



THE TIGER TABLE

CAPE GIRARDEAU D63
NUTRITION NEWSLETTER!

FEELING SAD ABOUT OUR FOOD

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I realize that is an interesting tag line to use during this month when everyone is seemingly focused on happiness and love. Allow me to explain myself using several statistics. Stay tuned.



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JANUARY RECAP

In the [January Newsletter](#), we discussed atomic habits - little tweaks you can make in your life to help you build a new habit. My favorite trick is habit stacking because there is less to remember. Now that January is done, I'm wondering how you all are doing on your new habits.

** Please check out underlined text for some fantastic additional information!**

OUR SAD DIET

The Standard American Diet, as defined by the acronym, is SAD.

On average...

- 3 out of 4 Americans don't eat a single piece of fruit in a given day.
- the American diet has too many calories from total fat and added sugar as well as high in saturated fat, sodium, and refined grains.
- 1 in 4 people consume fast food **daily**
- Americans eat roughly 3 pounds of sugar each week, totaling around **130 pounds a year**
- Ultra-processed foods make up nearly 70% of our diets
- We're eating ourselves sick on protein, consuming 2 and 3 times more than the recommendation

But the bottom line sadness in my book is that we've turned eating into a science instead of a beautiful practice of slowing down and loving your body well. It seems over the past 35+ years or so we have turned food into a perpetual science experiment at the expense of our own mental, emotional, and physical health.



If you have 12 minutes, please check out this video: [Making Peace with Food](#). It's so good! Posted by a dietitian who speaks so well on loving yourself well with food. I use a lot of her recipes in this newsletter.

Not So Fun Fact: Physical, mental, and emotional healthy struggles have been steadily on the rise with no end in sight.



LOVING YOURSELF ENOUGH TO BE DIFFERENT

Non-foodies might not care about this type of thing. But I don't know how we can possibly down-play the importance of the things we eat and drink. They literally have a direct impact on every single part of our bodies. It's not just about whether or not a food or drink is "healthy." I want to remove the scientific focus that our diets have become. Rather it's: *To what degree does this food or drink fuel my body. Is this actually helping me? Does this make me feel like my best self.*

Fueling your body well is a regular act of self-love; one that we can participate in multiple times a day.

Although this focus is mainly on food and drink, there are countless ways to practice self-love. In this short month, when we're hyper-focused on love, don't forget yourself.

Loving yourself well is one of your most important jobs.

"Food is there to nourish the cells but also to nourish the soul."
- Sadia, [Pick Up Limes](#)

UP AHEAD: FUN JANUARY HOLIDAYS

- 1 - National Dark Chocolate Day
- 3 - National Carrot Cake Day
- 5 - National Play Outside Day
- 7 - National Send a Card to a Friend Day
- 17 - National Random Acts of Kindness Day
- 23 - National Banana Bread Day

(^^ Bonus recipe!^^)



Tiger Taste Buds Double Chocolate Mug Cake

Fun Fact: I have a pretty strong sweet tooth. Correction: teeth. As in all of them... they all like desserts. So this time, as an act of self-love, I'm going to treat myself to dessert. This Mug Cake is so extremely tasty! It doesn't have a lot of ingredients or take much time, so that's a double win for me. But it also doesn't make a ton and therefore sit in my face for weeks on end. If you're not a big fan of chocolate, [this recipe video shows 5 different mug cakes to try!](#)

Yield: 1 serving Total Time: 7 minutes



Ingredients

- 2 Tbsp all-purpose flour
- 2 Tbsp cocoa powder
- 2 Tbsp granulated sugar
- ¼ tsp baking powder
- 1 pinch salt
- 3 Tbsp milk

- 1 Tbsp vegetable oil
- ¼ tsp pure vanilla extract
- 0.7 oz. dark chocolate, divided

Optional Toppings:

- fresh berries
- powdered sugar
- ice cream

Instructions

1. In a large microwave-safe mug, mix the flour, cocoa powder, sugar, baking powder, and salt.
2. Add the milk, oil, and vanilla extract. Mix until just combined. Be careful not to over-mix.
3. Using your fingers, press half of the chocolate into the middle of the cake batter in your mug. This is so you have some melted chocolate in the center of your cake (yum!). Add the other half of the chocolate to the top of the batter.
4. Microwave* on high (800 - 900 W) for 2 minutes. The cake is ready when a toothpick inserted into the center comes out clean. The mug might be quite hot. Take care when removing it from the microwave. The cooking time may vary depending on your microwave and settings. If the cake isn't cooked through yet, simply place it back in the microwave at intervals of 15 seconds until done.
5. Let the mug cake cool slightly, add your desired toppings, and enjoy!

*This can also be baked at 350 degrees F for 15-25 minutes, if you so choose.

Adapted from [Pick Up Limes](#)

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