

# NUTRITION NEWS



Photo: [www.foodnetwork.com](http://www.foodnetwork.com)

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## Follow us on Social Media!

Our social media sites are designed to communicate with our students, parents, & staff about what's going on in our kitchens, share new items, announce promotions, and provide resources for nutrition information & recipes to help you live a healthy lifestyle.



Lovejoy ISD Student Nutrition



[www.pinterest.com/LISDnutrition](http://www.pinterest.com/LISDnutrition)



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## Announcements

- Our **January Specialist of the Month** was **Barbara Tyra at Puster Elementary School!** Thank you Barbara for all of your hard work and dedication to preparing nutritious meals for our students!
- Look for our **Harvest of the Month** featuring fresh produce served in our cafeterias! Check out page 5 of the newsletter for more information on this month's pick!
- Join us for lunch at Puster, Lovejoy Elementary, Hart, and Sloan Creek on **Wednesday, February 14th** for a special **Valentine's Day** treat!
- Our next **Lucky Tray Day** at **Puster, Hart, and Lovejoy Elementary Schools** is **Friday, March 2nd** to celebrate **Read Across America & Dr. Seuss's Birthday!** Eat lunch with us for a chance to win a Dr. Seuss prize!

# DISH UP HEART HEALTHY FATS

February is American Heart Month, and heart disease remains at the top of the list as the leading cause of death in America. Age, gender, race, and family history are risk factors of heart disease you cannot change. The good news? Food and lifestyle choices are controllable risk factors and have a big impact on heart health. Fat is a nutrient necessary for your body to function. There are three main types of fats: saturated fat, trans fat, and unsaturated fat. Saturated fats and trans fats are considered the “bad” fats. These fats are associated with raising LDL (bad) cholesterol levels in the blood. The goal is to limit intake of saturated fat and eliminate trans fat. Unsaturated fats are considered the “good” fats as they offer heart health benefits. Fat contains more calories per bite than carbohydrate and protein, so the key is to enjoy in moderation. Sprinkle in these heart healthy fats!

## Omega-3 Fats

Omega-3 fatty acids help lower cholesterol levels and support heart health. They are a type of polyunsaturated fatty acid. The body cannot produce omega-3 fatty acids, so they must come from the food we eat. Incorporate these foods below to increase your omega-3 intake.

**Fatty Fish**—Salmon, lake trout, tuna, herring, mackerel, and sardines are high in omega-3 fatty acids. Try to include fish in your meals at least twice a week.

**Walnuts**— One ounce of walnuts contains 185 calories, 4 grams of protein, and 18 grams of fat! They are an excellent plant-based source of omega-3 fatty acids. Add walnuts to salads, cereal, oatmeal, trail mix, or yogurt. Mix them into side dishes such as rice, quinoa, or green beans. Since walnuts have a mild flavor, they are very versatile. Get creative with how to incorporate this nut into your diet!

**Oils**—When cooking, replace solid fats such as butter with liquid oils. Solid fats are high in saturated fat. Canola oil and soybean oil contain heart-healthy omega-3 fatty acids.

**Flaxseed**—Both flaxseeds and flaxseed oil contain high amounts of omega-3's. In order to absorb more of the omega-3's in flaxseeds, use ground instead of whole. The whole seeds may pass through your system undigested, which limits the body's ability to absorb the omega-3 fats. Add ground flaxseed to yogurt, cereal, salads, smoothies, baked breads, or muffins.

**Eggs**—Some chickens' are given feed enriched with flaxseeds, which are naturally full of beneficial omega-3s. Omega-3 eggs provide more than twice as much omega-3 fatty acids compared to regular eggs.

## Monounsaturated Fats

Monounsaturated fats improve blood cholesterol levels, which helps decrease your risk of heart disease and stroke. These fats may help lower total and LDL (bad) cholesterol levels and maintain HDL (good) cholesterol levels. In moderation, eating monounsaturated fats in place of saturated and trans fats benefits your health.



Photo credit: AlexPro9500/iStock/Thinkstock

**Nuts**—In addition to heart-healthy fats, nuts are a good source of plant-based protein, fiber, and a variety of vitamins and minerals. Nuts are the perfect on-the-go snack choice. Since they are high in calories, keep portion control in mind. One serving of nuts is about 1.5 ounces, and the numbers of nuts per serving depend on which type you choose. For example, one serving of pistachios is about 48 nuts whereas one serving of almonds is about 24 nuts.

**Nut Butters**—Almost half of the fat in peanut butter is monounsaturated. With nut butters, it is important to read food labels, especially the ingredient list. Look for nut butters made with nuts (peanuts, almond, cashews, etc.) and a hint of salt. Avoid buying nut butters with added sugar (cane sugar, molasses, etc.) as an ingredient.

**Oils**—Instead of using butter for cooking, reach for olive, sunflower, peanut, canola, sesame, or safflower oils. Sauté fresh vegetables in oils for a savory side dish. Brush oil on top of seafood or chicken when baking, broiling, or grilling. When mixed with vinegar, oils make delicious salad dressings.

