



2018

NUTRITION EDUCATION CALENDAR

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Community Action and Human Services



Food IS Medicine

Good nutrition and what you put into your body is the foundation for good health. “Food is Medicine” is a term which was originally coined by Hippocrates, the father of Western medicine; it was his belief that eating wholesome food is the basis for good health. Hippocrates said almost 2500 years ago “Leave your drugs in the chemist's pot if you can heal the patient with food.”

Centuries earlier than that Ayurvedic medicine, as practiced in India, is one of the oldest systems of medicine in the world. Ayurveda is a 5,000-year-old system of natural healing that has its origins in the Vedic culture of India. More than a mere system of treating illness, Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). Many Ayurvedic



practices predate written records and were handed down by word of mouth.

The earliest known doctors and health practitioners across the world imparted the benefits of using food as medicine to heal the body and now based on research it is clearly evident that food plays a major role in health and how you feel on a day to day basis. Slowly through the years man has moved away from the healing power of nature and towards prescribing packaged synthetic drugs and artificial remedies to deal with illness.

The reality is that because we have shifted away from natural remedies and many of us rely on a diet of processed, fatty and sugar-laden food the consequences are that rates of obesity and disease have increased significantly.

If food has the power to prevent much of the chronic illness we experience today then it makes sense to alter our diets to use it to our own advantage to not only heal and restore the body but also to prevent illness. Although taking pharmaceutical drugs for ailments may be useful, they often come with short and long term side effects and contribute to the toxic build up in our bodies. While drugs are important in life threatening situations, if long term conditions can be managed with diet and lifestyle changes then using food as medicine must be considered as a initial way of tackling the issue and preventing future health problems.

The Important Aspects Of Food

Ancient health practices state food is considered to be the best medicine. Of equal importance is the consideration, that poor digestion is the primary origin or causative factor for nearly all diseases.

Let's discuss the basic principles of food.

The Nature Of Food

Depending on whether the food is easily digestible or not, food can be classified as heavy or light in quality. Meat is heavy for digestion while rice and vegetables are light. This is the basic nature of the food and while eating we must take this into consideration.

Processing

Generally, cooked food is better for nutrition. Some food substances like fruit or even salads are better taken as uncooked. Processing includes other methods like roasting, frying, baking, drying, churning etc. and depending on the method of the process can actually change the qualities of the food making food either more light or heavy for digestion.

Combination

While preparing food the ingredients must be compatible and properly mixed together. For example, combining sour fruits with milk will curd and is not considered beneficial due to poor food combining and incompatibility of ingredients.

Quantity

While eating one has to consider the individual ingredient quantity and the total quantity of the food that is consumed. Here, again, we have to consider the heavy and light qualities of the substances that are taken.

Place

Food must be eaten in a place which is clean. If the surroundings where one eats are good and clean, then the food is better absorbed and has good and beneficial effects upon the body and mind.

Time or period

Only when the previous meal has been properly digested should one consider eating the next meal. One must also change the type of food as well as the quantity and quality of food in accordance to seasonal changes. Another important consideration is that the main meal ideally should be taken between 10 a.m. to 2 p.m., which is optimal for digestion when the body is most active.

Rules for eating

Food ideally should be consumed while it is hot. This will naturally increase the digestion. Likewise, meals must be taken in a relaxed, calm and cheerful atmosphere. One should not eat, when the person is nervous, angry, anxious, or in a disturbed state of mind. Similarly, eating too slowly or too rapidly along with eating while talking, laughing, thinking or watching television is also not advisable. It is better if we concentrate on the food only with the thought that this food is going to benefit both the body and mind. Smoking or drinking too much water or any other liquid after eating is also not advisable.

Person who takes the food

Every person must take into consideration his own constitution, capacity of his digestive power, the season, time of day, and whether the previously taken food has been digested or not.



Meals Under \$3

We all want the same thing: a delicious (and healthy!) inexpensive food. Try these recipes, each a healthy idea full of nutrition without skimping on taste. Plus, at less than \$3 per serving and under 500 calories, our cheap healthy meals are easy on the wallet and the waistline!

Bacon-and-Egg Breakfast

Budget Price: \$1.49 per serving

Makes: 4 servings

Serving Size: 1 egg, 1 slice bacon, 1/2 cup brown rice

Prep: 20 mins

Cook: 40 mins

Stand: 5 mins

Ingredients

2 cups water

1 cup uncooked long grain brown rice

1 tablespoon olive oil

1/4 teaspoon salt

4 slices bacon

4 eggs

1/2 cup shredded Italian cheese blend (2 ounces)

1 tablespoon snipped fresh chives or parsley (optional)

Bottled hot pepper sauce or crushed red pepper (optional)

Ground black pepper (optional)



Directions

In a medium saucepan bring the water to boiling. Add rice, oil, and salt. Return to boiling; reduce heat. Simmer, covered, about 40 minutes or until liquid is absorbed. Remove from heat. Let stand for 5 minutes; fluff with a fork. Divide rice among four serving bowls.

Meanwhile, place bacon strips in an unheated large skillet over medium heat. Cook until crisp, turning once or twice, about 5 minutes; drain well on paper towels. Crumble and set aside.

Fry eggs in the same skillet until whites are set and yolks are desired doneness (about 4 1/2 minutes for over-easy; about 5 1/2 minutes for over-hard). Carefully place one egg on top of the rice in each bowl; top with crumbled bacon, cheese, and, if desired, chives or parsley. If desired, serve with hot pepper sauce or crushed red pepper.

Nutrition Facts

Serving size	1 bowl
Amount Per Serving	
Calories	361
Protein	16 g
Carbohydrate	37 g
Fat	5 g
Saturated fat	2.6 g
Cholesterol	205 mg
Sodium	467 mg
Sugar	1 g
Dietary fiber	2 g

Basic Principles Of Using Food As Medicine

Eat in harmony with nature. Consider a whole foods plant-based diet with as little processed food and added sugar as possible.

Ideally this means consuming far fewer processed grains, low fat dairy, cold water fish like salmon, sardines and mackerel as the preferred animal product; and far more intestine-activating fiber rich foods such as in all plant foods, including: legumes (peas, soybeans, and other beans), oats, rye, chia, and barley, some fruits (including figs, avocados, plums, prunes, berries, ripe bananas, and the skin of apples and pears), certain vegetables such as broccoli, carrots, root tubers and root vegetables such as sweet potatoes, nuts, with almonds being the highest in dietary fiber

Use foods rather than supplements to treat and prevent chronic illness.

Whole foods contain a number of substances that work together and may be far more effective than supplements that just deliver one of them;

Why take the powerful antioxidant lycopene in a pill when you can eat a tomato that contains both lycopene and a number of other antioxidants, along with vitamins, minerals and other nutrients that work together to prevent heart disease by decreasing cholesterol and lipid levels and stopping abnormal blood clotting? Numerous foods have specific healing properties such as: ease earaches with garlic; tame chronic pain with turmeric; give your back some TLC with grapes; end endometrial pain with oats; ginger for muscle and joint pain; relax muscles with peppermint; relieve toothache with cloves; and head sinus with horseradish.

Combine your nutritional plan with a program to reduce stress and raise awareness about how as well as what we eat.

Stress inhibits and interferes with every aspect of digestive functioning and with the efficient use of nutrients. Stressed-out

people can't make very good biological use of even the healthiest diets. Learning to eat slowly and mindfully will increase your enjoyment of meals, reduce your consumption of food (most of us eat so fast we don't have time to register signals from our stomach that we are full), and help you make food choices that are better for you.

Understand that we are all, biochemically unique.

We may be the same age and ethnicity, have very similar health status, ethnicity, and income, but you may use 100 times as much B6 as I do, and I may require 100 times more Zinc. Sometimes we may need a nutritionally oriented physician, or dietitian to do specific, sophisticated tests to determine our deficiencies and requirements. We can always learn a great deal about what's good for us by eating different foods, and by paying close attention to the outcomes.

Find a health professional who will help you begin treatment of chronic conditions with nutrition and stress management (as well as exercise) rather than medication.

Except in life threatening situations, this is the common sense way

to go. The prescription antacids, Type 2 diabetes drugs, and antidepressants that tens of millions of Americans use to decrease acid reflux, lower blood sugar, and improve mood, only treat symptoms and do not address causes. And they have very significant and often dangerous side-effects. If they are only prescribed, as they should be, after a thorough trial of non-pharmacological treatment, they will rarely be necessary.

Don't become a food fanatic.

Use these guidelines (and others that make sense to you), but don't beat yourself up for deviating from them. Just notice the effect of a questionable choice, learn, and return to your program.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Years Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King's Birthday	16	17	18 Seed Estimating Guess how many seeds are in an apple. Cut it open and count the actual number of seeds.	19	20
21	22	23	24	25	26 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.	27
28	29	30 Pineapple Cup Recipe – Le Jardin Mix together 1 can (16 oz) of drained pineapple chunks, 1 can (11 oz) of drained mandarin oranges, 1 small packet of coconut flakes, 1 small tub of whipped cream. Serve in a bowl.	31			

January



Vegetarian Gumbo

Budget Price: \$1.50 per serving
Makes: 6 servings
Serving size: 1 cup
Prep: 10 mins
Slow Cook: 6 hrs to 8 hrs (low) or 3 to 4 hours (high)

Ingredients

2 15 ounce cans black beans, rinsed and drained
1 28 ounce can diced tomatoes, undrained
1 16 ounce package frozen sweet pepper and onion stir-fry vegetables
2 cups frozen cut okra
2 - 3 teaspoons Cajun seasoning
3 cups hot cooked white or brown rice
Chopped green onions (optional)

Directions

In a 3 1/2- to 4 1/2-quart slow cooker combine beans, tomatoes, frozen stir-fry vegetables, frozen okra, and Cajun seasoning.

Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

Ladle gumbo into shallow bowls over hot cooked rice. If desired, sprinkle with green onions.

Nutrition Facts

Serving size	1 cup
Amount Per Serving	
Calories	250
Protein	14 g
Carbohydrate	52 g
Fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	675 mg
Sugar	7 g
Dietary fiber	10 g

Easy Guide To Whole Grains

It's one thing to know that whole grains are a quick way to kick-start a healthy diet—with all the extra dietary fiber and iron, plus the added B vitamins, they're a solid choice to up your eating game. But it's another thing entirely to know which ones to use and how they're best cooked. So let's find the right whole grains for you:

QUICK TIPS

Hot and Cold. Serve them warm like rice pilaf, or try them cold with some extra seasoning.

Salad for Days. Bulgur and wheat berries top this list, but try any of these tossed with some veggies and a flavorful vinaigrette.

Fry 'Em Up. Treat the cooked and cooled grains like fried rice. It'll take some experimenting to find the right flavor combos for you.

Risotto Style. Farro is the classic non-rice to cook as risotto, but just about any of these will work cooked low and slow with hot stock stirred in.

Going Gluten-Free? Just because it's a whole grain doesn't mean it's gluten-free. Quinoa, millet, and brown rice are your best bets. Luckily, they're pretty delicious, too.

Start Cooking. Whole grains are easy to prepare. Check out the recipes in this calendar.



allrecipes! WHOLE GRAINS CHEAT SHEET		
YIELD	WATER	SIMMER
QUINOA THE HIGH-PROTEIN RICE REPLACEMENT		
1 cup dry (1 1/2 cups cooked)	2 cups water or 2 1/2 cups broth	15 minutes
BROWN RICE 50% THE FIBER OF WHITE RICE		
1 cup dry (3 cups cooked)	2 1/2 cups water or 2 1/2 cups broth	45 minutes (or 1 hour)
BARLEY GOOD FOR RICE IN SOUP OR STEW		
1 cup dry (1 1/2 cups cooked)	2 cups water or 2 1/2 cups broth	45 minutes
WHOLE FARRO MAKES A MEAN RISOTTO		
1 cup dry (1 1/2 cups cooked)	2 1/2 cups water or 2 1/2 cups broth	45 minutes
FINE BULGUR AWESOME IN COLD SALADS		
1 cup dry (1 1/2 cups cooked)	2 cups water or 2 1/2 cups broth	30 minutes (or 1 hour)
WHEAT BERRIES BOTTLED BULGUR FOR SALAD STANDING		
1 cup dry (1 1/2 cups cooked)	2 1/2 cups water or 2 1/2 cups broth	45 minutes
MILLET FRIEND TO THE GLUTEN-FREE		
1 cup dry (1 1/2 cups cooked)	2 1/2 cups water or 2 1/2 cups broth	45 minutes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>February</h1>				1	2	3
				8	9	10
				15	16	17
				22	23	24
4	5	6	Great Teeth Discuss good dental hygiene practices with children. Bacteria in the mouth sticks to teeth as a sticky substance called plaque. The bacteria lives off of foods that we eat every day such as fruits, sweets, breads, cakes, etc. This needs to be brushed off daily. This activity is suitable for toddlers.			
11	12	13	14		Telescopes Take 1 oz. sliced lunch meat, 1 T. cheese spread, 1 t. sunflower nuts, pretzel sticks; Use the cheese and nuts as a spread. Roll up lunch meat and secure with a pretzel stick.	
18	19	20	21			
	President's Day		Spinach Pesto Use a blender to blend 1 cup spinach, ½ cup basil leaves, 1 tablespoon walnuts or pine nuts, 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 to taste. Discuss the nutritional importance of eating spinach.			
25	26	27	28			

Functional or Super Foods

"Superfood" carries a certain hype, but some foods do earn that status. Food is medicine. And some foods are more powerful medicines than others! Food is the most powerful tool to create optimal health. Food is the first and most powerful drug or arsenal to treat patients.

Here are some foods that you can incorporate into your eating plan:

Seeds. Three good seeds are chia, hemp and flaxseeds. You can add all three super seeds to smoothies, puddings or on top of coconut yogurt with berries. Let's look at their benefits.

- Chia seeds provide an excellent source of anti-inflammatory omega-3 fatty acids that have numerous benefits, including glowing skin and mental clarity. Just one ounce of chia seeds packs a whopping 10 grams of fiber. Its insoluble fiber acts as a prebiotic that feeds friendly gut bacteria and ferments into short-chain fatty acids to support gut health. Chia seeds also contain more protein than most plant foods. And they contain more calcium than milk.
- Hemp seeds provide healthy omega-3 fats, protein, B vitamins, magnesium, zinc, and iron.
- Flaxseeds are another great source of omega-3 fats, dietary fiber, and essential vitamins and minerals. Flaxseeds have powerful, anti-cancer, hormone-balancing phytonutrients called lignans. Freshly ground flaxseed sprinkled into a smoothie is an excellent way to ease constipation.

MCT Oil. Medium-chain triglycerides or MCTs are a special type of fatty acid derived from coconut oil or palm kernel oil and dairy. This super fuel becomes an instant-energy source because MCTs get rapidly burned and metabolized very efficiently, absorbing directly into the gut and then liver, so MCTs don't get



stored as fat. You can add MCT oil to smoothies, or veggies. MCTs also provide powerful antioxidant support to strengthen the immune system. Animal studies show MCTs also benefit liver and gut function.

Fiber. It is vital for so many reasons, including feeding friendly gut bacteria. Studies show fiber can prevent obesity, reduce risk for chronic diseases, and decrease aging. That's because fiber slows the rate food enters your bloodstream and increases the speed of food exiting through the digestive tract. Dietary fiber also helps balance blood sugar and cholesterol levels, aids in quick release of toxins from your gut and curbs your appetite. Glucomannan is a soluble, fermentable and highly viscous dietary fiber from the root of the elephant yam, also known as konjac. The konjac tuber has been used for centuries as an herbal remedy and to make traditional foods like konjac jelly, tofu and noodle.

Mushrooms. They play a huge role within Chinese medicine. Reishi and Shiitake contain powerful healing properties that boost your immune system and support healthy hormone production. Mushrooms are anti-viral and anti-inflammatory to support healthy liver function, optimized cholesterol levels and anti-cancer benefits. You can make a Reishi tea, cook with shiitake mushrooms and make mushroom soup.



Plant foods. The vast, colorful array of vegetables represents over 25,000 beneficial chemicals. Research shows the synergistic balance of these chemicals provides numerous health benefits. A diverse diet to include as many varieties of these colorful super foods as you can. Eat from the rainbow: Every fruit and vegetable color represents a different family of healing compounds. Red foods (like tomatoes) contain the carotenoid lycopene, which helps eliminate free radicals that damage our genes. Green foods contain the chemicals to protect against cancer. Simply put: The more color you incorporate, the more health benefits you'll receive.

The tremendous power at the end of our forks becomes far more powerful than anything we find in a pill bottle.



White Bean Tuna Salad

Budget Price: \$1.36 per serving
Makes: 4 servings
Serving Size: 1 1/2 cups
Makes: 6 cups
Start to Finish: 20 mins

Ingredients

- 1 15 ounce can cannellini beans, rinsed and drained
- 2 5 ounce cans tuna packed in water, drained
- 2 cups lightly packed arugula or spinach
- 1/2 small red onion, thinly sliced
- 1/4 cup fresh flat-leaf Italian parsley, chopped
- 1/4 cup red wine vinegar
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon dried leaf oregano, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 lemon
- Crusty bread, sliced and toasted (optional)

Directions

In a large bowl combine beans, tuna, arugula, red onion, and parsley. For dressing, in a screw-top jar combine vinegar, oil, oregano, salt, and pepper. Shake well to combine. Pour dressing over tuna mixture; toss gently to combine. Squeeze juice from half of a lemon over salad. Serve with toasted crusty bread, if desired.

Nutrition Facts

Serving size	1 cup
Amount Per Serving	
Calories	274
Protein	22 g
Carbohydrate	15 g
Fat	13 g
Saturated fat	2 g
Cholesterol	30 mg
Sodium	644 mg
Sugar	1 g
Dietary fiber	5 g

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

March

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6

Butterfly Salad

Slice a pineapple ring in 1/2 to use an outline of the butterfly's wings. Use a piece of celery stick as the body. Place 1 tsp. of cottage cheese inside of pineapple ring. Use sliced green olives for eyes. You can also add carrot sticks for antennae.

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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.

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Broccoli Slaw Recipe – Le Jardin

Mix 1/2 package broccoli slaw, 1/2 cup assorted (grapes, chopped apples or mandarin oranges) fruit to taste - dry ramen noodles or rice noodles prepared oriental or sesame salad dressing. Toss with the dressing just before serving.

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Fresh Fruit Dip

Blend 1/2 cup of plain frozen yogurt with 3 tablespoons of fresh squeezed orange juice well. Serve with fresh cut fruit as a dip.

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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. This activity is suitable for toddlers.



