

THE DIETITIAN'S DESK

WELCOME TO THE DIETITIAN'S DESK!

This newsletter is committed to providing insightful nutritional information to promote a healthy lifestyle in school and at home.

This month's newsletter was developed by Sodexo's Elissa Knott, RD, LDN Senior Manager of Nutritional Systems and Regional Dietitian from Massachusetts.

September 2021 Issue

EAT YOUR RAINBOW

AS SEEN IN YOUR SCHOOL LUNCH

Colorful produce contain vitamins, minerals, antioxidants and phytochemicals that provide produce with their distinctive colors, as well as their nutritional benefits.

All our Sodexo schools offer at least two fruits at breakfast and a variety of fruits and vegetables at lunch. Our goal is to provide an assortment of vegetables to ensure variety is always available to meet vitamin and mineral needs for students and adults.

See what fruit and vegetable varieties are being offered with your favorite entrees today and remember to always eat your rainbow!

EAT YOUR RAINBOW FACTS

1. Eating a variety of fruits and vegetables is essential to meet all our vitamin and mineral needs including vitamins A, C, folate and potassium.
2. Whole fruits and vegetables contain fiber to support a healthy GI tract and can lower cholesterol and reduce the risk of heart disease.
3. Studies have shown that consuming more produce can reduce risk of type 2 diabetes and can reduce the presence of free radical cells that can cause cancer.
4. Fruits and Vegetables get their vibrant colors from components called antioxidants. Antioxidants have unique specialties such as supporting heart, nerve and eye health.

FROM YOUR FARMER

During the month of September items like Apples, Broccoli, Beets, Celery, Chard, Cranberries, Garlic, Grapes, Lettuce and Bell Peppers are in season and can be locally harvested and sourced.

You can support your community by buying local!

RECIPE OF THE MONTH

Magic Green Sauce



Ingredients:

- 5 Cloves Garlic (peeled)
- 1 Jalapeno Pepper (seeds and stem removed)
- 1 Cup Packed Cilantro Leaves
- 1 Cup Packed Parsley
- 1 Ripe Avocado
- 3 Tbsp Lime Juice
- 1 Tbsp Olive Oil
- Salt to Taste

Directions:

1. Place all ingredients in a food processor.
2. Process/mix until smooth, scraping down sides as needed. Thin with water until a semi-thick (but pourable) sauce is formed.
3. Transfer to a serving container and enjoy immediately, or cover and refrigerate up to 4-5 days. Be sure to seal tightly or the sauce will lose its vibrant green color.

*Perfect for adding to tacos, grilled vegetables, veggie burgers, and more!

HEALTHFUL HINTS

Pre & Probiotics- Gut health starts with Prebiotics. Prebiotics are the food FOR Probiotics. Prebiotics aren't digested so they can reach the part of our gut where the friendly bacteria reside. Everyone has their own "bacterial cocktail" in their gut! No two gut cocktails are the same! Probiotics are Active and LIVE strains of bacteria for your gut!