

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.

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LEAN PROTEINS



SEEN IN YOUR SCHOOL LUNCH

Lean Proteins are found throughout our school lunch menu every day!

Our menu offers lean protein in different forms, consisting of Chicken, Turkey, Ground Turkey, Beans, and Greek Yogurt.

You find them in a variety of delicious menu options such as Tacos, Sandwiches, Grain Bowls, Salads, Side Dishes and our Sauces/Dressings!

LEAN PROTEIN INFORMATION

- There are two main ways to identify if a protein is a Lean Protein. The 1st way is a 3.5 ounce serving contains less than 10 grams of Total Fat. The 2nd way is a protein source that has 2-3 grams of Fat or less per ounce.
- There are many types of Lean Proteins. The best examples include: Skinless Chicken Breast, White Fish, Pork Loin, Tuna, Shrimp, Plain Greek Yogurt, Beans, Tofu, Nuts, and Cottage Cheese.
- There are a couple different ways that can help you to increase Lean Proteins in your diet. These include: trimming extra fat on meats, adding nuts to meals or snacks, fried foods less often, and increasing seafood consumption to 2x a week.
- Lean Proteins offer numerous health benefits. One of the main functions of Protein is to help build muscle. It also strengthens the immune systems protecting us from illnesses. Protein sources contain Iron, which keeps our blood healthy and prevents anemia.
- It is important for our overall health that we consume the recommended value for Protein. Most people ages 9 and older should eat 5 to 7 ounces of Protein foods each day, depending on overall calorie needs. Make sure you are getting enough daily by including those Lean Proteins!

Serving Size

Serving Size is hot topic when it comes to menu planning. We need to ensure we are following the proper Serving Sizes when feeding our students. Our menus reflect the K-12 serving sizes aligned with the current Dietary Guidelines. The Dietary Guidelines for K-12 students match the Meal Pattern Requirements for NSLP.

Daily Recommended Intake: Fruit 1 ½ cups, Vegetables 2 ½ cups, Protein 5 ounces, Grains 6 ounces & 3 cups of Dairy,

Meals that we provide align with the guidelines.

We serve:

- ½ cup servings of Fruit and Vegetables
- Proteins are 2 ounce portions, to meet the goal of 5 ounces daily.
- Grains are provided in 1-2 ounce equivalents to meet the goal 6 ounces daily.
- Milk is served daily.

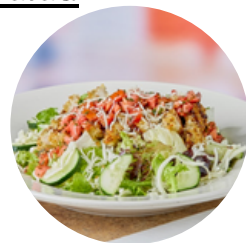
These guidelines are important to maintain a well balanced diet and help our students perform within the school day!

RECIPE OF THE MONTH

Chicken Bruschetta Salad

Ingredients:

- 5 ounce Mixed Salad Greens
- 2 ounce Diced Cooked Chicken
- ½ cup Bruschetta Topping
- ¼ cup Balsamic Vinaigrette Dressing
- ½ ounce Shredded Mozzarella
- 4 Tablespoon Cucumbers Diced
- 4 Tablespoon Matchstick Carrots
- ¼ cup Diced Tomatoes, Peppers, Olives
- 1 teaspoon Basil



Directions:

- 1.) Mix all ingredients and enjoy!