



Nutrition Education 2015 Calendar

MIAMI-DADE
COUNTY

Community Action
and Human Services

Nutrition Services

Nutrition is the food we eat and the way in which the body uses it.

This simple definition encompasses a variety of activities in the role of nutrition professionals. These include: food service operations, nutrition assessments, nutrition counseling, menu planning, contracts management, administering nutrition programs, recipe development, health related nutrition diagnosis, filling diet orders or prescriptions, nutrient analysis, and nutrition education.

Can anyone do this work? No, this work requires certain credentials. One must demonstrate education, experience and knowledge in the area of nutrition and food service. In the State of Florida nutrition professionals must be licensed to perform duties not related to food service operations. Hospitals, insurance companies and federally funded programs require registration with the Academy of Nutrition and Dietetics. Food service operations require knowledge of food science and food management certification. One exception to food service operations is that you really do not have to know how to cook. But, it helps in menu planning and recipe development.

The articles provided in this calendar will highlight nutrition services.



What Is Your Nutritional Status?

The United States has an abundance of food and resources available for Americans to maintain a healthy nutritional status. However, the status of an individual's health can be attributed to food choices. These choices ultimately influence the nutritional status. One way to determine the effective use of the resources and consumption of foods is through a nutrition assessment. A nutrition assessment is an evaluation of objective and subjective information obtained through interviews, medical and dental data, anthropometric data, physical appearance, and diet history.

Medical and dental data to be reviewed include results

The status of an individual's health can be attributed to food choices.

of laboratory work from the blood (hematocrit/hemoglobin, cholesterol, triglyceride, glucose, etc.); urinalysis (protein, concentration, bacteria etc.); blood pressure (systolic and diastolic readings); dental examination/screening, medical diagnosis.

Anthropometric data include results of height, weight, head circumference (infants and toddlers).

Diet history includes allergies, food (cultural) preferences and frequency of food consumption, special diet, and medications.

Information gathered through interviews includes

socioeconomic background, food intolerance, food security/insecurity and other potential barriers.

Physical appearance includes distribution of weight and body type (frame).

In the State of Florida only a licensed nutrition professional is authorized to assess the nutritional status of an individual. This nutrition professional is usually referred to as a Registered Dietitian/Nutritionist or Licensed Dietitian/Nutritionist.



Are you what you eat?

Eating a balanced diet requires consuming meals that offer a variety of foods and nutrients. It sounds easy. But, is it really?

The Federal government introduced us to My Plate, a nutrition education campaign designed to help Americans eat nutritious meals. However, the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences established standards to meet the nutrient requirements for Americans of all ages and level of activity. These standards are referred as Recommended Dietary Allowances and Dietary Reference Intake. This is determined through a nutrient analysis of the foods consumed by individuals.

Providers of Elderly and Child Nutrition Programs funded by the Federal government, Head Start and Early Head Start Programs are required to provide meals that meet a certain percentage of nutritional needs. For the elderly

programs the requirement is 33% (⅓) and Head Start and Early Head Start is 50% (½) to 66% (⅔). Some of the nutrients include: calories; protein; carbohydrates; fats; vitamins A and C; B vitamins- thiamin, riboflavin, pyridoxine, folic acid, cyanocobalamin; minerals- iron; calcium; sodium; potassium; zinc; magnesium. A requirement for fiber is also included.

Unfortunately, the nutrient requirements may not be met by using the My Plate as a guide or consuming the four food groups. It requires the skills of a registered and licensed, dietitian/nutritionist. This professional is trained to plan menus that address an individual's nutrient requirements, so that you can be what you eat.

Below is a table that shows some common nutrients and daily requirements:

Nutrients	Requirement 1 to 2 years	Requirement 3 to 5 years	Requirement 70+ years moderately active
Calories –kilocalories (kcal)	1000-1300 kcal	1200-1800 kcal	1800 kcal
Carbohydrates -grams	112.5-211 grams	135-292.5 grams	225 grams
Protein -grams	12.5-65 grams	30-135 grams	90 grams
Fat - grams	33-57.7 grams	33-70 grams	60 grams
Thiamin - milligrams	.5 milligrams	.6 milligrams	1.1 milligrams
Riboflavin -milligrams	.5 milligrams	.6 milligrams	1.1 milligrams
Pyridoxine - milligrams	.5 milligrams	.6 milligrams	1.5 milligrams
Folate - micrograms	150 micrograms	200 micrograms	400 micrograms
Cyanocobalamin - micrograms	.9 micrograms	1.2 micrograms	2.4 micrograms
Vitamin A -micrograms	550 micrograms	733 micrograms	700 micrograms
Vitamin C - milligrams	15 milligrams	25 milligrams	75 milligrams
Calcium - milligrams	500 milligrams	800 milligrams	1200 milligrams
Iron - milligrams	7 milligrams	10 milligrams	8 milligrams
Sodium - milligrams	1000-1500 milligrams	1200-1900 milligrams	< 2300 milligrams
Potassium - milligrams	3000 milligrams	3800 milligrams	4700 milligrams
Magnesium - milligrams	80 milligrams	130 milligrams	320 milligrams
Fiber -grams	14-19 grams	19-25 grams	21 grams



Food Service: It's More Than Cooking

When it comes to food service the thought is about cooking. But, it is more than cooking. Food service involves budget development, menu planning, food preparation, and sanitation. Each of these activities requires several steps for completion.

Budget development:

The budget must take into consideration the amount of money allocated to

produce several meals for the month. Once this is determined, then take an inventory of items in the cabinets and verify amounts. This is especially important for availability of staples. Check ads to see what is on sale and find coupons as well.

Menu planning: The menu planning should consider what was identified in the cabinets and sale items. Use fresh fruits and vegetables in season. Include dishes the family enjoy eating. Find recipes that can be made with leftovers. Incorporate low cost items for desert, such as gelatin with fruit and puddings.

Make a list: The list should include all the items to be purchased from the menu as well as seasonings, spices, and staples in short supply.

Shopping: Take the list to the grocery store when shopping. Buy only what is on the list. This will ensure adherence to the budget. Check the unit prices of food items. Select generic items. They are usually the same quality, but lower in cost.

Food preparation and sanitation: During food preparation it is important that you apply good sanitation practice. Wash your hands each time you handle food (cooked and raw). Clean the surface before placing food on it. Sanitize the work area with one part bleach (1/2 cup) to one gallon of water. Keep raw foods away from cooked foods. Do not allow raw foods to touch, keep them apart and store separately.

Unless the menu item does not require preparation before cooking, it is prudent to use a recipe. This will ensure that the finished dish turns out well.

Make sure that the internal temperature of all cooked meats is appropriate: pork (145°-155°); beef (160°-170°); chicken (165°).

Vegetables should be steamed and not submerged in water. Over cooking will destroy vitamin C and some of the B vitamins.

Use fresh fruits and vegetables in season, and find recipes that can be made with leftovers



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>January</h1>				1	2	3
				8	9	10
				15	16	17
				22	23	24
				29	30	31
4	5	6	7			
11	12	13	14			
18	19	20	21			
25	26	27	28			

Seed Estimating
Guess how many seeds are in an apple. Cut it open and count the actual number of seeds.

Favorite Fruit Graphing
Allow children to try a variety of different fruits. Graph their favorites. Discuss with children the class's most and the least favorite fruit.

