

THE TIGER TABLE

CAPE GIRARDEAU D63 NUTRITION NEWSLETTER!

WHAT IS THIS?

By Kayla Johnson, MS, RD, LDN

This is a nutrition newsletter designed to promote positive health throughout our school district.

Each newsletter will feature nutritional information for all ages, up and coming nutrition news, and a healthy recipe! I hope that you enjoy and find this to be a valuable resource for the whole family!

NATIONAL VEGETARIAN MONTH

Vegetarian Month is celebrated every October by plant-based eaters and meat-eaters alike. Whether you are new to vegetarian life, want nothing to do with it, or fall somewhere in between, we could all benefit from adding more fruits and vegetables to our plates.

Ninety percent (90%) of adults and children combined do not get the recommended amount of fruits and vegetables per day. At minimum, adults should be eating 1 1/2 - 2 cups of fruit and 2-3 cups of vegetables per day. Depending on their age, sex, and level of physical activity, kids should be eating 1-2 cups of fruit and 1-3 cups of vegetables daily.

When we don't eat enough fruits and vegetables, we're missing out on important benefits that these foods provide. Lots of different vitamins, minerals, and fiber are found only in plant-foods! So what do we do about it? Keep reading to find out...

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WHO AM I?

I'm Kayla, the new district dietitian for CGPS. My goal is to teach and encourage students and families to be intentional and take control of their own health and wellness.

WHAT IS A VEGETARIAN?

A vegetarian is someone who chooses not to eat meat or meat products. There are various types of vegetarians such as:

Vegan - only eats foods from plant sources, no meat or animal products of any kind

Lacto - allows dairy, no eggs, fish or meat

Lacto-Ovo - may eat eggs & dairy, no fish or meat

Pescitarian - only allows fish, eggs, and dairy

Flexitarian - only avoids red meat

No matter the "type," the goal is always to eat more plant foods - fruits, vegetables, whole grains, legumes, nuts & seeds.

FRUIT & VEGGIE TIPS

There are LOTS of ways to increase your plant-food intake. Try some of these and let us know what worked!

1. When you sit down to eat, fill 1/2 of your plate with fruit and vegetables. Don't worry about portion sizes. Every time you eat (yes, snacks too!), make sure the fruit & veggies have their space!
2. Add more. Add extra fruits/ veggies to meals, even if they're already in the recipe. Make your plate as colorful as possible!

Fun facts: ovo is the Latin and Portuguese word for egg

Not all oranges are orange. In subtropical regions, the temperature doesn't get cold enough for the skin to turn orange. That means the orange could stay green or yellow even when it's ripe!



3. Focus your meal around **non-starchy** veggies, that is basically anything besides potatoes, peas, and corn. Non-starchy veggies will help you feel full AND will fill up space on your plate! win-win

4. All forms count. Frozen, canned, fresh, or dried - all forms of fruit and veggies count towards your 1/2 plate goal, just be careful of added sugars & salt.

5. Try out different cooking & preparing methods. This keeps your meals tasty and exciting! Bake, broil, roast, toast, sauté, or stew your favorite fruits and veggies into any dish you prepare.

6. Don't be afraid to try new foods! With farmer's markets and lots of produce in-season, it is the perfect time to try new things. Check out dinosaur kale, beets, cauliflower, eggplant, squash... the options are endless! Try a Meatless Monday, where you focus one meal (or the whole day) on eating more plants!

UP AHEAD: FUN OCTOBER HOLIDAYS

12-16 - National School Lunch Week.
Celebrate by eating school lunches with
your buds ALL WEEK LONG!
17 - National Pasta Day
21 - National Pumpkin Cheesecake Day
24 - Make A Difference Day
26 - National Pumpkin Day
28 - National Chocolate Day
31 - National Caramel Apple Day



**Cranberry
Apple
Kale
Salad Recipe
with lemon vinaigrette**

Ingredients

Salad

- 4 cups kale, destem, wash, chop
- 1/3 cup dried cranberries
- 1 sweet apple chopped (gala or fuji work well)

Lemon Vinaigrette

- 1/8 cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 1 tablespoon apple cider vinegar
- salt and pepper to taste

Instructions

Toss kale, apple and cranberries in a large bowl. Whisk together vinaigrette ingredients. Toss the salad with vinaigrette to combine.

*Note: You can pour the dressing over the kale & cranberries and let it sit overnight. Then wash, core, and chop the apples the next day and add them to the salad before serving.

Tiger Taste buds ->

THIS RECIPE USES BOTH FRUIT & VEGETABLES!!

