

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.

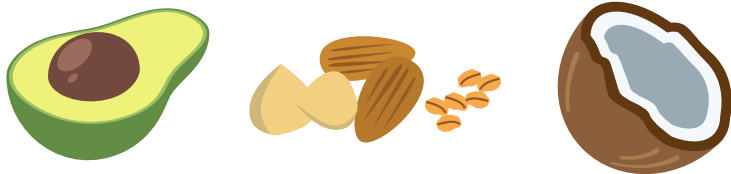
This month's newsletter was developed by Sodexo's Deanna St. Pierre, MS, RD from East Hartford Public Schools in Connecticut.

March 2022 Issue

HEALTHY FATS

SEEN IN YOUR SCHOOL LUNCH

School meals are planned and analyzed in order to adhere to USDA guidelines for a variety of nutrients, including saturated and trans fat. Saturated fat must be less than 10% of calories, while trans-fat may not be included at all.



HEALTHY FACTS

1. All fats have a similar chemical structure. They both contain carbon atoms and hydrogen atoms. Slight differences in their structure causes crucial differences in form and function.

2. The best type of fats, classified as "healthy" fats are monounsaturated and polyunsaturated fats. These types of fats are usually found in vegetables, nuts, seeds, and fish.

3. Healthy fats are known to be beneficial for your overall health. They are good for your heart, lower your LDL cholesterol and increase your HDL cholesterol, lower blood pressure, and prevent heart disease and stroke.

4. Great sources of monounsaturated fats include olive oil, olives, avocados, peanut oil, canola oil, most nuts, sunflower oil and safflower oil.

5. There are two main types of polyunsaturated fats: Omega-3 fatty acids and Omega-6 fatty acids. Good sources of Omega-3 fatty acids include salmon, mackerel, sardines, flaxseeds, and walnuts. Good sources of Omega-6 fatty acids include vegetable oils (safflower, sunflower, soybean, corn) and seeds (sunflower, sesame, and pumpkin).

FROM YOUR FARMER

During the month of March items like Arugula, Collard Greens, Kale, Cabbage, Carrots, Winter Squash and Spinach are in season and can be locally sourced. You can support your community by buying local!

RECIPE OF THE MONTH

Roasted Health Nut Mix

Ingredients:

- 1 cup Almonds
- 1 tsp Paprika
- ½ cup Cashews
- 1 tsp Garlic Powder
- ½ cup Walnuts
- 1/3 tsp Chili Powder
- 1 tsp Dried Oregano
- 1 tsp Sea Salt
- 1 tsp Dried Thyme
- 2 Tbsp Vegetable Oil

Directions:

- 1.) Preheat oven to 350 degrees Fahrenheit.
- 2.) Combine all ingredients nuts, spices, and oil in a bowl. Mix together.
- 3.) Spread mixture in a single layer on prepared baking sheet.
- 4.) Bake until toasted approximately 20-25 minutes. Stirring occasionally.
- 5.) Remove from oven and allow to cool completely.
- 6.) Enjoy!



* You can add any other seasonings you like to this recipe. One of my favorites is Everything Bagel seasoning! →