Creamy Sweet Potato Soup

Yield: Serves 6 (serving size: about 1 cup soup)

INGREDIENTS

2 large sweet potatoes, halved lengthwise
¼ cup water
2 teaspoons olive oil
1 cup chopped onion
½ teaspoon ground cumin
¼ teaspoon crushed red pepper
4 cups unsalted chicken or vegetable stock
¼ teaspoon salt
6 bacon slices, cooked and crumbled
¼ cup Parmesan cheese, shaved
2 tablespoons flat-leaf parsley leaves (chopped)

PREPARATION

1. Place potatoes, cut sides down, in an 11 x 7-inch microwave-safe baking dish. Add ¼ cup water; cover with plastic wrap. Microwave at HIGH 15 minutes or until potatoes are tender. Cool slightly; discard potato skins.
2. Heat a saucepan over medium-high heat. Add oil; swirl to coat. Add onion; sauté 1 minute or until translucent. Stir in cumin and red pepper. Add stock to pan; bring to a boil. Place half of sweet potato and half of stock mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters); blend until smooth. Pour pureed soup into a large bowl. Repeat procedure with remaining sweet potato and stock mixture. Stir in salt. Divide soup evenly among 6 bowls; sprinkle cooked bacon and Parmesan cheese evenly over top. Garnish with parsley, if desired.

Nutrition Facts

Number of Servings: 6

Amount Per Serving

Calories	233
Fat	6.2g
Protein	10.7g
Carbohydrate	33.9g
Fiber	5.1g
Cholesterol	12mg
Fiber	1.4mg
Sodium	530mg



What's on your plate?

Menu planning is vital for ensuring nutrient intake.



With a plethora of nutrition information available, it becomes mind boggling to know what to eat on a daily basis. This is where menu planning becomes vital for ensuring adequate nutrient intake. Basic menu planning should include the use of a variety of foods for each meal. These foods should come from the following food groups: protein items such as meats, poultry, cheeses, and legumes (dried beans); dairy to include amilk, puddings, ice cream; fruits, vegetables, and grains.

Color is also a factor to consider. Not all food on the plate should be the same color. The meal should be appealing to the eyes. Variety is the key.

Texture is another component for menu planning. Foods with a different feel and

consistency should be provided on the plate. Unless there is a medical need (poor dentation, dysphagia-swallowing problem) the meal should not consist of soft foods only.

The natural flavor of foods should vary. The combination of flavors should

Not all food on the plate should be the same color. The meal should be appealing to the eyes.

complement and not overwhelm any food. Cook with spices to spark up the flavor of foods that are commonly bland to the taste.

The development and use of recipes are beneficial for adding ingredients to increase the nutrient content of meal components.

The aroma of the meal should be inviting. To tone down pungent smells by mixing in odor absorbing herbs and other plant products such as parsley, bay leaves, chayote, and potatoes. Over cooking also reduces the strong odor of some foods.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Great Teeth Discuss dental hygiene practices with children. Bacteria in the mouth sticks to teeth as a sticky substance called plaque. The bacteria lives off of foods eaten daily such as fruits, sweets, breads, cakes, etc. Food should be brushed off daily or use water to rinse loose particles of food left in the mouth when brushing is not possible.	5	6	7
8	9	10	11	12 Telescopes Take 1 oz. sliced lunch meat, 1 tablespoon cheese spread, 1 teaspoon sunflower nuts, pretzel sticks; Use the cheese and nuts as a spread. Roll up lunch meat and secure with a pretzel stick.	13	14
15	16	17	18	19	20	21
22	23	24	25 Spinach Pesto Use a blender to blend 1 cup spinach, ½ cup basil leaves, 1 tablespoon walnuts, 1 clove garlic, ½ tsp olive oil, 1 teaspoon lemon juice, salt and pepper to taste. Spread it on whole wheat crackers and have children taste it.	26	27	28

February

What are Community Nutrition Resources?

There are several food and nutrition programs in our community which create a safety net that ensures that children, adolescents, families, and seniors at risk for poor nutritional intakes have access to safe, nutritious meals and nutrition education. Some of these resources in our community are: the Women, Infants &

Children (WIC), Supplemental Nutrition Assistance Program (SNAP), Miami Dade County Health Department; Expanded Food and Nutrition Education Program (EFNEP); Miami-Dade County Public Schools (MDCPS) (National School Lunch and Breakfast Programs); Meals for the Elderly (Meals on Wheels, Congregate Meals, High Risk Meals), Child and Adult Care Food Program; Miami-Dade County Community Action and Human Services, Summer Food Service Program and Family and Community Division, Emergency Food Program; Food Banks; Farm Share; and Farm to Table initiatives. Registered dietitians and community programs work closely with at risk individuals to connect them to these resources as appropriate.

Another resource that is working towards better health in the community is Communities



Miami-Dade County Health Department has partnered with Miami-Dade County Public Schools to offer students access to a variety of nutritious meal options made with local ingredients, through vending machines

Putting Prevention to Work (CPPW), an initiative designed to make healthy living easier by promoting environmental changes at the local level. Through funding awarded by the Centers for Disease Control and Prevention in 2010, a total of 50 communities are working to prevent obesity and tobacco use—the two leading preventable causes of death and

disability. With support of the CPPW initiative, Miami-Dade County Health Department has partnered with Miami-Dade County Public Schools to offer students access to a variety of nutritious meal options made with local ingredients, through vending machines. The vending machine menu is designed by Miami-Dade County Public Schools Food & Nutrition in partnership with celebrity chefs. These menu items meet guidelines for the National School Lunch Program. In Miami-Dade County the nutritious menus provided to Head Start children are planned by registered dietitians (RDN). The menus include locally grown produce; low fat, salt and sugar foods; meets 2/3's of the children's nutritional needs; and addresses the cultural/ethics preferences. Likewise the menus served to elderly clients in Miami- Dade County are also created by RDNs.

Pan-Grilled Snapper with Chimichurri

INGREDIENTS

1½ tablespoons chopped fresh cilantro
1 tablespoon chopped fresh basil
1 tablespoon finely chopped shallots
1½ tablespoons olive oil
1½ tablespoons fresh lemon juice
½ teaspoon salt, divided
¼ teaspoon freshly ground black pepper, divided
Cooking spray
4 (6-ounce) snapper fillets

PREPARATION

1. Combine the first 5 ingredients in a medium bowl; stir in ¼ teaspoon salt and ⅛ teaspoon pepper.
2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle remaining ¼ teaspoon salt and ⅛ teaspoon pepper over fish. Add fish to pan; cook 4 minutes on each side or until desired degree of doneness. Serve with sauce.

Nutrition Facts

Number of Servings: 1

Amount Per Serving

Calories	227
Fat	8.8g
Protein	34.2g
Carbohydrate	1.1g
Fiber	0.1g
Cholesterol	52mg
Iron	1.5mg
Sodium	384mg



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Jus Papaye Papaya Juice milkshake or (Jus Papaye in creole) is used to start the typical working day. It's filled with everything you need to keep you moving. Blend 1 cup of ripe frozen papaya, ½ cup evaporated milk, pinch of salt, 1 tablespoon of sugar, and a pinch of vanilla extract. Discuss the Haitian culture.	6	7
8	9	10 Butterfly Salad Slice a pineapple ring in ½ to use an outline of the butterfly's wings. Use a piece of celery stick as the body. Place 1 teaspoon of cottage cheese inside of pineapple ring. Use sliced green olives for eyes. You can also add carrot sticks for antennae.	11	12	13	14
15	16	17	18 Moon Balls Mix 1 cup peanut butter, ¼ cup honey, ½ cup raisins, 1 cup dry milk powder together and roll into small balls. Roll balls in graham cracker crumbs. Place on a cookie sheet. Chill and serve.	19	20	21
22	23	24	25	26	27	28
29	30	31				

