

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 Erika Norwood RD, LDN
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VITAMINS & MINERALS

SEEN IN YOUR SCHOOL LUNCH

Vitamins and minerals can be found in all the foods we serve in schools! Eat a variety of fruits and vegetables and be sure to grab your milk and whole grains to get a complete, well-balanced meal.

It is important to consume a wide variety of foods, especially fruits and vegetables, whole grains and protein to allow our bodies to absorb all the vitamins and minerals we need. Your school lunch plays a large part in this.

We offer a variety of fruits and vegetables, whole grains and proteins during the week that capture all the variety your body needs to make us feel good and stay healthy.

PLANT-BASED PROTEIN POWER FACTS

- Vitamins and minerals are micronutrients the body needs to carry out a range of normal functions, but they are not produced in our bodies and must be attained from the food we eat.
- Vitamins A, D, E & K are fat soluble which means they can be stored in your body. Other vitamins are water soluble, like C and B-Complex, these are not stored and must be consumed every day.
- Minerals like iron, chromium, copper, iodine, and zinc are called trace minerals because you need only very small amounts of them. Whereas minerals like calcium, potassium and sodium are needed in much larger amounts.
- Most people do not need to take dietary supplements as long as you eat a wide variety of foods. If you are vegetarian or vegan, you may need Vitamin B12 since it is only in animal products. Vitamin B12 is important for making red blood cells and keeping nerves healthy.

FROM YOUR FARMER

May in our region means Asparagus! May also brings beets, radishes, rhubarb, spinach and a variety of beans to your local farms. Visit a farm stand near you to support local farmers and enjoy fresher produce!

RECIPE OF THE MONTH

Chocolate Chai Overnight Oats

Ingredients:

- ¾ cups rolled oats
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 1 cup milk
- 1 tbsp cocoa powder
- 2 tbsp sliced almonds



Directions:

1. Mix the dry ingredients until well combined.
2. Add the wet ingredients and mix again.
3. Store in the fridge overnight or for at least 4 hours.
4. Enjoy! *Makes 2 servings

Join us in celebrating Asian American & Pacific Islander Heritage Month!



During the month of May we recognize the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, food trends and achievements within the United States.