Chickpea Alfredo with Spring Veggies

Budget Price: \$1.21 per serving

Makes: 6 servings

Serving Size: 1 cup

Makes: 7 cups

Start to Finish: 35 mins

Ingredients

1/3 cup unsalted raw cashews
Boiling water
12 ounces dried whole grain or brown rice fettuccine
1 cup chopped fresh asparagus
2 cups lightly packed fresh spinach
1/2 cup frozen peas, slightly thawed
1 1/4 cups water
1/4 cup garbanzo bean (chickpea) flour
1 tablespoon lemon juice
2 teaspoons olive oil
2 cloves garlic, minced
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 tablespoons snipped fresh basil and/or parsley (optional)
Shaved Parmesan cheese (optional)

Directions

In a small bowl combine cashews and enough boiling water to cover. Let stand, covered, 20 minutes; drain. Meanwhile, cook pasta according to package directions, adding asparagus the last 3 minutes and spinach and peas the last 1 minute; drain.

In a small saucepan whisk together 1 1/4 cups water and flour until smooth (mixture may be a bit foamy). Cook and stir over medium heat just until bubbly.

For sauce, in a blender combine soaked cashews, flour mixture, and next five ingredients (through pepper). Cover and pulse several times, then blend 5 minutes or until smooth. If desired, stir in basil and/or parsley.

Transfer pasta mixture to a serving dish. Drizzle with sauce; toss to coat. Sprinkle with additional black pepper and, if desired, cheese.

Nutrition Facts

Serving size	1 cup
Amount Per Serving	
Calories	290
Protein	11 g
Carbohydrate	49 g
Fat	7 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	190 mg
Sugar	4 g
Dietary fiber	8 g

Nutrigenomics

Health practitioners and scientists are now uncovering the benefits of Nutrigenomics and the whole notion that food is information that speaks to our genes and triggers messages that create health or disease. There are many factors that culminate to bring about disease such as stress, nutrition, hormone balance, the health of our gut, and the importance of detoxification and food.

Thinking about what is at the end of your fork can help you to avoid specific illnesses that arise due to years of unhealthy eating. The good news is that these can be reversed with the help of a good diet. Even if you live on takeaway you can make healthier choices. More and more food services, restaurants, and other institutions are recognizing the healing power of food and are including healing foods as part of their menus so nutritious food is not as hard to find as it once was.

Being healthy means putting the right fuel into your body and having your internal engine run smoothly. Every meal that you consume influences the way that you feel one way or another so the more nutritious foods you choose, the healthier you will be. Whole foods act as medicine to heal and protect your body and give the immune system a break from dealing with toxins, preservatives, additives and chemicals that are included in so many of today's processed foods.

If you are eating junk food everyday with little or no nutrition, your body will not be receiving all of the nutrients it needs to function properly and health issues can arise. All that your body can operate on are the foods that you choose to put into it.



Healthy nutrient-rich and alive foods help to heal the body at cellular level and build strong defenses enabling you to combat illness and environmental toxins.

The first thing to think about if you're planning on giving your diet an overhaul is to ensure that you have a healthy digestive system. This is a vital ingredient and essential to guarantee that you're efficiently burning your food and effectively extracting the nutrients from it. Diseases are often associated with vitamin and mineral deficiencies or food sensitivities so having healthy digestion and knowing what foods work for you is really important.

Important Rules In Regard To Eating

- Eat simply and avoid those foods you know cause problems (particularly if your digestive system is weakened by excess toxins and you are undergoing treatment)
- Eat only enough to satisfy hunger and eat whenever you are hungry (this will ensure most food may be digested and not add toxins to the system)
- Eat only when hungry, not according to the clock (your body knows when food is required, learn to differentiate hunger from greed)
- Ensure your last meal is at least four hours before sleeping so it may digest properly
- Do not eat when upset, angry, or exhausted. Cook and eat in a calm, giving and positive state of mind
- Be aware of the taste and texture of the food you eat. Enjoy and appreciate your food, and feel satisfied and thankful.
- Chew food thoroughly and properly as this is the first step of digestion and vital so that the stomach can prepare the enzymes necessary to break down the particular food that it will receive
- Allow your body to adjust naturally to any changes in diet and don't worry about weight gain or loss as this will stabilize over time to what is natural and suitable to your birth constitution.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
			Hummus Dip Blend a can of chickpeas, 1 tsp crushed garlic, ½ tsp of olive oil, 1 tsp lemon juice and salt to taste. Use freshly cut vegetables like celery or broccoli and serve hummus as a dip. You can also use baked pita chips with hummus dip.			
15	16	17	18	19	20	21
				Ambrosia Salad Mix together ½ cup low fat sour cream, ½ cup low fat frozen yogurt, 1 cup drained mandarin oranges, 1 cup drained peach chunks, 1 cup drained pineapple chunks, 2 tablespoons coconut flakes. Chill well and serve.		
22	23	24	25	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 every day. Then have children to select some foods from the rainbow to represent the foods they might eat in one day. The goal is for every child to have a range of colors.			
29	30					

April

New Blood Pressure Guidelines

In the first change to blood pressure guidelines in 14 years, the American Heart Association and the American College of Cardiology say that the threshold for high blood pressure should be lower. Under the new guidelines, nearly half of American adults will be considered to have high blood pressure, according to the heart experts who wrote them.

Until now, recommendations have set 140/90 mmHg as the threshold for high blood pressure. The new guidelines say readings above 130/80 mmHg are considered high. Normal blood pressure is less than 120/80 mmHg. The change comes after several years of evolving research on blood pressure and its health consequences. High blood pressure can stress vessels and cause them to be less elastic, which can increase the risk of heart disease and stroke. Hypertension is second only to smoking as a leading cause of heart disease deaths.



In a study published in 2015, researchers compared people who maintained their blood pressure at 140/90 to those who followed a lower target of 120/80. They found that the lower the blood pressure, the better the health outcomes. People with lower readings had less premature heart-related deaths, as well as deaths from any cause.

Under the older, higher target, 32 percent of adults in the U.S. had hypertension. With the new guidelines, 46 percent of Americans have high blood pressure.

But even though more people may be considered to have high blood pressure, not all of them will require medications to treat it, doctors say. The guidelines suggest that for many people, making changes in lifestyle—such as improving the diet to lower salt intake and increasing physical activity—can bring levels down to the new, lower range. People should only consider taking anti-hypertensive medications if these efforts don't work, the guidelines say.

Based on the results of the large 2015 study, many doctors have already advised their patients — especially people with risk factors for heart disease, like being smokers, being overweight or having type 2 diabetes— to bring their blood pressure below 140/90. While some people may be concerned to learn they now have high blood pressure, the new guidelines are a sign that experts are learning and improving their advice to people in order to further lower their risk of dying from heart-related causes.



Turmeric-Ginger Marinated Chicken

Budget price: \$2.93 per serving

Makes: 4 servings

Serving Size: 1 chicken breast - 3 oz.

Prep: 20 mins

Marinate: 2 hrs to 24 hrs

Grill: 12 mins

Ingredients

1/2 cup plain yogurt
2 tablespoons olive oil
1 tablespoon turmeric powder
1 tablespoon grated peeled fresh ginger
1 tablespoon lime juice
2 cloves garlic, minced
1 teaspoon coriander seeds, toasted and ground
1/2 teaspoon kosher salt
4 skinless, boneless chicken breast halves (1 1/2 lb.) or
1 1/2 lb. skinless, boneless chicken thighs
Cooked brown basmati rice
Lime wedges
Fresh snipped fresh cilantro

Directions

For marinade, in a small bowl whisk together the first eight ingredients (through salt). Place chicken in a resealable plastic bag. Pour marinade over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator 2 to 24 hours.

Remove chicken from marinade; discard any marinade remaining in bag. Place chicken on a well-greased grill rack. Grill, covered, over medium heat 12 to 15 minutes or until done (165 degrees F for breasts, at least 170 degrees F for thighs), turning once. Serve chicken with rice and lime wedges. If desired, sprinkle with fresh cilantro.

Nutrition Facts

Serving size	3 oz.
Amount Per Serving	
Calories	360
Protein	42 g
Carbohydrate	27 g
Fat	8 g
Saturated fat	2 g
Cholesterol	125 mg
Sodium	205 mg
Sugar	1 g
Dietary fiber	1 g

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	31		
	Memorial Day			Last Day for Head Start		

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!

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 and fruits, whole grains, low fat dairy and less meats, fats, and sugars.

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.

May



Easy Flatbread Recipe

Budget Price: \$1.70 per serving

Makes: 6 servings

Serving size: 1 slice

Prep: 20 mins

Bake: 16 mins 450°F

Ingredients

- 1 recipe Flatbread Dough or
- 1 lb. purchased pizza dough
- 2 tablespoons olive oil
- 3 ounces thinly sliced prosciutto or cooked chicken breast, cut into strips
- 3 tablespoons dried tomato pesto or tomato sauce
- 4 ounces provolone cheese, shredded (1 cup)
- 1 tablespoon lemon juice
- 1 cup baby arugula or spinach

Directions

Preheat oven to 450 degrees F. Lightly grease a baking sheet; sprinkle with cornmeal. On a lightly floured surface roll and stretch the dough into a 12x8-inch rectangle or oval. Lightly brush with olive oil and cover with plastic wrap.

In a large skillet heat 1 Tbsp. oil over medium heat. Add prosciutto. Cook, stirring occasionally, until browned and crisp. Remove to paper towels to drain.

Spread pesto over dough. Sprinkle with prosciutto and cheese. Bake about 16 minutes or until crust is golden brown.

In a medium bowl whisk together the remaining 1 Tbsp. olive oil and lemon juice. Add arugula and toss to coat. Top pizza with arugula or spinach mixture.