March

Farfalle with Tomatoes, Onions, and Spinach

Yield: 4 servings (serving size: about 1 ¼ cups pasta mixture and 3 tablespoons feta)

INGREDIENTS

1 tablespoon plus ¼ **teaspoon** salt
8 ounces uncooked farfalle pasta
2 tablespoons olive oil, divided
1 cup sliced yellow onion
1 teaspoon dried oregano
5 garlic cloves, sliced
2 cups grape tomatoes, halved
1 tablespoon white wine vinegar
3 cups baby spinach
3 tablespoons shaved fresh Parmigiano-Reggiano cheese
¼ **teaspoon** freshly ground black pepper
¾ **cup** crumbled feta cheese

PREPARATION

1. Bring a large pot of water to a boil with 1 tablespoon salt. Add pasta, and cook according to package directions; drain.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion and oregano; sauté 12 minutes or until lightly browned. Add garlic; sauté 2 minutes. Add tomatoes and vinegar; sauté 3 minutes or until tomatoes begin to soften. Add pasta and spinach; cook 1 minute. Remove from heat, and stir in Parmigiano-Reggiano, remaining 1 tablespoon oil, remaining ¼ teaspoon salt, and pepper. Sprinkle with feta.



Nutrition Facts

Number of Servings: 4

Amount Per Serving	
Calories	374
Fat	13.3g
Protein	13.7g
Carbohydrate	51.1g
Fiber	3.8g
Cholesterol	22mg
Iron	2.6mg
Sodium	632mg

School Readiness – From Conception to Birth and Beyond

Physical well-being is one of the goals for school readiness. It is often thought to be limited to medical services – physical, immunization, and dental. But, did you know that nutrition is a key component in preparing your child for school? How does this happen? Eating nutritious foods and maintaining good health are closely linked throughout the lifespan. This connection is even

more striking during pregnancy, infancy, and early childhood. A registered and licensed dietitian (RDN/ LDN) can help navigate through this process.

Let's start at the beginning. An unborn child receives the nutrition it needs to grow not only from what the mother eats during pregnancy, but from the biological and molecular processes of the mother. This will provide nutrients through the changing state of breakdown and renewal of muscle in the mother's body, as well as fat and bone. The processes also cause a release of protein, fat, and calcium into the bloodstream. These nutrients in the blood stream and diet work in harmony to provide nutrition in the womb through the placenta which holds the infant.

So when a pregnant woman does not have proper food intake, it adversely affects the normal development of the infant. Therefore, a malnourished fetus in the early and later stages of pregnancy may have a lifelong programming effect, which predisposes the infant to chronic health conditions later in life. An example is that the fetus may adapt its metabolism to cope with malnutrition by reducing the amount of insulin and



Did you know that nutrition is a key component in preparing your child for school?

glucose produced. Such adaptation has been shown to permanently program the metabolic system and increase the risk of type two diabetes mellitus. Specific nutrient insufficiency such as iron deficiency in pregnant woman causes low birth weight and curb normal growth in infants; calcium deficiency restricts skeletal growth; and folate deficiency in the mother results in lack

of iron absorption which manifests in neural tube defects such as spina bifida. Infants born with a low birth weight have an increased risk of impaired physical and mental development. In this case the growth is not optimal and learning difficulties are prevalent, than infants born at a healthy weight.

Later in the toddler years, without proper intake of all essential nutrients, the child often experiences problems with his/her health, cognitive development and difficulty with social skills. A child with iron deficiency anemia displays delay in fine motor, language and personal-social skills; and normal vision.

Poor nutrition is also a result from overeating (obesity and overweight) as well. Nutrition in early childhood is more than simple caloric intake. For a young child to develop normally there needs to be a solid nutritional foundation, which includes intake of each nutrient in the correct amount.

Therefore, good nutrition is essential for proper growth, development, and learning in the early stages of life.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April

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Fresh Fruit Dip

Blend ½ cup of vanilla frozen yogurt with 3 tablespoons of fresh squeezed orange juice well. Serve with fresh cut fruit as a dip.

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Hummus Dip

Blend a can of chickpeas, a garlic clove, ½ tsp of olive oil, lemon juice and salt. Use freshly cut vegetables like celery or broccoli and serve with hummus as a dip. You can also use baked pita chips with hummus dip.

19

20

21

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25

Ambrosia Salad

Mix together ½ cup low fat sour cream, ½ cup low fat frozen yogurt, 1 cup drained mandarin oranges, 1 cup drained pineapple chunks, 2 tablespoons coconut flakes. Chill well and serve.

26

27

28

Foods from the Rainbow

Have children organize cards by color to make a rainbow. Once the rainbow is made, explain how we should eat foods that are colorful and that we should eat a range of colors every day. Then have children to select some foods from the rainbow to represent the foods they might eat in one day.

29

30



Getting to the Root – Turmeric and Arthritis

Turmeric is a South Asian tropical plant with a part of its stem (called rhizome) growing underground. This stem is bright yellow-orange in color and used as a spice. The spice in the grocery store has been boiled, dried, and ground into powder. The spice has long been used by healing practitioners of Ayurveda, an ancient traditional Indian medical practice. Traditional healing practices use turmeric to treat many ailments, including arthritis, stomach problems, poor circulation, and skin diseases. Turmeric when mixed with liquids is made into a paste or ointment; or burned for the patient to inhale.

Modern research shows that curcumin, the active ingredient in turmeric, acts as an anti-inflammatory. A new study suggests that it can be used effectively for arthritis treatment.

Traditional healing practices use turmeric to treat many ailments, including arthritis, stomach problems, poor circulation, and skin diseases

Research suggests that turmeric may prevent changes that lead to Alzheimer's disease. Animal studies have also shown that turmeric may be effective in the prevention or treatment of colon, breast, and prostate cancers.

Turmeric used as a spice is added in curry powder and used to color foods like cheese and mustard. It is used in dishes such as curry chicken, coconut milk base entrees, soups, and stir fry dishes. It's considered safe by the

Food and Drug Administration (FDA). Turmeric can also be taken as a supplement. However in large doses, it may counter interact with some

prescription drugs. Check with the doctor before taking turmeric, especially if taking medicine for: diabetes, inflammation, high cholesterol, and thinning the blood.

Spring Risotto

Yield: 4 servings

Fresh asparagus is most economical in the spring when it's in season.