**Avocado**—Not only do avocados contain heart-healthy fats, they are packed with vitamin E, vitamin C, folate, vitamin B6, potassium, and fiber! Avocados are naturally free of sodium, sugar, and cholesterol. One-third of a medium avocado has 80 calories and contains 15 vitamins and minerals, making it a nutrient-dense food. Top salads, sandwiches, and wraps with avocado. Make avocado toast or add it to your scrambled eggs for breakfast. For an afternoon snack, slice fresh avocado and pair with 100% whole-wheat crackers.

**References:**

1. Wolfram, Taylor. "Choose Healthy Fats." *Eatright*, 06 Mar. 2017, [www.eatright.org](http://www.eatright.org).



Photo credit: Everyday Health

## What's New in Our Kitchens?



### ELEMENTARY SCHOOLS

Tony's Whole Grain Square Pizza  
5" Whole Grain Personal Cheese Pizza



### WILLOW SPRINGS MIDDLE SCHOOL

Mini Bagels with Strawberry Cream Cheese ◊ Breakfast  
Mini Bagels with Cinnamon Cream Cheese ◊ Breakfast  
Fajita Wild Rice ◊ Southwest Line  
Tuscan Rice Pilaf ◊ Home Line



### LOVEJOY HIGH SCHOOL

Chicken Tortilla Soup ◊ Sandwich Bar Day  
Fajita Wild Rice ◊ Southwest Line  
Tuscan Rice Pilaf ◊ Home Line

# STUDENT NUTRITION FOOD SHOW



THANK YOU TO ALL STUDENTS,  
PARENTS, & FOOD VENDORS WHO  
PARTICIPATED IN OUR FOOD SHOW  
AT SLOAN CREEK!

# Harvest of the Month



Photo credit: [www.goodhousekeeping.com](http://www.goodhousekeeping.com)

## ORANGES

- ◊ Oranges grow on evergreen trees.
- ◊ Excellent source of **vitamin C**
  - **Vitamin C** boosts your immune system to keep you healthy & strong.
  - **Vitamin C** helps grow and repair tissue all over the body.
  - Our body cannot make **vitamin C**. We have to get it from the foods we eat.
- ◊ The United States is the third leading producer of citrus fruits in the world.
  - 90% of oranges from Florida are used to make orange juice.

## Recipe: Shrimp Avocado Quinoa Bowls

### ingredients:

- 1 avocado, pitted & sliced
- 2 cups chopped romaine lettuce
- 1/2 cup diced tomato
- 1/4 cup diced purple onion
- 1/2 cup uncooked quinoa
- 1 cup water
- 1/4 teaspoon salt
- 1/2 pound shrimp, shelled & deveined
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 clove garlic, crushed
- 1/4 teaspoon of each- salt, pepper, onion powder, thyme, oregano, & cayenne pepper

### directions:

#### Quinoa

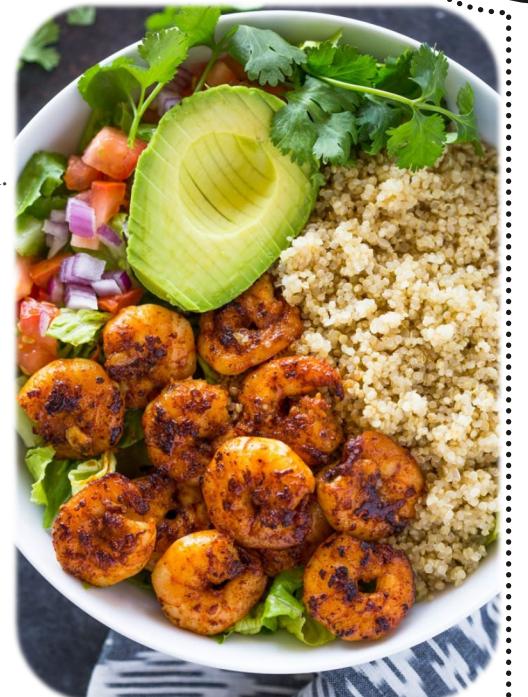
1. Rinse quinoa under cold water and drain well.
2. In a large saucepan, bring 1 cup water to a boil.
3. Stir in quinoa and 1/4 teaspoon salt. Reduce heat to low, cover, and cook for 15 minutes.
4. Turn off heat and leave covered for 5 minutes. Fluff with a fork.

#### Shrimp

1. In a medium bowl, combine shrimp, oil, and spices.
2. Heat a large, non-stick pan to medium-high heat. Coat the pan with a drizzle of oil.
3. Cook shrimp for 2 minutes on each side, until cooked through. Do not overcrowd pan.

#### Bowl Assembly

- Divide lettuce into two large bowls. Top each bowl with half of the quinoa, shrimp, avocado, and purple onion. Drizzle with lime & enjoy!



Recipe & photo from: <https://gimmedelicious.com>

From the kitchen of Gimme Delicious