



Serving Centre County residents with food needs.

Food Pantries of Centre County



Newsletter—Winter 2018

Salmon Patties

Ingredients:

- 1 (14.75 ounce) canned salmon (deboned and flaked)
- 1 egg
- 1/4 cup chopped onion
- 1/2 cup seasoned dry bread crumbs
- 1 tablespoon oil

Directions:

Drain and reserve liquid from salmon. Mix egg, onion, bread crumbs and salmon together.

Make into patties. If mixture is too dry to form into patties, add some reserved liquid from salmon.

In a frying pan, heat oil. Place patties in pan. Brown on each side, turning gently. Drain on paper towels and serve.

Salmon



Salmon steaks and fillets can be baked, grilled, sautéed, or poached. Or you can keep a can of salmon on hand to make salmon salads or sandwiches. Salmon is also high in protein, magnesium, potassium, niacin, vitamin B-12, and vitamin A.

Fish for Omega-3 Fatty Acids

Omega-3 fatty acids are essential for your brain and nervous system to function properly. They're also good for your heart because they decrease the risk of arrhythmias, lower triglyceride levels and blood pressure, and they help keep plaque from clogging your arteries.

The American Heart Association recommends eating two servings of fish every week. Fish are some of the richest sources of two forms of omega-3 fatty acids called docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). DHA and EPA just happen to be the types of omega-3 fatty acids your body needs.

The form made by plants, called alpha-linolenic acid (ALA) is a little different from EPA and DHA. Although your body converts ALA to DHA or EPA as needed, fish are probably still the best source of omega-3s.

But not all fish are created equal and some have more omega-3s than others. The following fish are all rich in omega-3 fatty acids (and delicious).

Rainbow Trout



Rainbow trout is a mild white fish, so it's good for people who don't like salmon or tuna.

Besides being high in omega-3 fatty acids, rainbow trout is also a good source of protein, calcium, magnesium, and niacin.

Tuna



Tuna is typically served as fillets or steaks, and it can be grilled, baked, or broiled. You'll also find canned tuna in your local grocery store. Tuna is an excellent source of omega-3 fatty acids, protein, magnesium, potassium, vitamin B-12, and niacin.

Mackerel



Mackerel is often smoked or canned, but fresh mackerel fillets can also be grilled or baked. Besides the omega-3 fatty acids, mackerel is high in vitamin B-12, niacin, selenium, magnesium, iron and potassium, plus a fair amount of protein.

Sardines



Sardines are small oily fish that you'll typically find in cans. They're often served with crackers as an appetizer. Fresh sardines may be available and can be grilled, baked or smoked. Sardines are also high in vitamin D, niacin, and calcium.

Anchovies



Anchovies are often found on pizza or Caesar salads, and you'll find them in cans when you go grocery shopping. Fresh anchovies can be grilled or used in recipes that call for sardines. Anchovies are also high in protein, calcium, potassium, selenium, vitamin B-12 and niacin.

By [Shereen Lehman, MS](#)
(<https://www.verywell.com>)

Why Am I Always Hungry?



Was It Something You Ate?

That doughnut at work seemed too good to miss. But now you want something else. Tasty in the moment, sugary drinks, candy, and pastries don't give you lasting energy, so you're soon hungry again. Better choices: anything with fiber, whole grains, fruits, or vegetables, healthy fats (salmon, nuts, avocado), and lean protein (such as eggs, beans, grilled chicken). Swipe to advance

You're Stressed Out

At first your body zaps away hunger with a hormone called adrenaline. But if your worries stick around a while, your system cranks up the levels of another hormone, cortisol. This one can make you want to eat everything in sight. When the stress goes, cortisol levels fall and your appetite usually gets back to normal.

You're Thirsty

Sometimes when you think you need to eat, you're actually dehydrated. So maybe try drinking some water first. Still hungry? That lets you know you may need to eat something. And because you had that water, you may be less likely to overeat.

You "Spike" Your Blood Sugar

When you eat sweet or starchy carbs like doughnuts, pastries, or regular soda, they send a lot of sugar into your system at once. So your body releases the hormone insulin, which helps your cells use it as fuel or store it for later. But that flood of sugar can cause your body to make more insulin than you need. That can lower blood sugar too much and make you hungry.

You Might Have Diabetes

This condition means your body has an energy problem. You may get hungry because your body thinks it needs more fuel. But the real problem is that you have trouble changing food into fuel. "Polyphagia" is the word doctors use for extreme hunger and can be a symptom of diabetes. You also may lose weight, pee more, and feel more tired. Talk to your doctor if you have any of these symptoms.

You Have Low Blood Sugar

Your doctor might call it hypoglycemia. It means there's not enough fuel, or glucose, in your blood, and it can make you feel tired, weak, or dizzy. It can happen if you haven't eaten in more than a few hours. If you have symptoms, your doctor may suggest that you keep an eye on your blood sugar and eat some carbs when it's low. You may need to eat a little more, or your medication may need to be adjusted to help keep it from happening.

You Eat Too Fast

When you wolf down your food, you might not give your body enough time to notice that you're full. Eating slowly is also more satisfying, so you eat less. It can help to focus: Take smaller bites, chew well, and enjoy your food. Give it about 20 minutes, and see if you're still hungry.

Your Food Didn't Satisfy

Scientists actually put a number on this. It's called the "satiety index." Higher ranked foods satisfy your hunger better for the same calories. For instance, roasted potatoes are a lot more filling than fries.

You Saw or Smelled Something Tasty

Maybe you saw an ad about ice cream or smelled fresh-baked cookies as you walked by the market's bakery. That could be enough to make you want to eat, whether your body is hungry or not. Try to notice these triggers and then decide what you're going to do.

Your Emotions Are in Charge

Many people turn to "comfort foods" when they're upset, bored, sad, or depressed. You may hear it called "emotional eating." What's your mood right before you eat? If you're not really hungry, try doing something you enjoy. And if you find that you often feel blue, stressed, or anxious, you may want to talk with your doctor or a counselor to plan healthy ways to handle those emotions.

You Have an Overactive Thyroid

If you do, it can make you tired, nervous, moody, and hungry all the time. Talk to your doctor if you notice any of these symptoms. If you find out that you have a thyroid problem, you can usually manage it with drugs or surgery or both.

You Take Medication

Some medicines can affect your appetite. These include some that are used to treat depression or mood disorders, along with certain antihistamines, antipsychotics, and corticosteroids. Tell your doctor if you're hungrier after you start a new medication. But don't stop taking it on your own.

You Don't Get Enough Sleep

Lack of sleep can change the balance of hunger hormones (leptin and ghrelin) in a way that can make you want to eat more. It can also make you more likely to reach for snacks that have more calories and more fat to satisfy that urge.