

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 Deanna St. Pierre, MS, RD from Holyoke Public Schools in Massachusetts.

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LEAN PROTEIN



SEEN IN YOUR SCHOOL LUNCH

School meals are loaded with great sources of lean proteins such as chicken, turkey, lean beef products and meat alternative products like yogurt, cheese, beans and vegetarian-curated items like burgers and hummus.

The USDA has a saturated and total fat restriction that have been added to best support heart health for our students. Our Sodexo Nutrition Team works hard to ensure that meals offered provide lean protein options daily and promote optimal health.

LEAN PROTEIN FACTS

1. The definition of "Lean Protein" refers to 100 grams of any type of meat containing less than 10 grams of fat, 4.5 grams of less of saturated fat, and less than 95 milligrams of cholesterol.
2. Lean Proteins can help with weight maintenance and weight loss. This occurs due to the fact that they have the ability to make us feel fuller longer and in turn causing us to eat less.
3. Protein is one of the three macronutrients (carbohydrate, protein, fat). It is responsible for many critical functions of the body such as: antibodies, enzymes, messengers, support, and transport or storage.
4. The RDI (Recommended Dietary Intake) for protein is 0.8 grams per kilogram of body weight or 0.35 grams per pound of body weight. An average calculation for a sedentary person would be 56 grams for men and 46 grams for women, however protein intake recommendations may vary depending on activity factor, age, muscle mass, and overall 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

Cran-Apple Chicken Salad

Ingredients:

- 4 oz. Mixed Greens
- 2 Cups Shredded Cooked Chicken Breast
- 1 Medium Apple, Cored and Sliced
- 1 Stalk Celery, Thinly Sliced
- 1/3 Cup Dried Cranberries
- 1/4 Cup Shredded White Cheddar Cheese
- 1 tsp Olive Oil

Directions:

- 1.) Arrange Mixed Greens on serving plate.
- 2.) Top with shredded Chicken, Apple, Celery and Dried Cranberries.
- 3.) Sprinkle Shredded Cheese over the top.
- 4.) Drizzle with your favorite dressing!

***My favorite is Poppysseed Dressing! You can also make this a Seasonal Fall Fun Recipe by going Apple Picking and using those fresh apples!**