Nutrition Facts

Serving size	1 slice
Amount Per Serving	
Calories	179
Protein	5 g
Carbohydrate	33 g
Fat	3 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	166 mg
Sugar	1 g
Dietary fiber	1 g

A Small Revolution Is Brewing

A small revolution is brewing across California. The food-as-medicine movement has been around for decades, but it's making inroads as physicians and medical institutions make food a formal part of treatment, rather than relying solely on medications. By prescribing nutritional changes or launching programs such as "Shop with Your Doc," they're trying to prevent, limit or even reverse disease by changing what patients eat. There's no question people can take things a long way toward reversing diabetes, reversing hypertension, even preventing cancer by food choices.

Medical institutions across the state are starting to make a philosophical switch to becoming a health organization, not just a health care organization.

That sentiment echoes the tenets of the Therapeutic Food Pantry program at Zuckerberg San Francisco General Hospital, which completed its pilot phase and is about to expand on an ongoing basis to five clinic sites throughout the city. The program will offer patients several bags of food prescribed for their condition, along with intensive training in how to cook it. The intent is to link food and medicine, and not just give away food, and have people to understand what they're eating, how to prepare it, the role food plays in their lives.

Research on the power of food to treat or reverse disease is beginning to accumulate, but that doesn't mean diet alone is always the solution, or that every illness can benefit substantially from dietary changes. Nonetheless, physicians say they look at the cumulative data and a clear picture emerges: that the salt, sugar, fat and processed foods in the Standard American Diet [SAD] contribute to the nation's high rates of obesity, diabetes and heart disease. According to the World Health Organization, 80 percent of deaths from heart disease and stroke are caused by high blood pressure, tobacco use, elevated cholesterol and low consumption of fruits and vegetables.

Choosing which foods to prescribe

The lifestyle medicine subspecialty is designed to train doctors in how to prevent and treat disease, in part, by changing patients' nutritional habits. The medical center and school at Loma Linda also has a food pantry and kitchen for patients. Many people don't know how to cook; they only know how to heat things up. That means depending on packaged food with high salt and sugar



content. So teaching people about which foods are nutritious and how to prepare them, can actually transform a person's life. And beyond that, it might transform the health and lives of their family. Studies have explored evidence that dietary changes can slow inflammation, for example, or make the body inhospitable to cancer cells. In general, many lifestyle medicine physicians recommend a plant-based diet — particularly for people with diabetes or other inflammatory conditions. What people eat can be medicine or poison. Nutrition is one of the most powerful things you can change to reverse the effects of chronic disease.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>June</h1>					1	2
					8	9
					Last Day for Public School	
					15	16
3	4	5	6	7		
10	11	12	13	14		
	First Day of Summer Food Service Program		Red Raspberry Rouser Blend 1 cup frozen raspberries, 1 cup frozen strawberry yogurt, and ½ cup chilled pineapple juice ingredients well. Serve in little cups and enjoy. This activity is suitable for toddlers.			
17	18	19	20	21	22	23
24	25	26	27	28	29	30
		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.				

The Biggest 'Drug' to Reverse or Prevent Heart Disease

The way you eat, how much you exercise, how you manage stress, and your exposure to environmental toxins all contribute to things like high cholesterol, high blood pressure, high blood sugar, and of course, heart disease. Most importantly, please know while genetics contributes to some degree, many other factors completely within your control can contribute to or reverse heart disease.

Genetics loads the gun, but environment pulls the trigger.

The current way doctors treat heart disease is misguided because they treat the risk factors not the causes. To think we can treat heart disease by lowering cholesterol, lowering blood pressure and lowering blood sugar with medication is like mopping up the floor while the sink overflows.

Instead, we need to ask what causes these risk factors like high blood pressure, high blood sugar or abnormal cholesterol in the first place. Research shows changing your lifestyle can be a more powerful intervention to prevent heart disease than any medication.

Simply put, preventative medicine becomes the best form of medicine. These simple modifications can go a long way to preventing or reversing heart disease.

Eat a healthy diet. Increase healthy, whole foods rich in nutrients and phytonutrients (plant molecules). Aim for at least 8 to 10 servings of colorful fruits and vegetables every day. These foods are loaded with disease-fighting vitamins, minerals, fiber, antioxidants and anti-inflammatory molecules.

Steady your blood sugar. Studies show blood sugar imbalances contribute to heart disease. Stabilize your blood sugar with protein, healthy fat and healthy carbohydrates at every meal. Never eat carbohydrates alone, and avoid processed sugars with carbohydrates.

Increase your fiber. Work your way up to 50 grams of fiber per day. High-fiber foods include vegetables, nuts, seeds and lower-sugar fruits like berries. If that becomes a challenge, try a fiber supplement that your doctor recommends.

Avoid processed, junk foods. That includes sodas, juices and diet drinks, which adversely impact sugar and lipid metabolism. Research shows liquid-sugar calories become the biggest

contributor to obesity, diabetes and heart disease. Don't be fooled that 100 percent fruit juice is healthy. Juices are essentially pure, liquid sugar because processing strips away the fruit's fiber.

Increase omega-3 fatty acids. Eat anti-inflammatory foods like cold-water fish including salmon, sardines and herring, as well as flaxseeds and even seaweed. Healthy fat actually benefits your heart by improving your overall cholesterol profile.

Eliminate ALL hydrogenated fat. Hydrogenated fat lurks in margarine, shortening, processed oils and many baked goods and processed foods like cookies and crackers. Even when the label states "no trans fats," the word "hydrogenated" indicates that the product contains trans fat in one or more of the ingredients. Use healthy oils instead like coconut oil (rich in medium-chain triglycerides or MCTs), extra-virgin olive oil, sesame oil, and other nut oils.

Avoid or reduce alcohol intake. Alcohol can raise triglycerides, contribute to fatty liver and create sugar imbalances. Reducing or eliminating alcohol intake lowers inflammation, which contributes to heart disease and nearly every other chronic disease.

Get out and move! Research shows 30 to 45 minutes of cardiovascular exercise at least five times a week can benefit your heart. After all, your heart is a muscle, and muscles need exercise. If you feel stronger and more capable, high-intensity interval training (also called burst training) and strength training help build muscle, reduce body fat composition and maintain strong bones. You simply cannot age successfully without sufficient, optimal exercise.

Manage stress levels. Stress alone can cause a heart attack. Sadly, chronic stress often triggers a cascade of events that cause that final, fatal heart attack. Among its problems, stress increases inflammation, raises your cholesterol and blood sugar, increases blood pressure and even makes your blood more likely to clot. Find your pause button to manage stress and relax. Yoga, Tai Chi, meditation, breathing techniques and guided imagery can lower stress.



Mini Meat Loaves, Green Beans, and Potatoes

Budget Price: \$2.29 per serving

Makes: 4 servings

Serving Size: 1 mini loaf + 1/2 cup each potatoes and beans

Prep: 10 mins

Bake: 40 mins 400°F

Stand: 10 mins

Ingredients

Nonstick cooking spray
12 ounces potatoes, halved or quartered
1 tablespoon olive oil
Salt and black pepper
1/3 cup barbecue sauce
1/4 cup fine dry bread crumbs
1/4 cup finely chopped onion
1 teaspoon garlic powder
1 pound lean ground beef
8 ounces green beans, trimmed
1 teaspoon olive oil
1/4 cup barbecue sauce

Directions

Preheat oven to 400 degrees F. Line a 15x10-inch baking pan with foil; coat foil with cooking spray. Place potatoes in one half of prepared pan. Drizzle with 1 Tbsp. oil and sprinkle with salt and pepper. Bake 20 minutes, stirring once.

Meanwhile, in a large bowl combine next four ingredients (through garlic powder). Add ground beef; mix lightly until combined. Shape into four 3 1/2x2-inch meat loaves.

In a medium bowl drizzle green beans with 1 tsp. oil and sprinkle with salt and pepper; toss to coat. Place loaves and green beans in pan with potatoes. Bake 20 to 23 minutes more or until loaves are done (160 degrees F) and potatoes and beans are tender.

Spoon 1/4 cup barbecue sauce over meat loaves; cover and let stand 10 minutes. Serve with potatoes and bean.

Nutrition Facts

Amount Per Serving	
Calories	455
Protein	34 g
Carbohydrate	39 g
Fat	18 g
Saturated fat	6 g
Cholesterol	100 mg
Sodium	805 mg
Sugar	16 g
Dietary fiber	4 g

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12 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 1 ½ cups fresh spinach leaves. Let children enjoy. This activity is suitable for toddlers.	13	14
15	16	17	18	19	20	21
22	23	24	25 Mango Delight Let children touch a whole mango. Slice it and let them smell and taste it. Discuss the seed and how it is grown in a tree. Explain how mango can be eaten differently such as mango jelly, juice, or preserves, etc. This activity is suitable for toddlers.	26	27 Last Day for Early Head Start	28
29	30	31				

July



Walnut-Lentil Patties

Budget Price: \$1.56 per serving

Makes: 4 servings

Serving size: 1 patty

Hands On: 25 mins

Total Time: 1 hr

Ingredients

3 tablespoons olive oil, divided
6 ounces mushrooms, finely chopped
2 cups cooked lentils
1 cup walnut pieces
¼ teaspoon each of dried thyme, rosemary, fennel seeds, sage and marjoram.
1/2 teaspoon each salt and black pepper
1/2 cup bread crumbs
1 egg, lightly beaten

Directions

In an extra-large skillet heat 1 Tbsp. olive oil over medium heat. Add finely chopped mushrooms. Cook and stir 6 minutes or until tender and liquid has evaporated. Transfer to a food processor. Add 1 cup cooked lentils, 1/2 cup walnut pieces, herbs and salt and black pepper. Pulse until nearly smooth. In a large bowl combine bread crumbs and egg. Stir in lentil mixture. Stir in additional 1 cup cooked lentils. Shape into four 1/2-inch-thick patties. Press 1/2 cup walnut pieces into patties. In the same skillet heat remaining 2 Tbsp. olive oil over medium heat. Add patties; cook 3 minutes per side or until heated through. Serve patties on bread with mayo, basil, and sautéed peppers.

