

NUTRITION NEWS

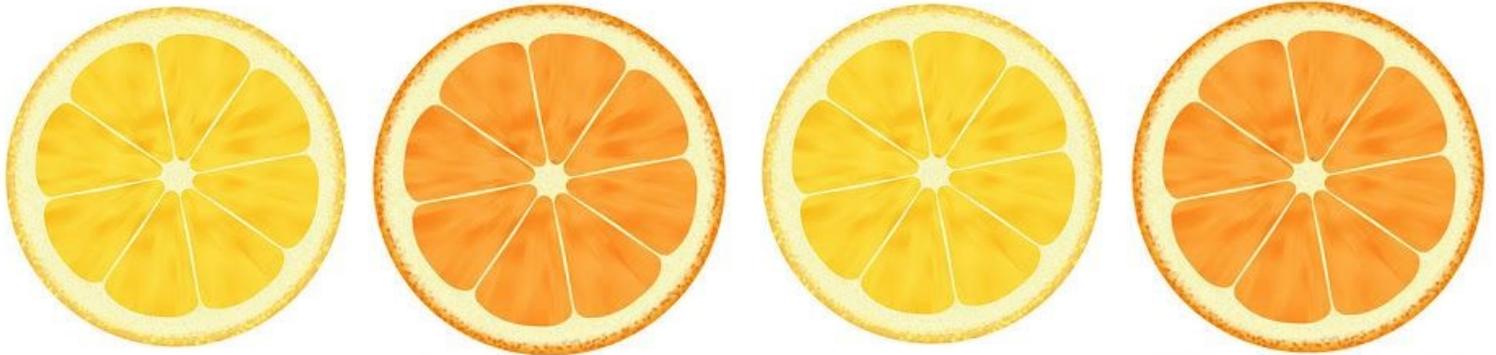


Photo: hdimagelib.com

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Follow us on Social Media!

Our social media sites are designed to communicate with our students, parents, & staff about what's going on in our kitchens, share new items, announce promotions, and provide resources for nutrition information & recipes to help you live a healthy lifestyle.



Lovejoy ISD Student Nutrition



www.pinterest.com/LISDnutrition



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Announcements

- Our next Lucky Tray Day at Hart, Lovejoy, and Puster Elementary Schools is **Thursday, February 1st!** February is **National Snack Food Month!** Eat lunch with us for a chance to win your choice of a **FREE "Smart Snack."**
- Lovejoy Student Nutrition is hosting a **Food Show on Friday, February 2nd at Sloan Creek Intermediate School** from 1-3pm. Students will have the opportunity to visit our food vendor booths, sample new menu ideas, and provide feedback on the food for our menus!
- Look for our **Harvest of the Month** featuring fresh produce served in our cafeterias! Check out page 4 of the newsletter for more information on this month's pick!
- Join us for lunch at Puster, Lovejoy Elementary, Hart, and Sloan Creek on **Wednesday, February 14th** for a special **Valentine's Day** treat!

8 SIMPLE TIPS FOR A HEALTHY 2018



#1 Eat breakfast

There is no better way to start your morning than with a nutritious breakfast! By eating breakfast, you are providing your body with the fuel it needs to stay energized and focused. Skipping meals is associated with eating more later in the day, so the goal is to start your day with breakfast and fuel frequently.

#2 Get active

Aim for at least 30-60 minutes of physical activity most days of the week. Start small and set goals for yourself. Don't have the time to squeeze in a 30-60 minute workout at the gym? Break it up throughout the day, at least 10 minutes at a time. For example, take three 10 minute walks during your day. Simple activities such as walking briskly, biking, playing a game of catch, or gardening make a difference. Pick activities you enjoy so you will stick with it! It is also recommended to participate in strength training at least twice a week.

#3 Practice portion control

Downsize your plate! Fill half of your plate with colorful fruits and non-starchy vegetables, one quarter with quality carbohydrate such as whole grains, and one quarter with lean protein at each meal.