INGREDIENTS

1 pound asparagus, trimmed and cut into $\frac{3}{4}$ -inch pieces

1 $\frac{3}{4}$ cups fat-free, lower-sodium chicken broth

2 tablespoons olive oil

1 $\frac{1}{2}$ cups chopped onion

2 garlic cloves, minced

1 cup uncooked Arborio rice

1 cup frozen shelled edamame

$\frac{3}{4}$ teaspoon kosher salt

$\frac{1}{4}$ cup $\frac{1}{3}$ -less-fat cream cheese

$\frac{1}{2}$ teaspoon freshly ground black pepper

1 ounce shaved Parmesan cheese

2 tablespoons chopped fresh thyme

Nutrition Facts

Number of Servings: 4

Amount Per Serving	
Calories	398
Fat	14.2g
Protein	17g
Carbohydrate	53.2g
Fiber	7.6g
Cholesterol	15mg
Iron	4.4mg
Sodium	748mg

PREPARATION

1. Bring 4 cups water to a boil in a saucepan. Add asparagus, and cook for 2 minutes. Drain. Bring 2 cups water and chicken broth to a simmer in a saucepan.
2. Heat a large saucepan over medium heat. Add olive oil, and swirl to coat. Add onion; cook 4 minutes. Add garlic, and cook for 2 minutes, stirring constantly. Stir in rice, edamame, and salt; cook for 1 minute. Stir in 1 cup broth mixture; cook for 4 minutes or until liquid is nearly absorbed, stirring constantly. Add remaining broth mixture, $\frac{1}{2}$ cup at a time, stirring constantly until liquid is absorbed before adding more (about 20 minutes total).
3. Stir in asparagus, cream cheese, and pepper; cook 1 minute. Spoon 1 cup risotto into each of 4 bowls. Top each serving with 1 tablespoon Parmesan cheese; sprinkle evenly with thyme.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>May</h1>					1	2
3	4	5	6	7	8	9
				Flower, Flower, Cauliflower! Introduce a new vegetable – Cauliflower. Let the children touch and then taste the vegetable. They can also sing: I carry white flowers; To break off and eat; I'm sometimes served raw; A nutritious snack treat!		
10	11	12	13	14	15	16
		Balanced Meal Plate The children would choose one picture from each food group to paste on a paper plate. The pictures from supermarket advertisements could be used. Explain to children that their plate must include more vegetables, fruits, whole grains, low fat dairy and less meats, fats, and sugars.				
17	18	19	20	21	22	23
				Red Raspberry Rouser Put into a mixer 1 cup frozen raspberries, 1 cup frozen strawberry yogurt, and ½ cup chilled pineapple juice and blend well. Serve in little cups and enjoy.		
24/31	25	26	27	28	29	30

Spicy Sautéed Broccoli Rabe with Garlic

Yield: Serves 6 (serving size: ½ cup)

INGREDIENTS

- 1 ¼ pounds** broccoli rabe (rapini), trimmed and cut into 2-inch pieces (about 10 cups)
- 2 tablespoons** extra-virgin olive oil
- 1 cup** thinly sliced red onion
- ¼ teaspoon** crushed red pepper
- 5** garlic cloves, thinly sliced
- ½ teaspoon** salt

PREPARATION

1. Cook the broccoli rabe in boiling water for 2 minutes; drain and rinse with cold water.
2. Heat olive oil in a large skillet over medium-high heat. Add onion, red pepper, and garlic to pan; sauté for 3 minutes, stirring occasionally. Add broccoli rabe and ½ teaspoon salt to pan, and cook for 2 minutes or until heated, stirring frequently.

Nutrition Facts

Number of Servings: 6

Amount Per Serving

Calories	79
Fat	4.5g
Protein	3.7g
Carbohydrate	7.1g
Fiber	0.4g
Cholesterol	0.0mg
Iron	0.9mg
Sodium	226mg



Fight Stress with Healthful Foods

Stress eating. It's been blamed for countless wrecked diets, scarfed-down pizzas, and disappearing pints of ice cream. When we are stressed there is a tendency to crave certain foods. It's not often that we're just itching for some French fries, chips, or ice cream. These and other foods high in sugar, salt and/or fat, trigger a release of brain chemicals that impact the same pathways as addictive drugs; providing a temporary relief of anxiety or depression. So it's not all in your head. There is a legitimate, physiological reaction that occurs when we give in to these cravings.

Additionally, eating provides a distraction from whatever negative thoughts might be swirling through our minds. Whether we're feeling overwhelmed, frustrated, sad, and lonely or any not-so-good emotion, the hand-to-mouth motion of eating can temporarily take our mind off of these feelings.

But stress is a part of everyday life. Uncontrolled variables, such as work challenges, marital troubles, problems with work-life balance, illness, the death of a loved one, and financial woes, can all lead to anxiety, stress, or depression. Diet, on the other hand, is something we can control. For example, vitamin B deficiencies can cause symptoms of fatigue and anxiety. Vegetarians are at risk for vitamin B12 deficiency, which can cause pernicious anemia and the associated fatigue. There is also an association between low vitamin D levels and fatigue, irritability, and depression. High-quality, nutrient-dense foods,



Eating high-quality, nutrient-dense good help to fight stress and depression.

such as unrefined whole grains, fruits, vegetables, legumes, nuts, essential fats, and quality proteins low in saturated fats, are all part of a healthy dietary program that can make you feel well and balanced physically and emotionally. Here are some foods that help fight stress and depression:

- Spinach contains magnesium, which help improve your body's response to stress and may prevent migraine headaches.
- Asparagus is a good source of folic acid, which produces serotonin and helps stabilize mood.
- Lean beef helps stabilize mood by supplying zinc, iron, and B vitamins.
- Low fat dairy products such as milk and cottage cheese provide vitamins B2 and

B12, which can reduce muscle spasms and tension.

- Nuts and seeds are good stress-fighting snacks. They contain vitamin B12, magnesium, zinc, vitamin E, and folate which may lower blood pressure and helps to produce dopamine, a pleasure inducing brain chemical.
- Fruits such as oranges and blueberries contain vitamin C which helps to fight infections. Bananas provide potassium, which lowers blood pressure.
- Fish containing omega-3 fatty acids, such as salmon, can boost serotonin levels and limit the production of anxiety hormones such as adrenaline and cortisol.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
			Watermelon Waldorf Salad In a mixing bowl, combine 1 cup seeded watermelon chunks, ½ cup diced celery, and ½ cup seedless grapes halves. Just before serving, add ¼ cup low fat plain yogurt; stir to coat. Sprinkle with toasted sliced almonds.			
14	15	16	17	18	19	20
21	22	23	24	25	26	27
		Banana Berry Ice Cream Blend 1 cup frozen mixed berries, 1 cup frozen banana and ½ cup of coconut milk. Freeze them into cubes and serve. This activity is suitable for toddlers.				
28	29	30				

June

How can diet affect bladder control?

Incontinence is a subject most mature men and women are reluctant to talk about — even with their doctors. As a result, they suffer physically, emotionally and needlessly. Help to restore continence and confidence is often not sought after. There are corrective measures people can take to manage and lessen the symptoms of incontinence. Some of the treatment choices vary from dietary changes, bowel training regimens and in severe cases surgery. However, there are foods that can help relieve some bladder problems; as well as specific foods that can trigger incontinence.

Although no special diet can cure incontinence, there are certain dietary related recommendations you should know to address the condition.

Many people with bladder control problems reduce the amount of liquids consumed in the hope of decreased urination. This can create highly concentrated, irritating urine which can make you have to go to the bathroom more often. It also encourages the growth of bacteria, which can lead to infections. The effect on the bladder is not always understood, but eliminating one or all of the irritants listed may improve bladder control. The common bladder irritants include: highly spicy foods and raw onions; acidic foods, such as tomatoes and citrus fruits; caffeinated beverages,



There are corrective measures people can take to manage and lessen the symptoms of incontinence

such as coffee, tea, and hot chocolate; carbonated beverages, such as seltzer and soda; dairy products; artificial sweeteners, corn syrup, sugar, honey; heavy, rich foods. Another common cause of urinary incontinence is alcohol; like caffeine, it is a diuretic. Diuretics increase total urine production, and the need to urinate more often.

It is recommended to drink plenty of fluids, especially earlier in the day. That advice may seem counter-intuitive, but if fluid intake is less, then the urine will be highly concentrated and the blood pressure could be too low. One most likely will become dehydrated; the bladder can become irritated and worsen symptoms. Water is an excellent choice as it has no calories, no caffeine, and no carbonation. Just don't drink too much before bedtime so you don't have to

get up frequently at night.