Nutrition Facts

Serving size 1 patty

Amount Per Serving

Calories 448

Protein 15 g

Carbohydrate 31 g

Fat 32 g

Saturated fat 4 g

Cholesterol 47 mg

Sodium 425 mg

Sugar 3 g

Dietary fiber 6 g

Steps to Stop Seasonal Allergies

Almost every modern disease is caused by or affected by hidden inflammation, including heart disease, cancer, obesity, dementia, arthritis, autoimmune disease, allergies and digestive disorders. Chronic inflammation that contributes to seasonal allergies and much more can come from many sources, including:

- A high-sugar, processed-foods diet
- Inflammatory fats like trans-fat found in processed foods
- Lack of exercise
- Stress
- Food allergies and sensitivities
- Hidden or chronic infections, such as viruses, bacteria, yeasts or parasites, mold and other environmental allergens
- Toxicity from an overload of environmental toxins

Ultimately, lifestyle choices and how we care for our bodies is not part of our education, values or even our daily planning; yet, these basic skills form the root cause of our happiness and health.

While these principles are disarmingly simple, even the best and brightest people fail to make the connection between how we treat our bodies and how we feel. A few simple acts implemented into your daily life could change everything, including seasonal allergies.

A key strategy for regulating seasonal allergies involves getting your gut healthy. After all, an unhealthy, inflamed gut cannot fight off potential allergens. To do that and eliminate seasonal allergies, these four approaches can be incredibly helpful.

Replace bad with good. An elimination diet becomes the first step for a healthy gut. The simple foundation of Functional Medicine



is taking out the bad and putting in the good. Eliminate common allergen triggers like wheat, corn, dairy, soy and alcohol. Eat a whole food, high-fiber diet that is rich in anti-inflammatory plant nutrient called phytonutrients [ex, Red, orange and yellow vegetables and fruit such as tomatoes, carrots, peppers, squash, sweet potatoes, peaches, mangos, melons, citrus fruits, and berries, Dark green leafy vegetables (such as spinach, kale, bok choy, broccoli, Swiss chard, and romaine lettuce), Garlic, onions, chives and leeks. Avoid sugar or trans fats. Focus on eating healthy fats from extra virgin olive oil, nuts, avocados and omega-3 fats like those found in small fish (sardines, herring, sable, wild-caught salmon).

Use powerful gut-healing nutrients — including probiotics [ex. Yogurt, sauerkraut, miso, etc.], which provide good bacteria to improve digestion and reduce inflammation.

Manage stress. A mind-body disconnect can mean being stressed out, wired and tired and can really damage your gut and worsen seasonal allergies. Practice relaxation techniques like yoga or meditation every day.

Get adequate sleep. Optimal sleep is crucial for gut health and overall health. Research shows inadequate sleep shortens your lifespan and increases inflammation, which can lead to chronic disease. Insufficient sleep can also increase your risk for diabetes through insulin resistance, paving the way for diabetes. Aim for at least eight hours of uninterrupted, deep sleep every night.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
August				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	
	</									

Health Benefits of Magnesium

Magnesium is the fourth most abundant mineral in the human body. It plays several important roles in the health of your body and brain. However, you may not be getting enough of it, even if you eat a healthy diet. Here are some health benefits of magnesium that are supported by modern scientific research.

Involved in Hundreds of Biochemical Reactions in Your Body

- Magnesium is a mineral that supports hundreds of chemical reactions in your body. However, many people get less than they need.

May Boost Exercise Performance - Magnesium supplements have been shown to enhance exercise performance in several studies.

Fights Depression - People with depression may be deficient in magnesium. Supplementing with it can reduce symptoms of depression in some people.

Has Benefits Against Type 2 Diabetes - People who get the most magnesium have a lower risk of developing type 2 diabetes, and supplements have been shown to lower blood sugar in some people.

Can Lower Blood Pressure - Magnesium helps lower blood pressure when it is elevated, but does not seem to lower blood pressure for those with normal levels.

Anti-Inflammatory Benefits - Magnesium has been shown to help fight inflammation. It reduces the inflammatory marker CRP and provides several other benefits.

Can Help Prevent Migraines - People who suffer from migraines may have low magnesium levels, and some studies have shown that supplementing can provide relief from migraines.

Reduces Insulin Resistance - Magnesium supplements may improve insulin resistance in people with metabolic syndrome and type 2 diabetes.

Improves PMS Symptoms - Magnesium supplements have been shown to improve symptoms that occur in women with premenstrual syndrome.

Safe and Widely Available - Magnesium is absolutely essential for good health. The recommended daily intake is 400–420 mg per day for men, and 310–320 mg per day for women.



Sources of Magnesium

The following foods are good to excellent sources of magnesium:

Pumpkin seeds: 46% of the RDI in a quarter cup (16 grams).

Spinach, boiled: 39% of the RDI in a cup (180 grams).

Swiss chard, boiled: 38% of the RDI in a cup (175 grams).

Dark chocolate (70–85% cocoa): 33% of the RDI in 3.5 ounces (100 grams).

Black beans: 30% of the RDI in a cup (172 grams).

Quinoa, cooked: 33% of RDI the in a cup (185 grams).

Halibut: 27% of the RDI in 3.5 ounces (100 grams).

Almonds: 25% of the RDI in a quarter cup (24 grams).

Cashews: 25% of the RDI in a quarter cup (30 grams).

Mackerel: 19% of the RDI in 3.5 ounces (100 grams).

Avocado: 15% of the RDI in one medium avocado (200 grams).

Salmon: 9% of the RDI in 3.5 ounces (100 grams).

Supplements - If you have a medical condition, then check with your doctor before taking a supplement. Although magnesium supplements are generally well-tolerated, they may not be safe for people who take certain diuretics, heart medications or antibiotics.



Cilantro-Lime Pork

Budget Price: \$1.70 per serving

Makes: 8 servings

Serving size: 3 oz.

Prep: 10 mins

Slow Cook: 6 hrs to 7 hrs

low-heat setting

Ingredients

2 pounds pork tenderloin (You can substitute with chicken if you do not eat pork)

1 1 ounce envelope taco seasoning mix

2 tablespoons lime juice

1/4 cup snipped fresh cilantro

8 8 to 10 inch whole wheat tortillas

Desired toppers, such as salsa, avocado slices, snipped fresh cilantro, and/or lime wedges (optional)

Directions

Place pork in a 3- to 4-quart slow cooker. Sprinkle taco seasoning over pork. Pour lime juice and 1/2 cup water over pork. Cover and cook on low for 6 to 7 hours.

Transfer pork to a cutting board. Shred pork using two forks. Return shredded meat and the cilantro to cooker and stir to combine with cooking liquid. Serve meat in flour tortillas with desired toppers.

Nutrition Facts

Serving size 3 oz.

Amount Per Serving

Calories 283

Protein 28 g

Carbohydrate 28 g

Fat 6 g

Saturated fat 1 g

Cholesterol 74 mg

Sodium 777 mg

Sugar 0 g

Dietary fiber 0 g

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

September

1

2

3

Labor Day

4

5

6

7

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

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12

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.

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22

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.

23/30

24

25

26

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". This activity is suitable for toddlers.

27

28

29



Veggie Tostadas & Cauliflower Mash

Budget Price: \$2.48 per serving
Makes: 4 servings
Serving Size: 2 tostadas
Makes: 8 tostadas
Start to Finish: 30 mins

Ingredients

2 cups cauliflower florets
1/4 cup Mexican Crema or sour cream
2 tablespoons coconut oil or olive oil
1 teaspoon salt
1 teaspoon chopped canned chipotle pepper in adobo sauce
1 cup bite-size pieces fresh asparagus or green beans
1 cup frozen whole kernel corn
1 cup quartered grape tomatoes
8 tostada shells
1/4 cup crumbled queso blanco or feta cheese (1 oz.)

Directions

In a covered large saucepan steam cauliflower, covered, in a steamer basket over a small amount of boiling water 4 minutes or until fork-tender. Transfer cauliflower to a food processor. Add Mexican Crema, 1 Tbsp. of the oil, 1/2 tsp. of the salt, and the chipotle pepper. Cover and process until smooth.

In covered saucepan steam asparagus or green beans and corn in basket over boiling water 5 to 7 minutes or until tender; drain and return to saucepan. Add tomatoes and remaining 1 Tbsp. oil and 1/2 tsp. salt; toss to coat.

Spread tostada shells with cauliflower mixture and top with asparagus mixture. Sprinkle with queso blanco.

Nutrition Facts

Serving size	2 tostadadas
Amount Per Serving	
Calories	290
Protein	6 g
Carbohydrate	31 g
Fat	17 g
Saturated fat	10 g
Cholesterol	15 mg
Sodium	858 mg
Sugar	5 g
Dietary fiber	5 g

Five Strategies to Get Kids Eating Good Food

While changing your family's way of eating might seem easier said than done, these five strategies can introduce your kids to good-for-them foods that also taste good:

1. Take things slowly. Ideally, healthy eating should start when your child is young, but don't let that stop you with older kids. Take it one food at a time so you don't overwhelm them and you can track which foods work and which don't. Make the rule that they have to try something three times before they can decide if they like it or not. Please don't feed babies caffeine, chocolate, stimulants, honey, common allergens (like wheat, dairy, corn, eggs) or whole chunks of food like grapes, meat or nuts. Kids digest vegetables and fruits easier than grains, though you can try hypoallergenic grains like quinoa and brown rice.