#4 Make seafood a part of your diet

Seafood is an excellent source of lean protein. Fatty fish such as salmon, trout, and tuna are full of heart healthy omega-3 fatty acids. Aim to eat about 6 ounces twice a week.

#5 Snack smarter

Keep nutrient dense snacks on hand at your desk and in the house. Balanced snacks help sustain your energy levels between meals. The key is to pair quality carbohydrate with lean protein and/or healthy fat to stay full longer and keep your blood sugar more stable. For example, pair an apple with peanut butter or a 2% low-fat string cheese with 100% whole-wheat crackers.

#6 Cut down on added sugars

Consuming large amounts of added sugars is linked to dental cavities, obesity, Type 2 diabetes, and heart disease. According to the *2015 Dietary Guidelines for Americans*, it is recommended to limit added sugars to less than 10% of daily calorie intake. Common sources of added sugars include, sugary drinks (soda, sweet tea, lemonade, etc.), sugary cereal, candy, chocolate, flavored yogurt, baked goods (cookies, cakes, brownies), flavored instant oatmeal, and ice cream. Reading labels is the best way to know if a product contains added sugars. There are simple ways to cut down on added sugars. For example, choose plain low-fat Greek yogurt and add fresh or frozen fruit to sweeten it up. Swap sweetened beverages for unsweetened such as water or iced tea.

#7 Get cooking

Cooking at home can be healthy, cost-effective, and fun for the whole family! For quick side dishes, keep frozen vegetables on hand. Grill, bake, or broil meats and seafood. Roast fresh vegetables in the oven with a drizzle of olive oil, salt, and pepper for a savory side. By cooking at home, it is easier to control the amount of saturated fat, sodium, and added sugar in your meal.

#8 Stay hydrated

Quench your thirst with water and spice it up by adding a slice of fresh lemon, lime, or oranges. Staying well hydrated is important for overall health and maintaining function of every system in your body including your heart, brain, and muscles. Buying a reusable water bottle to keep at your desk or carry with you on the go is a great reminder to drink fluid.

What's New in Our Kitchens?

ALL SCHOOLS

Roasted Cauliflower
Fresh Kiwi

SLOAN CREEK INTERMEDIATE SCHOOL

Whole Grain Mini Pizza Bagel Bites ◊ BYO Line

WILLOW SPRINGS MIDDLE SCHOOL

Buffalo Chicken Salad ◊ Fresh Market Line
Chicken & Waffle Sandwich ◊ Breakfast
Sriracha Pinto Beans ◊ Side Dish

LOVEJOY HIGH SCHOOL

Chicken & Waffle Sandwich ◊ Breakfast
Chili Cheese Hot Dog ◊ Home Line
Sriracha Pinto Beans ◊ Side Dish



Harvest of the Month



Photo credit: www.noblepig.com

CAULIFLOWER

- ◇ Cauliflower is a **cruciferous vegetable**.
 - The name “cruciferous” means cross bearing because the four petals resemble a cross.
- ◇ Packed with **fiber** and low calorie
- ◇ High in **vitamin C** and **potassium**
 - **Vitamin C** boosts your immune system to keep you healthy & strong!

Recipe: Garlic Parmesan Roasted Cauliflower

ingredients:

- 1 large head cauliflower, cut into florets
- 1 Tablespoon extra-virgin olive oil
- ¼ teaspoon black pepper
- 1 Tablespoon garlic clove, minced
- 1 teaspoon paprika
- ½ cup grated parmesan cheese
- Fresh parsley, chopped

directions:

1. Preheat oven 400°F.
2. Line a baking sheet with foil.
3. In a large bowl, add cauliflower florets, olive oil, salt, pepper, garlic, and paprika. Mix together to coat evenly.
4. Transfer to baking sheet. Spread florets on baking sheet in a single layer.
5. Bake for 15 minutes. Turn halfway through cooking, sprinkle with parmesan cheese, and bake for another 15 minutes.
6. Remove from oven and place in dish. Garnish with fresh parsley.



Recipe & photo from:
www.primaverakitchen.com

From The Kitchen of Primavera Kitchen