



# THE TIGER TABLE

CAPE GIRARDEAU D63  
NUTRITION NEWSLETTER!

## HEY THERE!

*By Kayla Johnson, MS, RD, LDN*

WELCOME BACK students, staff, and parents! This is the Tiger Table - a health and wellness newsletter brought to you by your loyal district dietitian.

The goal of this newsletter is to provide you with simple, understandable information on ways to improve your health and wellness. Oftentimes, I will include links to additional resources. I'd love for you to check these out!

### WHAT'S IN THIS MONTH'S ISSUE:

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*Health* - a state of being free from illness or injury

*Wellness* - the state of living a healthy life



That's me!

## DIETITIAN... WHAT!?

[DIE-Ī-TĪ-SHUN]

What is a dietitian? Good question! A dietitian is a healthcare professional specializing in the relationship between food and the body - think, food guru with the science to back it ;) We work in various settings such as hospitals, gyms, nursing homes, health departments, clinics, and schools, to name a few. What I love about working for a school, in particular, is that I get to promote a healthy lifestyle to all ages. There is a lot of confusing information out there. My goal is to provide a space for clarity.

\*\* Some underlined text is linked to additional information - Check it out!\*\*

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## \*WHAT TO EXPECT\*

Each newsletter will focus on a specific topic but will have the same general layout: introduction, background information, practical tips, recipe.

## SEPTEMBER IS BETTER BREAKFAST MONTH

I'm sure you've heard the classic saying that breakfast is "the most important meal of the day," but that is not exactly 100% true. That saying came with the assumption that people were eating at a reasonable time in the evening, going to bed (aka fasting), and waking up at a reasonable time. Given the fact that we tend to eat all hours of the day and night, breakfast holds the same importance as any other meal. Even so, the first thing(s) that we put into our bodies for the day matters; whether that is at 5:30 am or 1 pm. Eating breakfast can lead to reduced hunger, healthier choices, and more energy throughout your day. It also replenishes your brain after its energy source has been depleted! As your first fuel, it often sets the mood for how you will eat for the rest of the day.

*FUN FACT: CGPS offers free meals to ALL STUDENTS: breakfast and lunch!! Encourage your kids and students to take advantage of this service. It's great for your body and your budget!*



### ▶ HERE ARE SOME TOP TIPS ON HOW TO BUILD A BETTER BREAKFAST. ◀

1. Plan ahead - no one wants to have to make additional decisions on a busy morning.
2. Stick to whole food as much as possible - that means food that looks like a plant, that you know where it came from, or that you could feasibly remake on your own: i.e. oats, whole grain bread, grits, eggs, fruit, etc.
3. Choose solid foods whenever possible - this means avoiding shakes and smoothies. The physical act of chewing drastically affects our level of fullness after a meal.
4. Don't be afraid to go big - let breakfast be your biggest meal of the day. Think about it, you have all day to utilize that energy. That doesn't mean you have to eat it all in one sitting. Eat half early on and the other half as a midmorning snack.
5. Make room for veggies - even though American breakfasts tend to be centered on sweets, veggies are perfectly acceptable for breakfast too.

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# UP AHEAD: FUN SEPTEMBER HOLIDAYS

6 - Read A Book Day

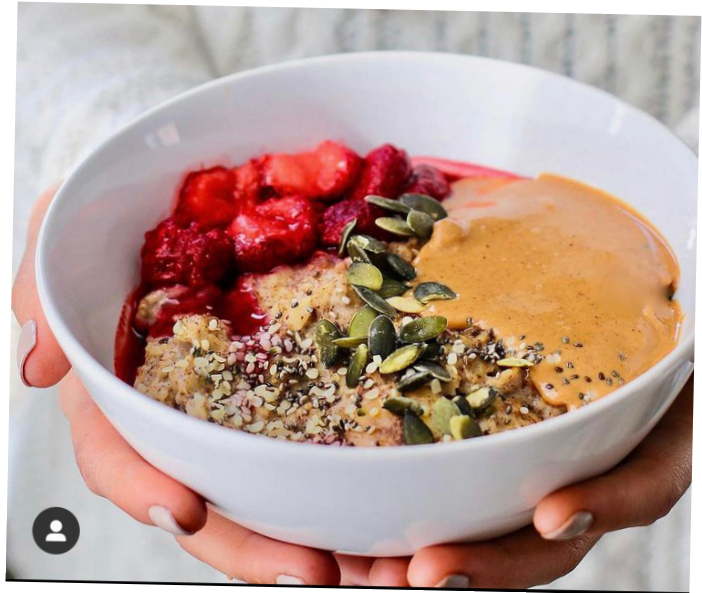
7 - Acorn Squash Day

13 - Kids Take Over the Kitchen Day

21 - Chai Day

27 - Chocolate Milk Day

29 - World Milk + National Coffee Day



## Tiger Taste Buds Classic Comforting Oatmeal

My favorite and almost daily breakfast is simply oatmeal with a scoop of peanut butter. But that doesn't look very picturesque, so here's a fancier oatmeal recipe! It can even be made ahead of time and heated the day of. Sadia from Pick Up Limes shares some great information on simply eating well. Click on the recipe title to see a quick video!

Yield: 2 servings    Total Time: 15 minutes



### Ingredients

- 1 cup old fashioned oats
- 2 cups milk of your choice
- 2 bananas, sliced
- 3/4 tsp ground cinnamon
- 1/2 tsp pure vanilla extract

### Toppings

- 1/2 cup berries
- 2 Tbsp peanut butter
- 1 Tbsp pumpkin or sunflower seeds
- 1 Tbsp ground flaxseeds (optional)
- 1 Tbsp. plain yogurt (optional)

### Instructions

1. To a medium pot on high heat, add the oats, milk, cinnamon, pumpkin pie spice and one of the bananas. Bring to a gentle boil, then reduce to a simmer for 5 minutes, stirring on occasion to prevent burning. The banana will start to partially dissolve at it cooks, which naturally sweetens the oatmeal, and makes it nice and creamy.
  2. Add the other banana and flaxseeds, cooking for another 2 - 5 minutes.
  3. Add more milk if you prefer a thinner consistency, or cook for a couple of minutes longer if you prefer it thicker.
  4. In the end, stir in the vanilla extract and remove the saucepan from the heat. Divide into bowls, add toppings, and enjoy!
- Note: Store the oatmeal, without toppings, in an airtight container in the fridge for up to 2 days.

Adapted from Pick Up Limes

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