2. Involve your kids. Children need to feel included. Get kids in the kitchen cooking with you when they are young (or at any age). Helping prepare meals builds their self-esteem and identity. Culinary skills build on different areas of learning and cognition that enhance your child's brain. Children can learn math skills, reading, creativity, planning, science, culture and history while they learn to cook.

3. Make cooking fun. Mixing some fun into their kitchen experience enhances their experience. Kids love listening to music while cooking together. A few well-planned strategies makes cooking attractive and "cool."



4. Let your kids choose. Kids like options. Brainstorm what to include on the weekly menu. Provide ideas and have them weigh in. Let them pick among different recipes. Children look forward to these meals and you get to teach them about how to design a healthy plate.

5. Have your kids create the shopping list. Teach them how to choose the highest quality fruits or vegetables by showing them what to look for in texture, color and aroma. You can also teach them how to shop the perimeter first and remind them why middle aisles aren't as healthy. Take them to the grocery store with you and make the chore a treasure hunt for the ingredients you want.

Starting at around two, kids can help you in the kitchen. Your kids can have fun, feel important and learn with fun tasks like taking ingredients out of the pantry or refrigerator and picking herbs from the garden. They can also help assemble dishes, especially simple and colorful ones such as salads. They can crack eggs, measure ingredients and when they get older, peel or grate veggies.

Think of yourself as the chief marketing officer for your kids' healthy food. Kids are bombarded by powerful marketing messages, so this can feel like a herculean task. But getting your child interested in the kitchen becomes easier when you turn on creativity and appeal to their interests.

At the end of the day, setting a good example becomes the most important thing you can do: your kids will follow.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 <div> 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. </div>	6
7	8 <div> Columbus Day </div>	9	10	11 <div> 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. This activity is suitable for toddlers. </div>	12	13
14	15	16 <div> Salsa Combine ¾ cup chopped sweet onion, ¾ cup chopped tomato, ¾ cup each canned black beans & corn rinsed and drained, ¼ cup chopped cilantro, a pinch of salt, 1 tablespoon lemon juice in a mixing bowl. Serve with baked corn tortilla chips. Discuss Hispanic culture and traditional foods. </div>	17	18	19	20
21	22	23	24	25	26	27
28	29	30 <div> 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. This activity is suitable for toddlers. </div>	31	<div>October</div>		

Living Safely with Food Allergies

Do you have a food allergy or intolerance or know someone that does? There are many individuals, children and adults, who are being diagnosed with food allergies or intolerances. It has been becoming more prevalent in the recent years, especially in children under 18 years of age. Due to this, it is very important to know how to define each, diagnose, treat, and address any adverse reactions from any specific food allergens. A plan of action must be developed for all individual diagnosed conditions. The ultimate goal is to avoid any life-threatening situations at all costs.

First, let's define food intolerance versus a food allergy. Food intolerance is a condition when your body is unable to digest a specific component of a food, such as lactose, which is the sugar found in milk. Symptoms of intolerance can include bloating, gas, cramping or diarrhea. These can be very disagreeable symptoms to endure, however that are not life-threatening. Treatment for food intolerances includes avoidance/reduction of the food or adding the missing digestive enzyme (i.e. lactase for milk) to the diet. Food allergy is a condition when your body has a negative reaction to a substance in food, usually protein. The immune system reacts as if this is a harmful substance, and symptoms occur such as runny nose; itchy eyes; swelling of the mouth, face, throat or skin; difficulty breathing; stomach pain, diarrhea, nausea or vomiting. Symptoms can be very mild to severe, and can occur within minutes of ingesting the food. Please ensure to follow up with a doctor to confirm a medical diagnosis for yourself or your child. This can be a very serious condition, and proper measures must be taken to prevent any adverse reactions. There must be a total avoidance of a food item, to avert a food allergy reaction. Meet with a Registered Dietitian/Nutritionist (RDN), to discuss how to best meet individual nutritional needs; learn about food ingredients/alternate names, and read food product labels carefully; communicate- talk with school staff or coworkers to make everyone aware of the food allergies, symptoms and the proper response. The most common food allergies are as



follows: milk, egg, peanut, tree nuts (walnuts, cashews), fish, shellfish (shrimp, lobster, crab), soy and wheat.

It is imperative to have a documented food allergy & anaphylaxis emergency care plan in place. All parties involved must be familiar with this plan, and be trained accordingly. The plan should include the following:

- Individual's name, date of birth, weight, photo, food allergen, indication of asthma, rescue squad, doctor's name and contact phone number, parent/guardian's name and contact phone number, emergency contacts (at least two), and any additional directions/instructions as needed.
- Mild symptoms (i.e. itchy, runny nose or sneezing; itchy mouth; mild itch or several hives on skin; mild nausea or discomfort). If more than one symptom above is present, give epinephrine. If one symptom above is present, provide antihistamine or inhaler/bronchodilator as needed. Stay with the person and alert emergency contacts. If symptoms worsen, give epinephrine. Ensure all medications and dosages are documented.
- Severe symptoms (i.e. widespread redness or numerous hives on the body; repetitive vomiting or diarrhea; shortness of breath, wheezing or repetitive cough; pale or bluish skin, faintness, weak pulse or dizziness; tight or hoarse throat or difficulty breathing or swallowing; significant swelling of the tongue or lips; anxiety or confusion). If any of the above symptoms are present, inject epinephrine immediately, and call 911. Consider administering antihistamine or inhaler/bronchodilator (if wheezing) in addition. Lay the person flat, raise legs and keep warm. If vomiting or having difficulty breathing, have them sit up or lay them on their side. If symptoms do not improve, or return, additional doses of epinephrine can be given at least 5 minutes after the last dose. Alert emergency contacts. Transport patient to ER, even if symptoms improve or resolve. Patient should remain in the ER for at least 4 hours, as the symptoms may re-occur.
- Signature and date of patient or parent/guardian and doctor/health care provider.
- Detailed instruction on the use of the different types of epinephrine injections.

Please see the following website for this detailed plan, in English and Spanish, which can be utilized and adapted to fit your needs accordingly. It is developed by Food Allergy Research and Education (FARE). <https://www.foodallergy.org/life-with-food-allergies/food-allergy-anaphylaxis-emergency-care-plan>.



Zesty Skillet Turkey

Budget Price: \$2.57 per serving

Makes: 4 servings

Serving size: 3 oz.

Start to Finish: 30 mins

Ingredients

1 tablespoon olive oil
2 turkey breast tenderloins, halved horizontally
1 cup salsa
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1 cup water
1/4 teaspoon salt and pepper
3/4 cup quick-cooking couscous or brown rice
1/4 cup slivered almonds, toasted

Directions

In a large skillet heat oil over medium-high heat. Add turkey; cook about 2 minutes per side or until brown. In a medium bowl stir together salsa, cumin, and cinnamon. Add to skillet. Bring to boiling; reduce heat. Simmer, covered, for 10 to 12 minutes or until turkey is no longer pink (170 degrees F).

Meanwhile, in a medium saucepan bring the water and salt to boiling. Stir in couscous or cook brown rice as per package. Cover; remove from heat. Let stand for 5 minutes. Fluff with a fork before serving. Serve turkey and salsa mixture over couscous; sprinkle with almonds.

Nutrition Facts

Serving size	3 oz.
Amount Per Serving	
Calories	447
Protein	49 g
Carbohydrate	44 g
Fat	8 g
Saturated fat	1 g
Cholesterol	105 mg
Sodium	598 mg
Sugar	12 g
Dietary fiber	4 g

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>November</h1>				1	2	3
				8	9	10
				Egg Boats Cut 7 hardboiled eggs lengthwise and remove yolks. Make egg salad by mixing yolks with 1/3 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.		
				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.	
4	5	6	7			
11	12	13	14			
	Veteran's Day					
18	19	20	21	22	23	24
				Thanksgiving Day		
25	26	27	28	29	30	



Apple "Donuts"

This so-simple 3-ingredient recipe turns apple slices into "donuts." Topped with nut butter and coconut, they make a satisfying no-added-sugar dessert or healthy snack.

Budget price: \$0.69 per serving
4 servings
Serving size: 2 rings
Start to Finish: 5 mins

Ingredients

1 medium apple
3 tablespoons almond butter
2 teaspoons shredded unsweetened coconut

Directions

Remove apple core with an apple coring tool. Slice the apple crosswise into 8 thin rings, about 1/4 inch thick. Spread each apple ring with almond butter. Sprinkle with coconut.

Nutrition Facts	
Serving size	2 rings
Amount Per Serving	
Calories	103
Protein	3 g
Carbohydrate	19.5 g
Fat	7 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	28 mg
Sugar	6 g
Dietary fiber	2 g

A Natural Memory Boost!

Are you feeling a bit forgetful these days? Did you know that your diet can play a major role in brain function and memory? Yes, it can! Research has found that the Mediterranean Diet is linked to increased brain function in aging adults, and evidence indicates that foods common in this diet result in improved cognitive function, memory and alertness. The greatest way to enhance memory and brain function is to boost blood flow to the brain, such as you would eat certain foods to improve your heart function and health. You can reinforce your memory by adding the following foods to your diet.

Don't forget to eat your veggies!

Making sure you are eating your vegetables can help improve your memory. Eat veggies on a daily basis, including cruciferous ones such as broccoli, cabbage and dark leafy greens (kale, romaine lettuce, spinach, Swiss chard, arugula, collard greens, turnip greens, mustard greens). Add any of these dark leafy greens to soups or stews, or simply sauté or steam them with your favorite herbs or seasonings. A stir-fry is delicious with broccoli, with additional vegetables and some chicken. You can't go wrong adding kale, spinach, arugula or romaine lettuce to a salad, sandwich or wrap. Try any of these tasty and nutritious in a smoothie for an extra boost!

