

THE TIGER TABLE

CAPE GIRARDEAU D63 NUTRITION NEWSLETTER!

LOVE YOURSELF

By Kayla Johnson, MS, RD, LDN

Self-love or self-care comes in many different forms, as we all interpret love in different ways. It is defined as "regard for one's own well-being and happiness." Psychologist Ryan Howes, Ph.D, defines self-care as "the surprisingly difficult—for many of us—process of stepping aside from the busyness of life, evaluating how we're doing emotionally, physically, and mentally, **and then taking steps to meet any unmet needs.**" It is vitally important to your total-body well-being.

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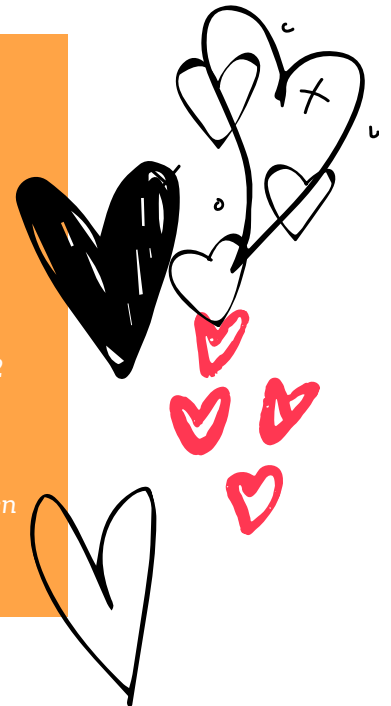
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JANUARY RECAP

In January we discussed the immune system - your body's natural defense-system against sickness. Hopefully you were able to practice eating lots of veggies and fruit daily, exercising, maintaining a healthy weight, getting adequate sleep, and/or minimizing stress to the best of your ability. If not, it's never too late to start!

Your devoted district dietitian also began nutrition education in the classroom, beginning with Alma Schrader's K-4th grade classes. I'll be making my rounds to all elementary schools, so keep an eye out!

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

WHY?

"If the plane hits turbulence and the oxygen masks come down, place a mask on yourself first before turning to help others."

Sound familiar?

That is an everyday, real-life example of self-care.

Self-care includes anything you do to keep yourself healthy - physically, mentally and spiritually. Although this practice should be prioritized, it is often the first thing to go when faced with challenges. Often times it feels good, sacrificial, even heroic to push aside our own needs to provide for others, and that's not always bad. But, when we do this over and over, day after day, we cannot withstand the neglect of our own wellbeing. Without self-care, we inevitably face things like extreme fatigue, frustration, anxiety, depression, burnout, and a whole host of other negative implications.

But it doesn't have to be this way. By taking time out to engage in regular self-care, you may be able to relieve the pressures of everyday life and reset yourself to a healthy balance.

FUN FACT: Studies show that certain foods can stabilize and even boost our moods! These include foods rich in omega-3 fatty acids, and a good balance of lean protein, whole grain carbohydrates, fiber and unsaturated fats. The recipe on the next page is a great example of this type of meal!

Self-care is not selfish.
You cannot serve from
an empty vessel.



HOW TO LOVE YOURSELF

Practicing a regular self-care routine has been "clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy" and so much more! Even from a physical health perspective, it "reduces heart disease, stroke and cancer." There is no one-size-fits-all approach to self-care, but there are several generic practices that are beneficial.

You can love yourself by:

- ✿ Eating foods that nourish your body, i.e. REAL FOOD, such as whole grains, nuts and seeds, beans, and **lots and lots of fruit and veggies!**
- ✿ Moving your body
- ✿ Prioritizing sleep
- ✿ Connecting socially, even in a pandemic
- ✿ Thinking positively and having a growth mindset
- ✿ Drinking water as your primary source of fluid

Self-care is personal. Look for the things that make **you** feel alive! Make dates with yourself and commit to them. While the habit(s) and benefits will not happen over night, doing something for yourself every day will build up your own love tank, and you will feel better equipped to help others, too!

UP AHEAD: FUN FEBRUARY HOLIDAYS

- 4 - National Homemade Soup Day
- 6 - National Frozen Yogurt
- 9 - National Pizza Day
- 16 - National Almond Day
- 17 - National Cabbage Day
- 22 - National Cook a Sweet Potato Day
- 25 - National Pancake Day
- 27 - National Strawberry Day



Tiger Taste buds

Garlic Butter Baked Salmon & Sides



- 1 pound (500 g) fingerling potatoes, halved (or Yukon golds or halved white/red baby potatoes)
- 2 tablespoons olive oil
- 1 1/2 teaspoons salt, divided
- 1/2 teaspoon cracked black pepper, divided
- 4 (6 oz | 170 g) skinless salmon fillets
- 2 1/2 tablespoons minced garlic, divided
- 2 tablespoons fresh chopped parsley
- 1/3 cup freshly squeezed lemon juice
- 1/2 cup melted unsalted butter
- 3 bunches asparagus, (18 spears, woody ends removed)
- 1/4 cup low-sodium chicken broth (or 2 tablespoons dry white wine)
- 1 lemon sliced to garnish

Instructions

1. Heat oven to 400°F | 200°C. On a large rimmed baking sheet, toss together potatoes with the oil, 1/2 tablespoon of garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spread out in an even layer and roast for 15 minutes until they're just starting to soften and brown.
2. Push potatoes to one side of the sheet pan and arrange salmon down the center. Rub salmon evenly with 1 1/2 tablespoons of the minced garlic and 2 tablespoons of parsley. Add the asparagus to the other side of the pan.
3. Combine 1/4 cup of lemon juice and 1/4 cup of the melted butter together and pour the mixture over the salmon and asparagus. Season everything with the remaining salt and pepper.
4. Return to oven and continue baking until the potatoes are golden and fork-tender and the salmon is opaque throughout, (about 10 minutes). Optional: broil in the last 2 minutes for charred edges.
5. Meanwhile, in a small bowl, combine the remaining butter, garlic and lemon juice with the chicken stock (or wine). Serve with the salmon, veggies and lemon slices!

Adapted from [CafeDelites](#)
