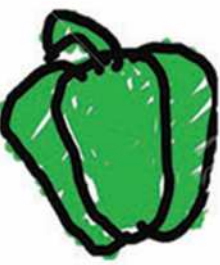




# NUTRITION NEWS

## February 2020



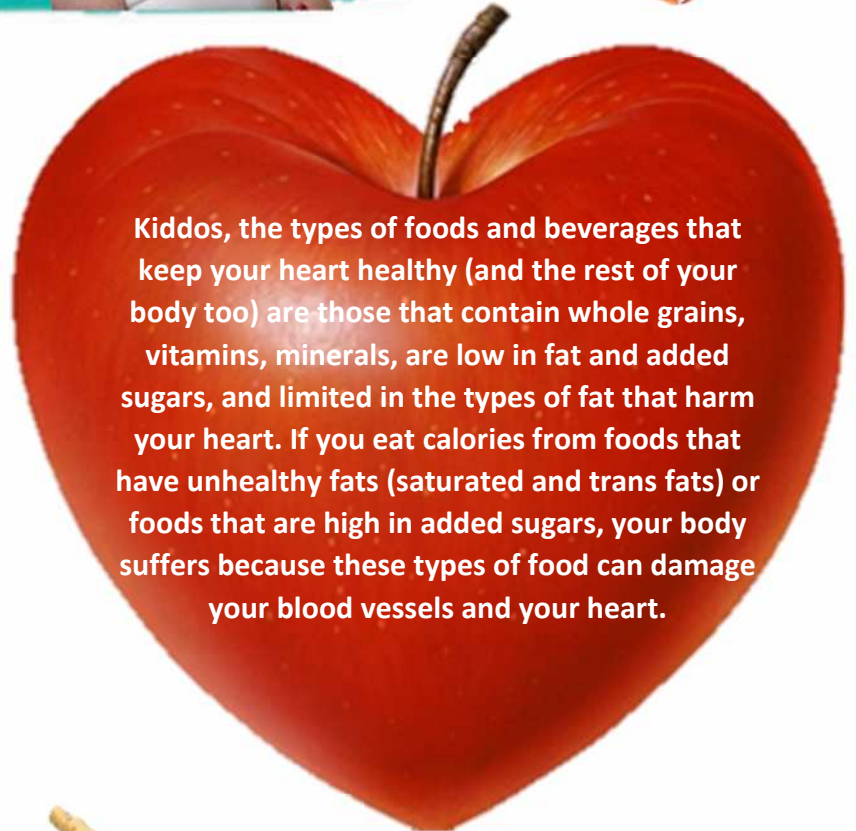
### Dietitian's Corner

with *Toni Bowman*  
MBA, RDN, SNS



A key component of eating a **heart-healthy diet** is minimizing sodium intake. To avoid eating too much sodium, check out some tips:

- Lookout for **key words** on the nutrition label, such as salt, **soda**, sodium, monosodium glutamate, **sodium nitrate**, and sodium benzoate.
- **Avoid** high sodium foods, including **deli meats**, pizza, **canned soup**, breads and rolls, and burgers.
- **Ask** your parents to swap your seasonings. **Try** a variety of fresh or dried herbs and spices like garlic, pepper, **basil**, cinnamon, or **citrus** juices to season your food.



Kiddos, the types of foods and beverages that keep your heart healthy (and the rest of your body too) are those that contain whole grains, vitamins, minerals, are low in fat and added sugars, and limited in the types of fat that harm your heart. If you eat calories from foods that have unhealthy fats (saturated and trans fats) or foods that are high in added sugars, your body suffers because these types of food can damage your blood vessels and your heart.



### Parsnips

Vegetable of the Month

Thanks Dagele Brothers Farm

## HEALTHY SCHOOL LUNCH CHALLENGE

Hey, Elementary Students! Pomptonian's Healthy School Lunch Challenge is Back!



We are **encouraging** our *elementary* students to test their cooking skills, creativity and **have fun** while whipping up **delicious** healthy school lunches!



(2) First place winners

(4) 2<sup>nd</sup> place winners

Will be selected out of **all Pomptonian districts** and receive some cool prizes!

Requirements:

-**Recipes need to include** at least one fruit and **vegetable**, contain a lean protein, whole grains, and **CANNOT** contain **peanuts/tree nuts or seafood**. Ask your **cafeteria** for an **official recipe form** to fill out.

All recipes (yielding **5 servings**) and photos of your work **MUST** be submitted to [pictures@pomptonian.com](mailto:pictures@pomptonian.com) by **March 20<sup>th</sup>**.



*Pink Lady Apples*

Fruit of the Month

Thanks Yonder Fruit Farm



POMPTONIAN  
FOOD SERVICE

"This institution is an equal opportunity provider."