

# THE TIGER TABLE

CAPE GIRARDEAU D63 NUTRITION NEWSLETTER!

## NATIONAL NUTRITION MONTH

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The best month of the year has arrived - National Nutrition Month!! This year, the theme is to Personalize Your Plate. There is no one-size-fits-all approach to health and wellness. We are all unique with different bodies, goals, upbringings, backgrounds and tastes! Why wouldn't our plates reflect that?

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

*National Nutrition Month- 1*

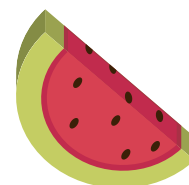
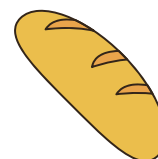
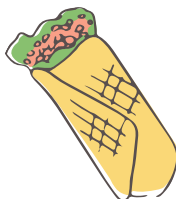
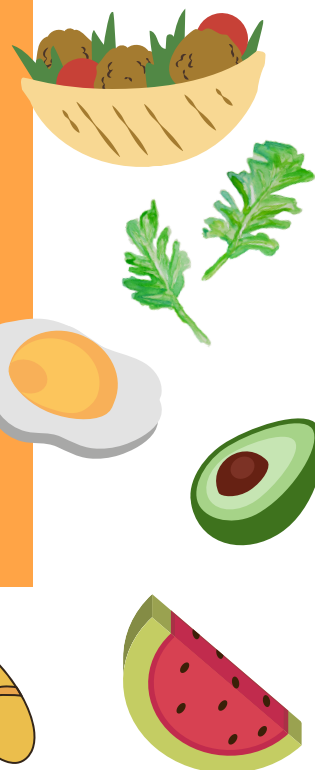
*February Recap- 1*

*Healthy Plate Recap- 2*

*What Now...?- 2*

*Up Ahead-3*

*Tiger Taste Buds: Sheet Pan Sweet Potato Hash-3*



## FEBRUARY RECAP

With all the snow days, February may have felt like another mini-winter break giving you ample opportunity to practice the self-love that we discussed! The CGPS Staff was challenged to practice self-love every single day of the month. If you are one who ever struggles to put your needs first, maybe this is a practice that you could work on too!

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

## ➤ HEALTHY PLATE RECAP ◀

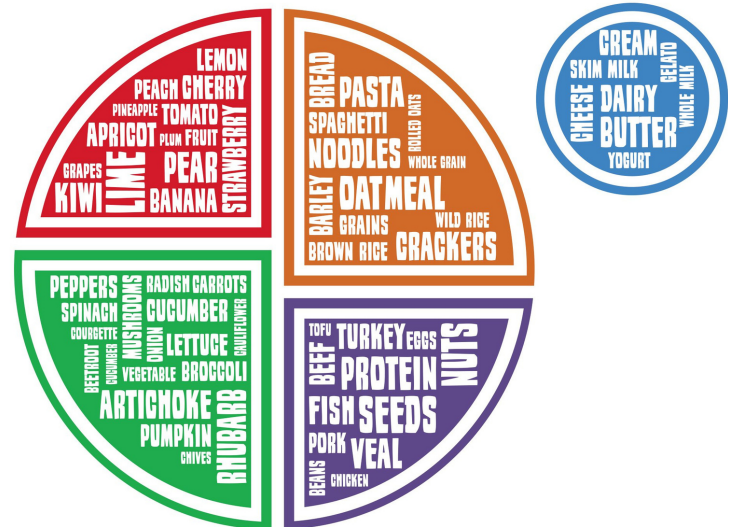
You remember the healthy plate, right?

The one with 5 food groups - fruit, vegetable, grain, protein, and dairy. The United States Department of Agriculture has given us research-based healthy guidelines for Americans - general steps that we can all take so that the things we put into our bodies are what is good for our bodies (*Dietitian nerd moment - the guidelines were just updated in 2020, so they are nice and fresh!*). These guidelines are generic, which is great because we can now fit them into our individualized way of eating based on our own cultural backgrounds!



Let's take grains, for example. In Africa, staple grains are millet, sorghum and teff used to make pilafs, porridge, and flatbread. In China, rice is the most common grain. In Italy, semolina, rice, and durum wheat are all popular grains ground into flour and used for making bread and pasta, but in America, bread and ready to eat cereal are most common. With modern farming and transportation, there is crossover between cultures, but they all fit into the grain category of a healthy diet.

**FUN FACTS:** Overall, Americans are missing out on one of the easiest ways to prevent cancer, heart disease, obesity, and diabetes - eating enough plant foods. Only 12 % of Americans eat enough Fruit, 9% eat enough veggies, and 10% eat enough dairy, but most people eat 2x's as much protein as they need. We want to balance it out among the groups.



## ➤ WHAT NOW...? ◀

Now... you eat!!

You get to put it into practice! Take the basic healthy plate outline and tweak it to for YOU. Your culture, your family, your background....

✿ Veggies: If you're going for fresh veggies, try ones that are in season, such as: lettuce, spinach, chard, beets, carrots, bok choy, greens, radishes, and kale!

✿ Fruit: We don't really grow winter fruit in the Midwest, but that doesn't mean you won't find it at the store! You can even go for frozen fruit (which is just as healthy as fresh!) or canned fruit in water.

✿ Grains: Grains are great and provide the main type of energy our brains love - carbohydrates! Look for whole grains - ones with only a few ingredients listed or ones that begin with "whole grain\_\_\_" Those have the most nutrients.

✿ Dairy: The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. Low fat and non-fat dairy products give our bones the calcium and vitamin D they need to be healthy and strong.

✿ Protein: Beans, peas, lentils, nuts, seeds, and meat are all part of the protein group. The goal is to eat many different types of lean (or low-fat) protein because they provide the building blocks for muscles, skin, and even bones!

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

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## UP AHEAD: FUN MARCH HOLIDAYS

- 2 - Read Across America Day
- 4 - World Book Day
- 10 - Registered Dietitian Day!!
- 18 - Sloppy Joe Day
- 19 - Poultry Day
- 22 - World Water Day
- 23 - Chia Day
- 26 - Spinach Day



## Tiger Taste buds

### Sheet Pan Sweet Potato Hash



- Oil or cooking spray
- 2 sweet potatoes, peeled and diced
- 2 medium zucchini, sliced
- 1 medium red bell pepper, diced
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup frozen, canned, or roasted corn kernels
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 6 large eggs
- 2 tablespoons coarsely chopped fresh cilantro leaves (optional)
- Optional, but delicious toppings: Salsa, avocado, 2 T fresh cilantro leaves, coarsely chopped, salt & pepper, to taste

#### Instructions

1. Arrange a rack in the middle of the oven and heat to 425°F. Lightly oil a rimmed baking sheet or coat with cooking spray.
2. Place the sweet potatoes, zucchini, bell pepper, black beans, and corn in a single layer on the prepared baking sheet. Add the olive oil, garlic, chili powder, cumin, and paprika. Season with salt and pepper and gently toss to combine.
3. Bake, stirring halfway through, until the sweet potatoes are tender, 20-25 minutes total. Remove the pan from the oven and create 6 wells in the vegetables. Gently crack an egg into each well, keeping the yolk intact; season the eggs with salt and pepper.
4. Return the pan to the oven and bake until the egg whites are set, 9 to 11 minutes. Serve immediately, garnished with cilantro, salsa, and/or avocado if desired.

\*\* If you're not a big fan of eggs, feel free to swap out a different protein. You may have to adjust the cooking time.

Adapted from [theKitchn](#)

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