diced
2 cloves garlic, minced
2 Tbsp olive or avocado oil
4 carrots, diced
1 bunch celery, chopped
1 28 oz. can fire roasted tomatoes
1 15 oz. can kidney beans
6 cups vegetable broth
1 bay leaf
1 ½ cups hulled barley
1 bunch of baby spinach
2 zucchini, sliced and cut in quarters
Freshly ground black pepper
1 tbsp lemon juice
1 handful fresh parsley or cilantro, chopped

Directions

1. Add the onion, garlic, and olive or avocado oil to a large soup pot and sauté over medium heat for about 5 minutes, or until the onion is soft and translucent.
2. Once the onions are soft, add the carrots and celery to the soup pot and let sauté for several minutes.
3. Add fire roasted tomatoes and kidney beans. Then, add pepper, bay leaf, vegetable broth, and barley.
4. Stir the contents of the pot to combine, place a lid on top, turn the heat up to medium-high, and bring to a boil.
5. Once boiling, turn the heat down to medium-low. Cover the soup and let simmer, stirring occasionally, for 20 minutes.
6. Add the zucchini and spinach and cook for several additional minutes.
7. Taste the soup and adjust the salt or pepper to your liking. Remove bay leaf and stir in lemon juice. Serve hot, with fresh chopped parsley or cilantro on top as a garnish.





RECIPES

Sweet Potatoes and Beets with Tzatziki

Ingredients

For the veggies:

- 1 bunch of beets with greens, peeled and chopped, greens chopped separately
- 2 medium-large sweet potatoes, peeled and chopped
- 3 tbsp of olive oil, plus more for greens
- 1 tsp of dried dill
- 1/2-3/4 tsp of salt
- 1/2 tsp of garlic powder
- 1/4 tsp of pepper
- Lemon juice

For the tzatziki:

- 1/2 cup of full-fat plain yogurt
- 1/4 cup shredded English cucumber
- 1 tbsp chopped fresh dill
- 1/2 tbsp of olive oil
- 2 cloves of minced garlic
- 2 tsp of lemon juice
- 1/4 tsp of salt
- Pepper to taste

Toppings:

- 1/4 cup feta cheese
- 2 tbsp of sunflower seeds
- 1 tbsp of chopped fresh dill

Directions

1. Preheat oven to 425 degrees F.
2. Add peeled and chopped beets and beet greens to one side of a large pan, then add peeled and chopped sweet potatoes to the other side. This will keep the beets from staining the sweet potatoes while they roast. Drizzle the beets and sweet potatoes with olive oil, then season with dill, salt, garlic powder, and pepper. Toss beets and sweet potatoes separately to evenly coat them with olive oil and seasoning. Roast in the oven for 30-35 minutes, occasionally tossing the vegetables as they cook.
3. While the sweet potatoes and beets roast, make the tzatziki. Wrap the shredded cucumber in a cloth and squeeze to drain excess liquid. Next, add the yogurt, cucumber, dill, olive oil, garlic, lemon juice, salt and pepper to a medium bowl and whisk to combine. Refrigerate tzatziki until ready to use.
4. To assemble the dish, spread tzatziki on a large serving platter. Next, layer the roasted vegetables on top of the tzatziki. Then, top the tzatziki and vegetables with feta, sunflower seeds, and chopped fresh dill and serve.





RECIPES

Sumac Chicken

Ingredients

For the chicken:

2 lbs. boneless, skinless chicken thighs
2 tbsp olive oil
3 tbsp plain yogurt
2 tbsp tomato paste
Juice of 1 large lemon
5-6 minced garlic cloves
1 tbsp thyme or oregano
1 tbsp sweet paprika
1/3 tsp cinnamon
Pinch of salt
Pinch of pepper
1 red onion
Sumac for dusting

For the yogurt sauce:

3/4 cup Greek yogurt
1 finely diced English cucumber
3-4 tbsp finely chopped fresh dill
1 diced or shredded shallot
Juice of 1/2 lemon
Pinch of salt
Pinch of pepper

To garnish:

Chopped cucumber
Lemon wedges
Chopped fresh parsley

Directions

1. Cut the chicken thighs into 1.5-to-2-inch cubes. Combine olive oil, plain yogurt, tomato paste, lemon juice, garlic cloves, thyme or oregano, sweet paprika, cinnamon, salt, and pepper and pour over cubed chicken.
2. Mix well, cover, and let chicken marinate in the refrigerator for at least 2-6 hours or, ideally, overnight.
3. Remove chicken from refrigerator and let sit at room temperature for 30 minutes. Preheat oven to 425° F.
4. Place the chicken, along with onion wedges, on a sheet pan lined with parchment paper. Drizzle with olive oil, dust with sumac, and bake for 35–40 minutes, or until chicken reaches an internal temperature of 165° F.
5. While the chicken is baking, mix together all the yogurt sauce ingredients. Drizzle a bit of olive oil on top of the prepared sauce.
6. Serve chicken over whole grain rice, topped with yogurt sauce, and dusted with sumac. Garnish with chopped cucumber, lemon wedges, and fresh chopped parsley.





RECIPES

Swiss Chard and White Bean Soup

Ingredients

2 tbsp olive or avocado oil
1 medium yellow onion, diced
2 cloves garlic, chopped
4 carrots, sliced
2 tbsp tomato paste
1 15 oz. can white beans
1 28 oz. can fire roasted tomatoes
6 cups vegetable broth
1-2 bay leaves
1 handful fresh parsley/cilantro
2 sprigs fresh thyme
1 bunch Swiss chard, chopped
Salt and black pepper to taste

For serving

Grated Parmesan cheese
Fresh chopped parsley or cilantro

Directions

1. Heat olive or avocado oil in a large pot and add diced onion.
2. Once the onions are soft and translucent, add garlic and carrots to the pot and let sauté for a couple of minutes. Then add the bay leaves and fresh thyme.
3. Add fire roasted tomatoes, white beans, tomato paste, and vegetable broth. Season with salt and pepper.
4. Stir the contents of the pot to combine, place a lid on top, turn the heat up to medium-high, and bring the broth to a boil.
5. Once boiling, turn the heat down to medium-low. Cover the soup and let it simmer, stirring occasionally, for 20 minutes.
6. Add chopped Swiss chard to cook for a few minutes.
7. Taste the soup and adjust the salt or pepper to your liking. Remove bay leaves. Serve hot, topped with fresh chopped parsley or cilantro and Parmesan cheese.





RECIPES

Tortilla Soup for Slow Cooker or Stovetop

6-8 hours in Slow Cooker

Ingredients

- 1 medium onion, diced
- 1 medium jalapeño (more if you like it spicy), diced
- 3 garlic cloves, minced
- 3 boneless chicken breasts
- 1 15 oz. can black beans
- 1 15 oz. can corn
- 1 15 oz. can chopped tomatoes (preferably fire-roasted)
- 1 15 oz. can enchilada sauce
- $\frac{3}{4}$ tsp oregano
- $\frac{1}{2}$ tsp pepper
- 1 tsp cumin
- 1 tsp salt
- 4 cups chicken or vegetable stock

For serving

- Cilantro
- Avocado
- Lime wedge
- Shredded cheese
- Tortilla strips (optional)

Directions

1. Place onion, jalapeño, and garlic in the bottom of the slow cooker. Lay boneless chicken breast on top of the chopped vegetables.
2. Add corn, chopped tomatoes, enchilada sauce, and black beans.
3. Then add chicken or vegetable stock, oregano, pepper, cumin, and salt.
4. Set slow cooker to cook on high for 6 hours or low for 8 hours.
5. After soup has cooked, remove and shred chicken. Place shredded chicken back into soup.
6. Serve soup topped with chopped cilantro, sliced avocado, fresh lime juice, shredded cheese and optional tortilla strips.





RECIPES

Energy Balls

Ingredients

1 cup old fashioned rolled oats
2/3 cup flaked coconut
1/2 cup creamy peanut butter
1/2 cup ground flaxseed
1/2 cup semisweet chocolate chips
1/3 cup honey
1 tablespoon of chia seeds
1 capful of vanilla extract (optional)

Directions

1. Mix all ingredients together and refrigerate for an hour.
2. Form the chilled mixture into balls. The energy balls can be stored in the refrigerator or freezer and make a great healthy dessert or even breakfast!