Eat plenty of fiber rich foods such as whole grain cereals, breads, fresh vegetables and fruits. Increasing fiber in the diet can ease constipation. People who are constipated tend to have problems with their bowels and bladder as well. Take a fresh look at your eating habits and discover what works for you. You may find that eating a healthy diet, drinking the right beverages, and avoiding foods that irritate the bladder will reduce the number of infections or trips you have to take to the restroom.

Summer Quinoa & Barley Salad

Yield: 4 servings (serving size: about 1 cup)

INGREDIENTS

- $\frac{1}{2}$ cup uncooked pearl barley
- $\frac{1}{2}$ cup uncooked quinoa
- 1 cup fresh corn kernels
- 1 cup diced seeded plum tomato
- $\frac{1}{2}$ cup chopped green onions
- $\frac{1}{4}$ cup chopped fresh flat-leaf parsley
- 20 kalamata olives, pitted and coarsely chopped
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 garlic clove, minced
- $\frac{3}{4}$ cup (3 ounces) crumbled feta cheese

PREPARATION

1. Cook barley according to package directions, omitting salt. Drain and rinse with cold water; drain. Cool completely. Combine barley, corn, and next 4 ingredients (through kalamata olives) in a bowl. Combine juice and next 4 ingredients (through garlic), stirring well with a whisk; drizzle over barley mixture. Toss to coat. Sprinkle with cheese.

Nutrition Facts

Number of Servings: 4

Amount Per Serving

Calories	494
Fat	18.5g
Protein	13.5g
Carbohydrate	73.8g
Fiber	13.7g
Cholesterol	19mg
Iron	2.9mg
Sodium	704mg



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July			1	2	3	4
			5	6	7	8
			9	10	11	12
			13	14	15	16
			17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Groovy Green Smoothie
Blend 1 banana, 1 cup grapes (for a thicker smoothie, freeze in advance) with 6 ounces vanilla yogurt, ½ apple chopped, and 1½ cups fresh spinach leaves. Let children enjoy. This is suitable for toddlers.

Bruschetta Burgers

Yield: Serves 4 (serving size: 1 sandwich)

INGREDIENTS

- 1 pound** 90% lean ground sirloin
- ½ teaspoon** kosher salt, divided
- ½ teaspoon** freshly ground black pepper, divided
- 1 tablespoon** extra-virgin olive oil, divided
- ¾ cup** part-skim mozzarella cheese, shredded
- 8 (1-ounce) slices** Italian bread
- Cooking spray
- 2** garlic cloves, divided
- 1 cup** diced tomato
- ¾ cup** chopped basil

PREPARATION

1. Divide beef into 4 equal portions; shape into patties with ¼-inch thickness. Sprinkle evenly with salt and pepper.
2. Heat a large cast-iron skillet over medium-high heat. Add 2 teaspoons oil to pan; swirl to coat. Add patties to pan; cook 2 minutes. Turn patties; top evenly with mozzarella cheese. Cook 2 minutes or until cheese melts. Remove patties from pan. Coat bread slices with cooking spray. Add 4 bread slices to pan; cook 30 seconds on each side or until toasted. Cut 1 garlic clove in half; rub cut sides of garlic on both sides of bread slices.
3. Mince remaining garlic clove. Combine minced garlic, remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper, remaining 1 teaspoon oil, tomato, and basil in a bowl; toss to coat. Top each of 4 bread slices with 1 patty. Divide tomato mixture evenly among patties. Top with remaining 4 bread slices.



Nutrition Facts

Number of Servings: 6

Amount Per Serving

Calories	395
Fat	16.6g
Protein	29g
Carbohydrate	31g
Fiber	2g
Cholesterol	73mg
Iron	4mg
Sodium	676mg

Is Any Environment Really Peanut or Nuts Free?

There appears to be a fashionable trend with schools and child care centers to claim that the environments are peanut or nuts free. But, are they really peanut or nuts free as they claim? Can schools/centers that are open to the public, guarantee a peanut or nuts free environment? The decision to go peanut or nut free – was it based on scientifically relevant data or personal preferences? Let's look at some of the facts. For instance the Head Start program in Miami-Dade County serves 7330 children 0-5 years of age, there are only 68 or 0.93% of children with documented allergies to peanuts, and less than ½ percent with a nut allergy. So, in considering one child's needs; is addressing the cultural or preference of other children being denied, when a center chooses not to offer peanuts or nuts?

It is most appropriate to establish a peanut or nut free zone for a child with a medically diagnosed life, threatening food allergy. However, most peanut or nut allergies are not as severe. Many physician orders often indicate that a child cannot have peanuts or indicate a peanut allergy, without any instructions or indication of severity. The physician or medical authority would indicate a need for a peanut or nut free zone, in the case of a life threatening allergy.

An allergy that is life threatening presents warning signs of difficulty breathing, a drop in blood pressure, and loss of consciousness; all of which constitute an anaphylactic reaction. However not all food allergic reactions result in anaphylaxis. Most children see reduction in severity of symptoms as they grow and their immune system matures.

If a child presents with a medically diagnosed life threatening food allergy, then Federal laws such as the

American with Disabilities Act (ADA), Rehabilitation Act of 1973, Section 504, and Food Safety and Modernization Act of 2010 (FSMA), will all be applicable. The next step would then be to create an Individual Health Plan (IHP) by a registered nurse as recommended by the National Association of School Nurses (NASN) regardless of the setting in accordance with federal laws. The plan should be developed in collaboration with the child's parents, other

licensed healthcare providers, teachers/caregivers, food service staff, and be consistent with state and federal laws regarding confidentiality and civil rights.

All staff must be trained on the individual plan and the procedures. Only pre-packaged food items with complete ingredient lists must be allowed in the classroom. But because of how our foods are produced and processed it is virtually impossible to completely eliminate all traces of peanuts or nuts. Food must be prepared in strict accordance. Food service vendors should also be a nut free company. Staff and children must consistently implement



If certain procedures are strictly followed and implemented, then the classroom may be considered free of peanut or nuts.

appropriate hand washing and mouth rinsing procedures (note that hand sanitizers are not effective in removing the residue of known allergens). Staff must ensure that tables and other equipment used by that child are continually cleaned with Clorox wipes. If all of these procedures are strictly implemented, then the classroom may be considered free of peanut or nuts. But to consider an entire school or center to be completely free of peanut or nuts is impossible. Therefore, to better serve the young community and not infringe on other children's individual rights, specific areas or zones can be designated for the child's use that will be kept peanut or nuts free.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

August

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Table Setting

Teach children how to set the table with plates, napkins, cups, forks, and spoons. Teach them to clear the table when meal service is completed.

Aging Pains

We have always associated arthritis or pain in the joints, back, hands, etc., with getting older in age. But the fact is that arthritis affects people of all ages. For example, a young person might hurt his knee badly playing sports; perhaps someone falls or be injured in a car accident. Then, years after the individual's knee has apparently healed, he might get arthritis in his knee joint. Arthritis is caused by inflammation of the tissue lining the joints. Many people start to feel pain and stiffness in their bodies over time. These people may have arthritis. Some signs of inflammation include redness, heat, pain, and swelling of the affected area. Osteoarthritis is the most common form of arthritis.

This condition usually comes with age and most often affects the fingers, knees, and hips. This is caused by wear and tear on the cartilages and sometimes follows an injury to a joint. Rheumatoid arthritis (rheumatism refers to aches and pains) is the 2nd most common form of arthritis. It affects three times more women than men. This usually comes on at a younger age. Rheumatoid arthritis happens when the body's own defense system doesn't work properly. It affects joints and bones.

