



# PantryPress



## New Orleans Red Beans

Serving Size: 1/2 cup  
Servings: 7

### INGREDIENTS:

2 (15 oz) cans red beans, drained and rinsed  
1 cup chopped celery  
2 teaspoons onion powder or ½ cup chopped onion  
2 bay leaves  
1 tablespoon garlic powder  
1 ½ teaspoons dried parsley  
2 teaspoons dried thyme  
¼ teaspoon red pepper or Tabasco

### DIRECTIONS:

1. Fill a large pot with 1 quart of water. Add red beans, celery, onion powder and bay leaves. Bring to a boil then reduce heat.
2. Add garlic powder, parsley, thyme and red pepper.
3. Cook uncovered on low heat until beans are creamy, about 30 minutes.
4. Remove bay leaves. Mash ingredients against the side of the pot with a fork. Serve hot over rice if desired.

### NUTRITIONAL INFORMATION PER SERVING:

157 calories  
28 g carbohydrates  
1 g fat  
10 g protein  
268 mg sodium

### Related Links:

- <https://www.eatright.org/>
- <https://www.myplate.gov/>
- <https://www.nutrition.gov/>

## 4 Nutrition Myths Debunked

**Myth:** In recent years, consumption of fruits and vegetables has increased for most people.

According to the Center for Disease Control (CDC), only 1 in 10 adults are eating the recommended 2-3 cups of vegetables and 1 ½ cups of fruit every day. Remember, canned or frozen options can be just as beneficial when trying to eat more fruits and veggies, just watch out for added sugars and sodium in canned options.

**Myth:** In terms of nutrition, eating meals in restaurants is equivalent to cooking at home.

Restaurants want your return business and know that customers expect fast, convenient and generously portioned food. However, fast food tends to be very high in added salt, fat and sugar. By cooking meals at home, you can control the ingredients and portion sizes. Generally speaking, home-cooked meals allow for more control of your nutrition and can be more beneficial to your overall health.

**Myth:** Always use unrefined sugars, like honey or maple syrup, in place of white table sugar.

It is important to remember that sugar is sugar. Although unrefined sugar options like honey or maple syrup contain vitamins and minerals, they are still considered added sugars and contribute to the recommended daily limit. The key is to eat foods with added sugars in moderation. The American Heart Association recommends limiting daily added sugar intake to 25 grams for women and 36 grams of added sugar for men.

**Myth:** Multigrain and whole grain are the same.

Multigrain and whole grain are not the same. Whole grains are unrefined grains whose components (bran, germ and endosperm) are still intact. Whole grains contain all the fiber, vitamins and minerals produced by nature, and have more nutrients compared to multigrains. Eating whole grains regularly may lower the risk of several chronic diseases. Brown bread is often associated with being healthier than white bread. As a result, bread labeled as multigrain may be dyed to appear darker, despite the potential lack of vitamins and minerals due to the refining process.

Use these tips when buying whole grain products:

- Look for “100% Whole Grains” on the package.
- Check the nutrition facts label for fiber content.
- Check the ingredients list for food dyes such as “caramel color.”

Marion County Public Health Department

**NUTRITION SERVICES**



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