Berries and cherries are essential

Berries, especially dark-colored options i.e. blueberries, blackberries and cherries, have been linked to accelerated memory function. These berries are a rich source of anthocyanins and other flavonoids. Keep these fruits on hand for a healthy, nutrient-packed snack, or as a topping on cereal, oatmeal or yogurt. You can also make a scrumptious baked fruit-filled dessert. These berries are available fresh, frozen or dried, so try all of them. Make your own trail mix with dried berries or cherries, and add your favorite nuts!



Add sources of omega-3 fatty acids

Omega-3 fatty acids have been found to be essential in boosting brain health. In particular, docosahexaenoic acid, or DHA, is linked to improved memory function in young adults. The best food sources of omega-3 fatty acids are found in fatty fish, such as salmon, albacore tuna, sardines, mackerel, swordfish, bluefish, sturgeon and trout. There are also plant sources, such as nuts and seeds, however the types of omega-3 fatty acid found in fish has the strongest link to boosting memory function. Aim to add these different varieties of fish in your diet two to three times per week. This will add a flavorful choice to the menu, baked, broiled or grilled, seasoned with your favorite herbs, lemon, lime and vegetables. Adding some tasty fish is also a welcome addition to a veggie-packed salad!

Walnuts are a must

Walnuts have long been found to have a positive effect on heart health, and now research has identified a link to improved cognitive memory function as well. This nut can be a crunchy and nutrient-rich complement to your diet. Include a handful for a midday snack, add as a topping on a salad, sprinkle some on your cereal or oatmeal, mix them into a stir-fry for extra protein and crunch, or enhance your baked goods.

All of these foods mentioned above are not only good for the brain; however they will sustain a healthy heart and body. This is a winning combination! So don't delay...start now on the path to providing yourself a natural memory boost!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

December

1

2

3

4

5

6

7

8

Pudding Jewel

Prepare 1 box of instant vanilla pudding according to box directions. Add 1/4 cup drained pineapple chunks and 1/4 cup drained mandarin orange segments. Mix well and serve chilled. This activity is suitable for toddlers.

9

10

11

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14

15

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. This activity is suitable for toddlers.

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23/30

24/31

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28

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Christmas Day

What Science Says About Snacking and Breakfast

You still have to pay attention to what you eat if you want to avoid heart disease, but researchers say that when you eat is just as important.

Cutting back on salt, high fat foods and too many breads and pasta, and eating more fruits and vegetables is the best way to a healthy heart. But eating well isn't just about what you eat, say heart experts, but about when you eat.

In a new Scientific Statement, experts from various committees of the American Heart Association say that paying attention to how often you eat, and at what time of the day you eat, can help to lower risk of heart attacks and stroke.

The panel reviewed all of the available studies on how often and when people eat. Based on what's known so far, the panel supports existing advice about the benefits of breakfast. That advice is based on studies that compare breakfast-eaters to non-eaters and their heart disease events. Breakfast-eaters tend to have lower rates of heart disease, and were also less likely to have high cholesterol, and high blood pressure. They also tended to have more normal blood sugar levels and sugar metabolism,

meaning they were at lower risk of diabetes than those who didn't eat breakfast.

Finally, on the question of what effects eating earlier in the day or later in the day can have on heart health, the panel found that the research points toward the benefits of eating earlier rather than later. More studies are needed but the initial finding makes sense. The more calories you eat during the day, the more chances you have of burning off those calories.

Plus, there's growing evidence that the body's metabolism is different during the day, when the body is active, than during the evening, when it's preparing to shut down. The body and all of the organs have clocks. There is a timing that provide all the nutrients that organs need, and the timing activity of enzymes and other agents that process food are better earlier in the day than at night.

So while more research is certainly needed to better understand how the timing and frequency of how meals affect your health, it wouldn't hurt to keep eating breakfast (if you already do) and try to space your meals earlier in the day.



Is Meat Manly? How Society Pressures Us To Make Gendered Food Choices

In every country on the planet, men don't live as long as women do. We've all come to accept this as a fact. After all, men would say, "It isn't manly to go to the doctor." This and many other gendered beliefs affect men and women's health habits, including the types of foods they choose to eat.

For example, we're constantly bombarded with advertising and social messaging telling us that eating like a bird and dining on salad is feminine, while eating large portions and plenty of red meat is manly. These oversimplified representations of female and male eating habits may seem outdated, but research shows they persist for many of us.

These socially influenced eating patterns could in part help explain why men are at a higher risk of heart disease and some cancers. Are our ideas about masculinity and femininity negatively affecting our health? Manly meals and feminine foods.

This may not come as a surprise, but overall, women have healthier eating habits than men. Research suggests this is mostly a learned response.

Based on research it is said that unhealthy eating habits and foods (e.g. fries, nachos) are psychologically associated with masculinity while 'healthy' eating habits and foods (e.g. salad, organic food) are psychologically associated with femininity.

This type of traditional gender beliefs could negatively affect one's health.

Do you like to have wine or beer with dinner? Do you have fruit or french fries with your lunch? Chances are, your answers could reveal your gender identity.

Markers of masculinity include eating a



burger with fries for lunch, or having pizza and beer for dinner. Markers of femininity include eating pasta salad and fruit for lunch, or rice and vegetables with wine for dinner.

The health implications of these choices are obvious: Overall, women are choosing foods with more fiber and antioxidants, while men tend to overdo it on saturated fat and empty calories. This may be because women are more likely to seek out health information and, buy in to information on the health aspects of specific foods .

This deep-set belief could pose a serious threat to men's health, as research suggests that incorporating more plant-based proteins can improve health and lengthen one's life.

Culture also affects gender roles and therefore food choices. Increasing our awareness of gender-framed foods and eating behaviors gives us the power to change them. Also being more mindful when making food choices can help focus on the food rather than on external factors. Ask yourself why you're choosing a certain food. Is it peer pressure? Is it because it was advertised as a more masculine or feminine food? This awareness can help you make healthier food choices.

How A Full Spice Cabinet Can Keep You Healthy

Spices and herbs add delicious variety to the foods we eat. But spices and herbs are much more than flavor enhancers — they are nutritional powerhouses. After all, spices and herbs come from plants, which means they are sources of plant phytonutrients. Many phytonutrients have antioxidant, anti-inflammatory or even anti-cancer properties, and in the case of spices, these phytonutrients can be very concentrated. So spices do more than perk up the flavor of your food — they put a natural pharmacy in your kitchen.

For some Americans, one perceived impediment to cooking with spices is the dislike of spicy food, even though spices are not spicy hot, per se. Spices can make food richly flavorful and aromatic, but they make it hot only if you add fresh, powdered or flaked chile peppers. That heat comes with a few benefits — spicy hot food reduces the need for salt, plus it helps the body sweat and potentially remove toxins.



The Anti-Inflammatory Spice Drawer

A handful of spices have enjoyed an elevated status, thanks to their potential to help decrease inflammation in the body: cinnamon, garlic, ginger and turmeric. None of these is a magic bullet, of course, but because they also help make food more flavorful and satisfying, there no reason not to use more of them.

Cinnamon's versatility lends itself to sweet and savory dishes. Add cinnamon to your breakfast oats, baked goods or meat marinades. Sprinkle it on roasted vegetables or sautéed leafy greens. Mix it into black bean dishes. Some initial studies claim that cinnamon helps to reduce blood glucose and bad cholesterol, but more research is needed.



Garlic is technically a vegetable, even though few people eat it like one. Freshly peeled cloves are best, but you can buy prepacked frozen minced garlic. Garlic appears to benefit cardiovascular health.

Ginger root is a cornerstone of Asian cooking, imparting a slightly sweet, slightly hot flavor. It goes well with garlic in many Thai, Indian, and Chinese dishes. Ginger can help ease nausea and may also relieve heartburn and bloating. Try a ginger and honey tea when you're under the weather, or add fresh or powdered ginger to smoothies. Fresh ginger root keeps in the fridge for several weeks, longer in the freezer.



Turmeric is used in Indian and other dishes for flavor, and its intense bright orange color is known to stain kitchenware. Add turmeric to rice or to hot oil before sautéing onions and garlic. Add it to curry dishes, marinades and salad dressings. Recipes for turmeric tea abound online, or you can buy ready-to-go tea bags. When you use turmeric in savory dishes, use black pepper, too, because a compound in black pepper helps your body absorb turmeric's beneficial compounds.

The World At Your Table

When cooking time is in short supply, spices are an easy way to accentuate simply prepared whole foods such as fish, meat, chicken, vegetables, whole grains and lentils. You can even prepare spice rubs and pastes in advance so they are ready and waiting when it's time to pull a meal together.

One key reason that world cuisines taste different from each other is the distinctiveness offered by the herbs, spices and other aromatic ingredients that are traditional to each one. When you know which flavors are common to your favorite cuisines, you are well on your way to creating tasty dishes without following a recipe. For example, when you are craving Mexican food, you can cook beans and rice, grill some steak, chicken, or fish or bake some tofu, sauté peppers and onions, and season to taste with cumin, lime juice, cilantro, salsa and hot sauce if you like it hot.

The spices and herbs you keep in your pantry

will depend on your taste preferences, as well as your comfort level with using them. Here are some common ingredient combinations from a few popular cuisines:

Chinese Cuisine includes bean paste, chili oil, garlic, ginger, green onions, hot red peppers, sesame oil and seeds, soy sauce and star anise.