Although arthritis can discourage you from being active, it's important to work with your doctor to develop a personalized activity plan. There is also much that can be done to protect the joints and keep mobile. This can be done with



Arthritis can affect people of all ages

prescribed medications, physical therapies and self-management techniques, such as maintaining a healthy weight, following a healthy diet and doing regular exercise.

As for diet, although there is no recommendation for a specific diet for arthritis, choosing healthy foods offers many benefits. If you already have arthritis, losing extra weight can help prevent arthritis from getting worse. Try cutting calories by taking smaller portions, avoiding sugary foods and drinks, and increase intake of plant-based foods. Fresh fruits and vegetables are always a healthy food choice, and many are loaded with antioxidants. Antioxidants are substances that help protect your cells from

damage. Some antioxidants, found in many fruits and vegetables, including apples, onions, shallots, and strawberries, help reduce joint inflammation and pain. Omega-3 fatty acids may help relieve joint pain and decrease morning stiffness. Sources of omega – 3s are trout, salmon, mackerel, herring, tuna, and sardines. A compound in olive oil, called oleocanthal, helps prevent inflammation. About 3 1/2 tablespoons of the strongest flavored olive oil offers the same relief as 200 mg of ibuprofen. Another key element for joint health is vitamin C. This helps build collagen and connective tissue. Foods rich in vitamin C are citrus fruits, red peppers, strawberries, broccoli, cabbage, and kale. So eat healthy, stay mobile and live an active life!

Cranberry-Oatmeal Bars

INGREDIENTS

Crust:

4.5 ounces all-purpose flour (about 1 cup)

1 cup quick-cooking oats

½ cup packed brown sugar

¼ teaspoon salt

¼ teaspoon baking soda

¼ teaspoon ground cinnamon

6 tablespoons butter, melted

3 tablespoons orange juice

Cooking spray

Filling:

1 ½ cups dried cranberries (about 6 ounces)

¾ cup sour cream

2 tablespoons all-purpose flour

½ teaspoon grated orange rind

½ cup granulated sugar

1 teaspoon vanilla extract

1 large egg white, lightly beaten

PREPARATION

1. Preheat oven to 325°.

2. To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 5 ingredients (through cinnamon) in a medium bowl, stirring well with a whisk. Drizzle butter and juice over flour mixture, stirring until moistened (mixture will be crumbly). Reserve ½ cup oat mixture. Press remaining oat mixture into the bottom of an 11 x 7-inch baking dish coated with cooking spray.

3. To prepare filling, combine cranberries, sour cream, granulated sugar, and remaining ingredients in a medium bowl, stirring well. Spread cranberry mixture over prepared crust; sprinkle reserved oat mixture evenly over filling. Bake at 325° for 40 minutes or until edges are golden. Cool completely in pan on a wire rack.



Nutrition Facts

Number of Servings: 4

Amount Per Serving	
Calories	133
Fat	4.6g
Protein	1.5g
Carbohydrate	21.9g
Fiber	0.9g
Cholesterol	13mg
Iron	0.6mg
Sodium	67mg

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Discuss table manners with children.
 Let them observe staff during mealtime to identify good manners. Encourage children who are using good manners.

Guacamole Dip
 Blend 1 big ripe avocado without skin with 1 tablespoon lemon juice and 1 tablespoon mayonnaise well. Add chopped onion and garlic and salt to taste. Serve with baked pita chips. Discuss taste and texture.

Tropical Fizz
 Mix ½ cup pineapple chunks, ½ cup Papaya chunks, ½ cup Mango chunks in a bowl. Pour chilled 12 ounces of lemon-lime seltzer over fruits. Serve immediately.

Planting Seeds Song
 Let children plant some seeds. Teach them this song. "I dig, dig, dig and plant some seeds. I rake, rake, rake and pull some weeds. I wait and watch and soon I know, my gardens sprouts have begun to grow."

September

Spiced Lentils & Poached Eggs

INGREDIENTS

- 1 cup** dried small red lentils
- 3 cups** water
- 1** bay leaf
- 2 teaspoons** olive oil
- 1 cup** chopped onion
- 1 cup** chopped tomato
- 1 teaspoon** curry powder
- ¼ teaspoon** ground cumin
- ½ teaspoon** salt, divided
- ⅛ teaspoon** ground red pepper
- 1** garlic clove, minced
- 1 tablespoon** white vinegar
- 4** large eggs
- ¼ teaspoon** freshly ground black pepper
- ¼ cup** plain low-fat Greek yogurt
- 2 tablespoons** chopped fresh cilantro

PREPARATION

- Combine first 3 ingredients in a large saucepan. Bring to a boil. Cover, reduce heat, and simmer 20 minutes or until lentils are tender. Drain; discard bay leaf.
- Heat a nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion and tomato; sauté 8 minutes or until onion is tender. Add curry, cumin, ¼ teaspoon salt, red pepper, and garlic; sauté 2 minutes. Add lentils; cook 1 minute. Remove from heat.
- Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer. Add vinegar to pan. Break eggs into custard cups. Gently pour eggs into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon. Place about ¾ cup lentil mixture on each of 4 plates; top each serving with 1 poached egg. Sprinkle evenly with remaining ¼ teaspoon salt and black pepper. Top each serving with 1 tablespoon yogurt and 1½ teaspoons cilantro.



Nutrition Facts

Number of Servings: 4

Amount Per Serving

Calories	291
Fat	6.8g
Protein	20.5g
Carbohydrate	35.1g
Fiber	4g
Cholesterol	181mg
Iron	2.7mg
Sodium	379mg

Heal the Digestive System and Heal Yourself

The digestive system is a much neglected part of our bodies - ignored until we get a touch of diarrhea, stomach cramps or suffer from several days of constipation. Considering that everything we eat from soup to nuts, and everything we drink passes along the system, it is surprising that we aren't sick more often.

First, we need to understand how it works. The digestive system is a group of organs working together to convert food into energy and basic nutrients to feed the entire body. The body uses these nutrients for energy, growth, and cell repair. The way it works is that the hard-working digestive system allows nutrients and water to enter the body while preventing the entry of toxins/antigens. It's a selective barrier between "us" and the outside world. A distressed digestive system caused by harmful bacteria cannot act in our defense. Instead, it allows dangerous compounds to enter the body and affects our health. For this system to work at its best, there are bacteria found within the digestive arrangement that assists in the process. Bacteria found in the digestive system can be classified as harmful or helpful. Harmful bacteria allow certain damaging compounds to enter the digestive system resulting in major health



Food has a direct role in strengthening or weakening the bacteria in the digestive system

consequences. This leads to allergies, digestive problems, arthritis, autoimmune disease, rashes, acne, chronic fatigue, mood disorders, dementia, and cancer. On the other hand, helpful bacteria in the digestive system support the manufacture of vitamins (B12, K, B6, B5, B3, folate and biotin), enhance absorption of minerals, fight off disease causing germs, digest food, and metabolize drugs. They even influence total body metabolism. The beneficial bacteria are like busy tourists in our digestive system. They come and go. We don't have a permanent supply, so we need to continually replenish them via diet. For our bodies to maintain a good supply of the beneficial bacteria in our digestive system, it is important to consume a proper diet.

