

NUTRITION NEWS 2019



National Nutrition Month

Is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. It focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits!



Dietitian's Corner



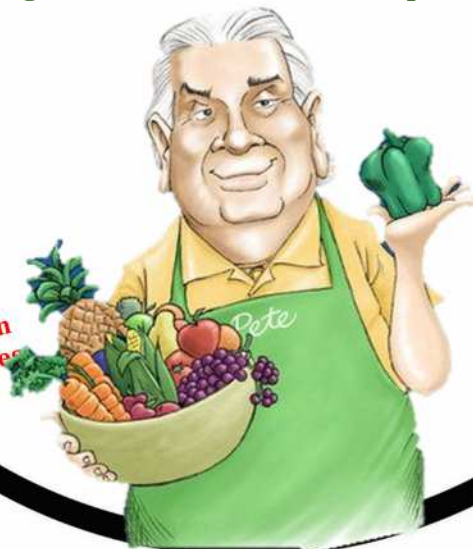
Happy National Nutrition Month! Kiddos, I encourage you to rethink your plate. MyPlate is a guide to help you develop a healthier eating style, which is also known as an eating pattern and includes all the food and beverages you eat and drink! MyPlate is divided into five food groups; Fruits, Vegetables, Grains, Proteins and Dairy. -Toni Bowman, MBA.

FACTS Produce Pete

Let's welcome Produce Pete to our monthly Nutrition News! He is a well-known American Grocer, Chef, and Celebrity Spokesperson that enlightens us about our healthy fruits and veggies.

Pete entertains us with the history of our produce, as well as teaching us how to properly select, store and use it.

We look forward to learning from Produce Pete's fun insightful facts about our colorful plates of food.



Empire Apples

THE EMPIRE APPLE IS A CROSS BETWEEN A MCINTOSH AND A RED DELICIOUS- CRISPY AND JUICY

IT TAKES 4-5 YEARS FOR AN APPLE TREE TO PRODUCE THE FIRST EMPIRE APPLES

THE AVERAGE APPLE TREE PRODUCES OVER 800 LBS OF APPLES

MORE THAN 2500 VARIETIES OF APPLES ARE GROWN IN THE UNITED STATES, INCLUDING EMPIRE APPLES, PRODUCE PETE'S FAVORITE



Onions

- ONIONS ARE ONE OF THE OLDEST FOODS DATING BACK TO ANCIENT EGYPTIAN

- ONIONS ARE THE EASIEST VEGETABLE TO GROW, THEY GROW IN JUST ABOUT ANY SOIL, ALL YOU NEED IS SUNLIGHT

THE SULFURIC ACID IN ONIONS REALLY DOES MAKE YOU CRY

THE LARGEST ONION EVER GROWN WEIGHED IN AT OVER 10 LBS



Check in with your lifestyle and answer these three simple questions?

Name 3 ways to reach your daily fruit and vegetable targets?

Describe how your plate compares to MyPlate

Identify how you can be physically active in ways that fit your lifestyle.



5 Ways to Enjoy Fruits and Vegetables

Grilled Fruit Kabobs: **pineapple**, peaches, **melon** and banana make for a delicious treat.

Brighten up your salads with peppers, baby carrots, **spinach** leaves or **mandarin oranges**.

For a grab and go breakfast have a smoothie! Mix up **strawberries**, bananas and low-fat milk.

Add a refreshing crunch to your sandwich by adding sliced **cucumbers**, apples, and **peppers**.

Jazz up a baked potato with beans, salsa, or veggies like broccoli.

Fruit for dessert! Slice a **banana** vertically and top it with frozen yogurt and diced up **berries**.

"This institution is an equal opportunity provider."

Why was the onion crying?

He had a cut.