RECIPES

Homemade Ginger Ale

Ingredients

4 cups water
2 inches grated ginger root
1 lemon, juiced
4 cups sparkling water
Honey (optional)

Directions

1. In a saucepan, combine the water with the grated ginger. Bring to a boil, then simmer uncovered for 20 minutes. Remove from the heat.
2. Using a fine-mesh sieve, strain out the ginger, reserving the remaining liquid. Combine the ginger liquid with lemon juice and honey (optional).
3. In a large glass, add ice, then 1/2 cup to 1 cup of the ginger liquid, followed by 1/2 cup to 1 cup of the sparkling water, depending on desired strength of the ginger ale. Stir and enjoy immediately.



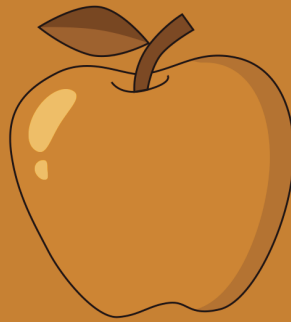
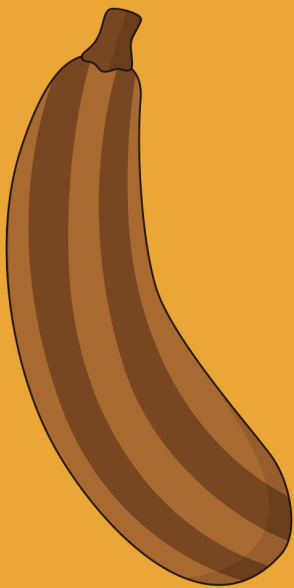
PANTRY BAGS



BMI/A1C

Quinoa

FOOD for LIFE



SMART





MY PROGRESS

from August 2024 - March 2025

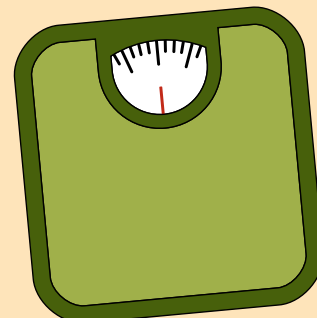
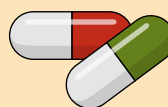
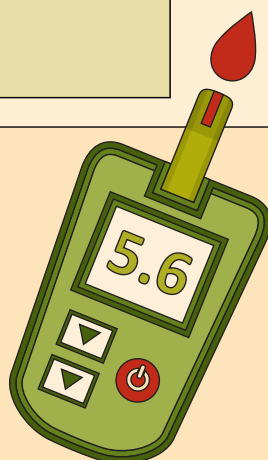
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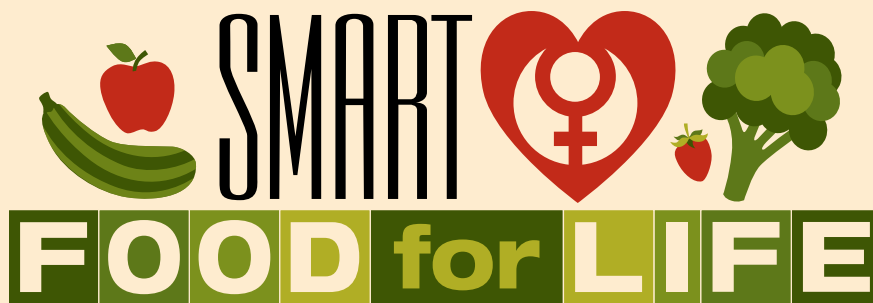
Weight

Starting Weight	
Ending Weight	
Difference	

A1C

Starting A1C	
Ending A1C	
Difference	





Food Prescription for Managing Diabetes/Pre-Diabetes

Patient Name: _____ Date: _____

- ☐ Eat **Fruits and Vegetables** every day
 - **High fiber/low glycemic index fruits**
(e.g. berries, peaches, apples, citrus fruit - 1.5 cups)
 - **Low carb vegetables**
(e.g. leafy greens, broccoli, spinach, eggplant)
- ☐ **Nutritious meals**
Visit smartuniversity.org/smart-live/#culinary for recipes!
- ☐ **Water** instead of sugary drinks (can be sparkling water)
(64 oz a day - 8 cups)
- ☐ **Healthy snacks** instead of junk food
(fruit, celery/carrot sticks, nuts, cheese sticks - stay away from carbohydrate snacks)
- ☐ Be sure to add **Exercise** to your day!
(walking, chair exercises, weight bearing exercises - 120 minutes/week)

Notes: _____

Nutritionist Signature: _____
Arielle Kestenbaum, MS, RD, CDN

Health Care Provider Signature: _____
Megha Srivastava, MD