This is where nutrition plays an essential part. Food has a direct role in strengthening or weakening the bacteria in the digestive system. But each person must know which food affects them

adversely. Some foods that may cause a problem to the individual's digestive system include spicy foods, raw foods, and cow's milk. The right diet for each individual can strengthen the digestive system in its guardian role, improving overall health and well-being.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

October

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Fire Truck Cookies

Mix 1 tbsp. cream cheese with red food coloring. Spread the mixture on graham crackers. Use round butter cookies for wheels. Put a slice of cheese to make a ladder. Let children make their own trucks and taste. Discuss fire safety.

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Introduce Tomato

"I'm round and red; and juicy too; Chop me for a salad; Or dump me in your stew!" Let children feel and taste a tomato.

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Salsa

Mix $\frac{3}{4}$ cup chopped sweet onion, $\frac{1}{4}$ cup chopped tomato, $\frac{1}{4}$ cup each canned black beans & corn rinsed and drained, $\frac{1}{4}$ cup chopped cilantro, a pinch of salt, 1 tablespoon lemon juice in a mixing bowl. Serve with baked corn tortilla chips.

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Phantom Floats

Fill glass half-full with grape juice. Add scoop of lime sherbet. Add ginger ale until glass is almost full. Stir. Spoon on a glob of whipped topping. Children will see the topping floating on top of the drink.

Eating Out – New Information on Nutrition Labeling

It's a birthday celebration at work – a slice of pizza, a cup cake and soda. Later in the day a bag of chips or a candy bar and a conversation with a colleague by the snack machine. Or you stop by a friend's house and they invite you to try their favorite dish from a nearby restaurant. Whether we realize it or not most of us eat nearly half of our meals and snacks outside of the home. Research shows that many of the foods consumed away from home have more calories and poor nutritional quality than those prepared at home. Therefore, it is important to know the calorie information of the foods we consume to make healthy choices.

In November 2014 the U.S. Food and Drug Administration (FDA) finalized two rules requiring calorie information to be listed on menus and menu boards in chain restaurants, similar retail food establishments, and vending machines to help consumers make informed decisions about meals and snacks. The rules are included in a section of the Affordable Care Act. The menu labeling rule also includes food facilities in entertainment venue chains such as movie



Foods consumed
away from home
have more calories

theaters and amusement parks. FDA is ensuring flexibility for multi-serving dishes like pizza to be labeled by the slice rather than as a whole pie. The rules also cover alcoholic beverages listed on menus because of the impact on public health. Restaurants and similar retail food establishments will have one year to comply with the menu labeling requirements.

To help consumers understand the significance of calorie information in the context of a total daily diet, under the rule, menus and menu boards will include the statement: “2,000 calories a day is used for general nutrition advice, but calorie needs vary.” At present this information is only about calories, but will someday expand to include more nutrients

such as carbohydrate, protein, fat, cholesterol, sodium, etc., as on packaged food items; fiber will be included as well. A pre-packaged or prepared food product will always contain the nutrition label with information for each serving size. This information will help consumers make informed healthy choices as they continue to eat outside of the home. So the next time you go out to eat be on the lookout for nutrition information on the foods you eat.

Garlic-Chipotle Chicken Tacos

Yield: Serves 4 (serving size: 2 tacos)

INGREDIENTS

- 1 tablespoon** chopped fresh garlic
- 1 tablespoon** minced chipotle chile, canned in adobo sauce
- 2 tablespoons** canola oil, divided
- 1 pound** chicken cutlets
- ¾ teaspoon** kosher salt, divided
- ¾ teaspoon** black pepper, divided
- Cooking spray
- 2 teaspoons** chili powder
- 1 small** red bell pepper, quartered
- 1 small** green bell pepper, quartered
- 1 small** Vidalia onion, cut into ½-inch rings
- 8** (6-inch) corn tortillas
- ½ cup** shredded green leaf lettuce

PREPARATION

1. Preheat grill to medium-high heat.
2. Combine garlic, chipotle, and 1 tablespoon oil; rub evenly over chicken. Sprinkle with ¼ teaspoon salt and ¼ teaspoon black pepper. Place on grill rack coated with cooking spray; grill 3 minutes on each side or until done. Remove from grill; keep warm.
3. Combine remaining oil, remaining salt, remaining black pepper, and chili powder in a large bowl. Add bell peppers and onion; toss gently to coat. Place vegetables on grill rack; grill 5 minutes on each side or until soft and charred. Place tortillas on grill rack coated with cooking spray; grill 30 seconds on each side or until lightly charred. Remove from grill; keep warm.
4. Thinly slice chicken. Divide chicken, bell peppers, onion, and lettuce among tortillas.

Nutrition Facts

Number of Servings: 2 tacos

Amount Per Serving	
Calories	312
Fat	9.8g
Protein	29.5g
Carbohydrate	27.8g
Fiber	4g
Cholesterol	66mg
Iron	1.4mg
Sodium	533mg



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Egg Boats Cut 7 hardboiled eggs lengthwise and remove yolks. Make egg salad by mixing yolks with ¼ cup low fat mayonnaise, ½ teaspoon dry mustard and a pinch of salt. Place the yolk mixture into white halves. For sail, attach pretzel stick to triangular slice of cheese.	7
8	9	10	11	12	13	14
15	16	17 Turkey Fruit Cup Hollow half an orange. Fill with orange pieces. Insert lettuce leaf at back for feathers, a carrot slice for head, broken toothpick for nose and raisins for eyes. Attach with toothpicks.	18	19	20	21
22	23	24	25	26	27	28
29	30	November				

Spinach and Ham Stuffed Baked Potatoes

Yield: Serves 4 (serving size: 1 potato)

INGREDIENTS

- 4 (8-ounce)** baking potatoes
- 2 tablespoons** water
- 1 (5-ounce) bag** baby spinach
- 2 tablespoons** plain fat-free Greek yogurt
- ¼ teaspoon** kosher salt
- ¼ teaspoon** freshly ground black pepper
- ½ cup** lower-sodium ham, diced
- ½ cup** cheddar cheese, shredded
- ¼ cup** chopped green onions

PREPARATION

1. Pierce potatoes liberally with a fork. Microwave at HIGH 14 minutes or until tender. Remove potatoes from microwave, and cool for 10 minutes.
2. While potatoes cook, bring 2 tablespoons water to a simmer in a large skillet over medium-high heat. Add spinach to pan; cook for 2 minutes, stirring until spinach wilts. Cool for 5 minutes. Place spinach in a paper towel, and squeeze out any excess liquid. Coarsely chop spinach.
3. Cut one-third off each potato lengthwise. Remove pulp from potato, leaving a ¼-inch-thick shell. Combine potato pulp, yogurt, salt, pepper, ham, cheese, and spinach in a large bowl, stirring to combine. Evenly fill potato shells with spinach mixture; sprinkle with green onions.



Nutrition Facts

Number of Servings: 1

Amount Per Serving

Calories	272
Fat	5.2g
Protein	12g
Carbohydrate	46g
Fiber	5g
Cholesterol	21mg
Iron	3mg
Sodium	429mg

Is the “Mediterranean” Diet, the secret to longevity?

Can we just eat our way to 100 years of age? What helps us live longer? These are some questions that arise in our minds as we age. Here are some answers. Your destiny as a potential centenarian is determined by your DNA, upbringing and temperament, as well as how physically active and sociable you are; and the climate where you live. But, it is generally accepted that diet is a strong determinant of how long we live. Usually, traditional ways of eating have been credited with being alive beyond the age of 100.

One such diet is the Mediterranean diet. The Mediterranean diet is not a specific diet plan or diet program, but a collection of eating habits that are traditionally followed by the people of Greece, Southern Italy, and Spain.

