

# NUTRITION NEWS 2019

HAPPY NEW YEAR



## Winter Riddles

1) If you lay down in white flakes  
Out in the winter air  
Move your arms and legs about  
What is it, you leave there?

2) It's cold and icy where we live  
So we must huddle in tight  
We have wings, but we cannot fly  
So we can't soar to a great height.

## It's National Hot Tea Month!

January is a time for new beginnings, health, and success. Whether you are drinking to new beginnings, your health, or just to warm up, enjoy a cup of tea this month!

*"Life is like a cup of tea. It's all in how you make it..."*



# FACTS

Do not let the cold keep you from being active. Get up and move this month with some of the following fun winter activities...

- Go ice skating.
- Go sledding.
- Build a snowman.
- Have a snowball fight.
- Go on a winter hike.



## 6 Healthy New Year's Resolutions

1. Practice mindful eating. These days, it's common to chow down with your eyes glued to a screen but eating when you are distracted leads to overeating.
- 2. Chill out and rest up.
3. Adopt an attitude of gratitude.
4. Find 30 minutes a day to walk.
- 5. Take the stairs.
- 6. Commit to a 30-day fitness challenge.

## Some Sweet Potato Benefits

- Rich in Antioxidants
- Improves Immunity
- Rich in Fiber
- Benefits a healthy heart
- Calms the Stomach
- Anti-Inflammatory



Local Sweet Potato

## Green Apple Salsa



- 1 1/3 c. chopped granny smith apple (1 large apple)
- 2/3 c. diced celery
- 2/3 c. diced cucumbers
- 2/3 c. diced red onion
- 1/4 c. minced fresh cilantro
- 1/4 c. apple cider vinegar
- 2 Tbsp. lemon juice
- 1/4 tsp. salt



## Local Granny Smith Apples



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## Dietitian's Corner



Bringing in the New Year is the perfect time to make a change in your nutrition routine. A great dietary change to make is eating five servings of vegetables each, and every single day. Remember always try to create a colorful plate. -Toni Bowman, MBA, RDN



POMPTONIAN FOOD SERVICE

"This institution is an equal opportunity provider."

Winter Riddles Answers: 1) Snow Angel, 2) Penguin