French Cuisine includes bay leaves, black pepper, chervil, chives, fine herbs, garlic, marjoram, nutmeg, onions, parsley, pink and green peppercorns, rosemary, shallots, tarragon and thyme.

Greek Cuisine includes cinnamon, dill, garlic, lemon, mint, nutmeg, olives and oregano.

Indian Cuisine anise seed, black and red pepper, cardamom, chiles, cilantro, cinnamon,



cloves, coriander, cumin, fenugreek, garlic, ginger, mace, mint, mustard seeds, nutmeg, saffron, sesame seeds, turmeric and yogurt.

Italian Cuisine includes anchovies, basil, bay leaves, fennel seeds, garlic, marjoram, onions, oregano, parsley, pine nuts, red pepper and rosemary.

Spanish Cuisine includes almonds, bell pepper, cumin, garlic, olives, onions, paprika, parsley and saffron.

Foods For Good Health

Enjoy better health inside and out with these delicious foods. Whether you're fresh out of the salon or just crushed another CrossFit session, you know that feeling good about your body can change your entire outlook.

Unfortunately, for many of us, our food choices are conspiring against us, making us look bad and feel even worse. While that juicy burger and mountain of fries may provide some momentary satisfaction, the exhaustion you feel and the bloated belly you see in the mirror afterward are rarely worth it. The good news? There are countless delicious foods that can keep your body firing on all cylinders. These nutritional powerhouses can give you the energy you need, helping you look as good as you feel inside.

Even better, these foods aren't pricey, obscure options you'll spend half your life searching for; these treats are only as far as your nearest grocery store shelf. Start looking and feeling better today by adding these dietary dynamos to your meals.

Salmon

There's nothing fishy about the health benefits of this coral-colored seafood. Loaded with protein and omega-3 fatty acids, salmon can make you



look good and feel great. Salmon's omega-3s help reduce inflammation, lower your risk of heart disease, and help prevent against neurological issues as you age. A study reveals that omega-3s increased study subjects' natural collagen production, thus helping you maintain your youthful glow.

Raspberries

Just a few raspberries on your morning oatmeal could be the key to looking and feeling great all day long. Raspberries have a low glycemic index, meaning they're a healthy way to satisfy your sweet tooth without risking a major blood sugar spike or triggering fat storage. These fiber-rich fruits are also a great source of resveratrol, which is linked to reductions in cellular aging. They also just so happen to pack anthocyanins, an antioxidant pigment that can reduce dementia risk.

Spinach

Your mom wasn't lying when she said that eating your greens was good for you. A study found that subjects given spinach extract were 95 percent less likely to eat for pleasure, instead of hunger cues, and they increased their weight loss by 43 percent when compared to a control group.

Eggs

Breakfast really is the most important meal of the day, and it's easier than ever to enjoy its benefits when eggs are on the menu. A study revealed that individuals who ate protein-rich eggs for breakfast enjoyed greater weight loss than those who ate a similar number of calories from carbohydrates. Researchers have also found lutein and zeaxanthin, nutrients found in eggs, effective at keeping your vision sharp, making it easier to admire all that weight loss progress you've made.

Kiwi

This fuzzy little fruit is more than just fun to eat: it's also a great treat for both your looks and your



health. Kiwis are packed with beta-carotene, which are effective at protecting against sun damage. Even better, the wealth of vitamin C in kiwis has been shown to improve immune health.

Asparagus

A little asparagus on your menu could mean a healthier, happier body in no time. In addition to being a filling, low-calorie addition to any diet, asparagus is a good source of prebiotic fiber inulin, which can help improve the balance of bacteria in your gut, boosting your immune system and helping you slim down along the way.

Grapes

Grab a handful of red grapes and you'll be looking leaner and feeling better in no time. Red grapes are a healthy way to satisfy your sweet tooth and are loaded with resveratrol, an antioxidant pigment linked to reductions in belly fat. Research also suggests that resveratrol found in grapes can increase mental acuity and keep vision sharp, making anybody feel like a million bucks.

Butternut Squash

What's better than a bowl of butternut squash soup when the temperature starts to dip? Maybe

the health benefits you'll enjoy along with that comforting flavor. Butternut squash is packed with beta-carotene, a major player in the fight against cognitive ailments later in life.

Mackerel

Some mackerel on your menu can mean major changes in how you look and feel. Loaded with anti-inflammatory, weight-loss-promoting omega-3 fatty acids and depression-fighting vitamin D, this fatty fish can make you look great and feel even better.

Almonds

A handful of almonds here and there could be the key to a healthier body. Snacking on almonds has been shown to lower blood pressure, and reduce abdominal fat.

Broccoli

Light on calories, but heavy on vitamins, broccoli definitely deserves a spot on your dinner menu. In addition to beautifying, immune-health-supporting vitamins A and C, broccoli is also a vegan-friendly source of iron, which can combat the poor mood and metabolic changes often associated with iron-deficiency anemia.

Pomegranate

This antioxidant powerhouse is as tasty as it is good for you. Research suggests that pomegranates can help reduce heart disease risk, improve blood flow.

Yogurt

While fro-yo still won't earn any accolades for its health benefits, the unsweetened stuff can do some serious cleanup for your health. Live culture yogurt can boost the number of beneficial bacteria in your gut.

What To Do When Your Stomach Is Bothering You

Constipation. Heartburn. Gas. Eight of 10 adults occasionally or frequently experience those and other stomach problems. Here's how to treat common digestive complaints.

Constipation

About 15 percent of adults say they have two or fewer bowel movements per week, according to research. And the older you are, the more common constipation becomes.

Try this first: Consume lots of fiber rich foods such as whole grains, legumes fresh fruits and vegetables, which softens and bulks up stool. Women older than 50 should aim for 21 grams daily; men, 30 grams. You can get that from food. A medium apple (4 grams), a banana (3 grams), two slices of whole-wheat bread (4 grams), $\frac{3}{4}$ cup of cooked broccoli (7 grams) and a medium potato (5 grams) add up to 23 grams. Research also suggests that snacking on high-fiber foods, such as prunes, might also be helpful.

Also consider: Scheduling your bowel movements. Most people who are regular have a bowel movement at the same time every day. So try to have one at least once or twice per day, about 30 minutes after meals, when your colon is most active, even if you don't feel the need.

Be cautious about: Taking laxatives. People with frequent or long-term constipation often turn to over-the-counter laxatives. Always consult with your Physician.

Heartburn

As you get older and maybe put on a few pounds, you may find that heartburn crops up more often. The discomfort occurs when stomach acid backs up into the esophagus, the tube that carries food from your mouth to your stomach.

Try this first: Cut back on foods that trigger the burn. That includes alcohol, fried and spicy foods, garlic and onions, citrus fruit, chocolate



and peppermint. Other lifestyle changes to try are smaller meals, eating at least two hours before bedtime, quitting smoking, losing weight, avoiding tight clothes, elevating the head of your bed and sleeping on your left side.

But if you experience indigestion more than twice per week for several weeks, see a doctor.

Gas

Flatulence and belching can affect anyone, but older adults can be more vulnerable. Because chewing starts the digestion process, dentures that fit poorly, for example, can make it difficult to chew and swallow food, impairing the process. Try this first: If you're belching, cut out gum chewing, smoking, drinking carbonated beverages and gulping down food and liquids. (All of those can cause you to swallow air.) If you have gas or bloating from eating foods such as broccoli, cauliflower and beans, cut back on them and reintroduce small amounts into your diet over time to help your digestive system adapt. Anytime you increase fiber-rich foods — such as vegetables, beans and fruit — in your diet, drinking more water should help prevent gas and bloating.

Best Weight Loss Diet

If you've resolved to eat healthy and lose weight in 2018, a new report suggests the DASH diet may be your best bet.

For the seventh year in a row, U.S. News & World Report has named the plant-based eating plan as the best choice overall, followed by the Mediterranean diet, up from fourth place last year. DASH stands for Dietary Approaches to Stop Hypertension, but its benefits go beyond preventing high blood pressure, the report found.

The DASH and the Mediterranean diets, as well as most of the other recommended diets, focus on eating whole grains, fruits, vegetables, low- or no-fat dairy, lean meats, poultry and fish. They also recommend nuts, seeds and legumes (beans).

But these diets limit or exclude most fats and sweets, and recommend modest portions.

To come up with its list, U.S. News & World Report ranked 38 diet plans in nine categories. The rankings were done by an expert panel of nutritionists, dietary consultants, and doctors specializing in diabetes, heart health and weight loss.

Each panelist considered the 38 diets across a number of areas, including the likelihood of sticking to the diet, the odds of losing weight

in the short- and long-term, and effectiveness against heart disease and diabetes.

One reason the DASH diet came in first is that it was developed and tested by the U.S. National Institutes of Health.

The evidence for DASH is stronger than it is for some of the other diets, and it includes foods that are familiar to most Americans and can work for real families in the real world.

The U.S. National Institutes of Health agreed. "DASH is not a fad diet, but a healthy eating plan that supports long-term lifestyle changes," the agency said in a statement.

The research is clear that more plant-based diets like the DASH, Mediterranean and vegetarian approaches offer health benefits, including reduced risk of heart disease, dementia, cancer, type 2 diabetes and obesity.

Skipping the newest fad diet will save you money, time and frustration. Take time to adopt new ideas, such as having meatless meals like a hearty vegetable and bean soup, pasta with roasted red pepper sauce, or peanut butter and apple slices. Keep a daily food record on an app or in a notebook. Seek support and guidance from qualified practitioners such as registered dietitians.





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