The Mediterranean diet, has always been the cornerstone of dietary advice in cardiovascular disease prevention, but is now linked with slower aging. This diet which is rich in vegetables, fruit, nuts, legumes, unrefined grains, fish and olive oil may guard against aging at the very basic cellular level. According to a new study that looked at 4,700 middle aged women who ate a Mediterranean-style diet discovered that they may live longer than



This diet may guard against aging at the very basic cellular level

those who don't follow the diet. The researchers looked at one indicator of aging called telomeres. Telomeres are sequences of DNA located at the end of chromosomes, like the plastic tip on the end of shoelaces that naturally shorten with age. Telomeres get shorter every time a cell divides, so their length is thought to be a measure of a cell's aging. What this study indicates is that the genetic material in our body that predicts life expectancy has an association with the Mediterranean diet.

Women in the study who ate more Mediterranean foods and consumed moderate amounts of wine with their meals had longer telomeres

in their blood cells. The study results support the benefits of adherence to the diet to promote health and longevity. However, it will be wise to note that many of the women in the study were of European ancestry, and telomere dynamics may be different in people of other ethnicities. There may be more studies done to validate these results. Regardless, there are plenty of health benefits that are attributed to following this diet. The truth is that the secret about aging is to avoid accumulating cell damage. Eating fish, beans, nuts, seeds, legumes, whole grains, and not so much red meat, dairy or sugar may help us to reduce cellular damage.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>December</h1>			1	2	3	4
					Pudding Jewel Prepare 1 box of instant vanilla pudding according to box directions. Add ¼ cup drained pineapple chunks and ¼ cup drained mandarin orange segments. Mix well and serve chilled.	5
			6	7	8	9
					10	11
						12
13	14	15	16	17	18	19
			Vegetable and Fruit Themed Ornaments Have children paste pictures of their favorite fruits and vegetables on a print out of an ornament. Have them decorate their ornaments to take home.			
20	21	22	23	24	25	26
27	28	29	30	31		

Search for the New Holy Grain

How we love our bread! There are so many varieties and styles representing different cultures. Although we are able to sample many different types of bread in restaurants, specialty shops and farmers markets, we are also now suffering from a range of ailments, which have never been seen before. Problems like gluten intolerance, Inflammatory Bowel Disease (IBD), ulcers, cancers of the digestive tract; allergies are running rampant in our society. If you look back at history, humans have been eating grains in the order of our existence on earth. Many millennia ago, healthy natural “bread” contained hand-ground whole beans, and lentils. This wholesome, nutritionally diverse food was called “the staff of life.” But for the past 200-300 years we are eating the more refined grain products: grains that have been significantly modified from their natural composition. It is only recently we have come full circle to appreciate our ancestor’s whole grains that contain all the vitamins and nutrients our bodies need to function healthfully.

With this initiation of including more whole grains in our general diet, there is the arrival of many whole grains and seeds on the food scene. Here are some of the most promising grains or seeds:

Amaranth: This tiny seed, which has a slight peppery flavor, is gluten free. It provides complete protein—meaning all nine of the essential amino acids are present in it. It is also



Many millennia ago, healthy natural “bread” contained hand-ground whole beans, and lentils

very high in calcium, B vitamins, and iron.

Barley: Barley contains the highest fiber content of all whole grains. In addition, it’s loaded with antioxidants, vitamins and minerals that are essential for a healthy life.

Brown Rice: Full of B vitamins, iron, vitamin E, some good-quality protein, vitamins, minerals, amino acids, and fiber, it provides complex carbohydrates, a

steady supply of energy for our bodies.

Buckwheat: Buckwheat contains all nine essential amino acids. It also has higher amounts of zinc (which boosts immune function), copper (which may reduce the risk of neurological disorders) and manganese (which protects your bones) than any other grain.

Bulgur: This nutty tasting grain is low in calories and fat while being high in fiber. Bulgur is thought to have anti-inflammatory effects.

Farro or Spelt: This slightly sweet and earthy-flavored grain is a variety of wheat. A quarter cup has a hefty amount of protein, fiber and micronutrients.

Millet: Millet has very high amounts of protein at 15%, B vitamins, and high amounts of iron, magnesium, and potassium.

Quinoa: Not a grain, but a seed. Quinoa is higher in protein than most grains. It provides complete protein—meaning all of the nine essential amino acids are present in it.

Teff: This gluten-free grain is tiny in size. Teff is a great source of vitamin C.

Salted Caramel Cheesecakes

Yield: Serves 12 (serving size: 1 cheesecake)

INGREDIENTS

30 vanilla wafers
2 tablespoons canola oil
 Cooking spray
 $\frac{2}{3}$ **cup** packed light brown sugar
 $\frac{2}{3}$ **cup** plain fat-free Greek yogurt
12 ounces $\frac{1}{3}$ -less-fat cream cheese, softened
1½ teaspoons vanilla extract
 $\frac{1}{8}$ **teaspoon** table salt
2 large eggs
 $\frac{1}{2}$ **cup** granulated sugar **2 tablespoons** water
1 tablespoon butter $\frac{1}{2}$ **cup** evaporated milk
 $\frac{3}{8}$ **teaspoon** flake salt

PREPARATION

1. Preheat oven to 300°.
2. Place cookies in a food processor; process until finely ground crumbs measure about 1 cup. Add oil; pulse to combine. Coat a 12-cup muffin tin well with cooking spray. Spoon about 1 packed tablespoon crumb mixture into each muffin cup; press crumbs firmly into bottom. Bake at 300° for 7 minutes or until lightly browned. Remove from oven; cool.
3. Wipe food processor clean. Place brown sugar, yogurt, and cream cheese in processor; process until smooth. Add vanilla, table salt, and eggs; process until smooth. Spoon about 3 tablespoons batter into each muffin cup. Bake at 300° for 18 minutes or until centers of cheesecakes barely move when pan is touched. Remove pan from oven; cool on a wire rack to room temperature. Cover pan; refrigerate cheesecakes 3 hours or until well chilled.
4. Run a thin knife around outside edge of each cheesecake. Carefully remove cheesecakes from pan; place on a platter. Chill cheesecakes until ready to serve.
5. Combine granulated sugar and 2 tablespoons water in a medium, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring gently as needed to dissolve sugar evenly (about 3 minutes). Continue cooking 12 minutes or until the color of light brown sugar (do not stir). Remove from heat; carefully stir in butter and milk (caramelized sugar will harden and stick to spoon). Place pan over medium-high heat until caramelized sugar melts. Bring to a boil; cook 1 minute. Remove pan from heat; cool caramel to room temperature. Cover and chill 1 hour or until slightly thickened. Spoon about 1 tablespoon caramel over each cheesecake. Sprinkle cheesecakes evenly with flake salt.

Nutrition Facts

Number of Servings: 8

Amount Per Serving	
Calories	254
Fat	12.7g
Protein	5.7g
Carbohydrate	30.1g
Fiber	0.3g
Cholesterol	64mg
Iron	0.6mg
Sodium	256mg





Community Action and Human Services

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SOURCES: National Library of Medicine; Food and Drug Administration; Academy of Nutrition & Dietetics; American College of Allergy, Asthma & Immunology; Harvard Medical School; Harvard School of Public Health; Stanford University School of Medicine; National Institute of Child Health & Human Development; National Institute on Aging; Arthritis Foundation; Mayo Clinic Medical Manual; The New York Times, March 2013; American Journal of Clinical Nutrition, 2004; The New England Journal of Medicine, 2013; Journal of the American College of Sports Medicine, 2012; From Neurons to Neighborhood: The Science of Early Childhood Development, 2000; Cooking Light Recipes.



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