



The Healthy Family



A Newsletter from the Food and Nutrition Services Department

Willmar, New London-Spicer, Montevideo, and Community Christian Schools

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February Highlights:

Fun Highlights:

American Heart Month

National Black History
Month

National Snack Food
Month

National Cherry Month

Valentine's Day
February 14th

Presidents' Days
February 15th

Eating Disorders
Awareness Week
February 23rd-March
1st

Check out the *Breakfast
and Lunch
Menus complete with
Nutrient Analysis on your
District's Website.*

Understanding the New 2015-2020 Dietary Guidelines for Americans

The new Dietary Guidelines were recently released, below are some of the highlights and tips to eat healthy.

- 1) **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter.
- 2) **Focus on variety, nutrient density, and amount.** Choose foods from *all* food groups throughout the day.
- 3) **Limit calories from added sugars and saturated fats and reduce sodium intake.**
- 4) **Shift to healthier food and beverage choices.** Rather than changing everything about your diet, make simple swaps like cooking with whole grains in place of white processed grains or cook your favorite dish, but add extra vegetables.
- 5) **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns

Within the Dietary Guidelines, the suggestion for a healthy eating pattern include:

- ◆ A variety of vegetables in all of the subgroups— dark green, red and orange, legumes (beans and peas), starchy, and other. Make half of your plate vegetables!
- ◆ Fruits, especially whole fruits. In between meals, snack on fruit to satisfy your sweet tooth!
- ◆ Grains, at least half of which should be whole grains. Cook with wild rice or brown rice instead of white rice and choose whole wheat bread over white or wheat bread.
- ◆ Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages. Aim for 3 servings each day of low-fat dairy such as skim or 1% milk, low-fat yogurt, and low-fat cottage cheese.
- ◆ A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products. When you're out to eat, order something you don't often have like salmon or a turkey burger.
- ◆ Oils contain healthy fats that are good for our heart health! Replace the butter and margarine in your meals with canola or olive oil.



A healthy eating pattern also limits added sugars, saturated fats, and sodium:

- ◆ Consume less than 10% of calories per day from added sugar—Ways to decrease intake of added sugar include: being aware of how much creamer you're adding to your coffee, decreasing the amount of sweets you have (only having a doughnut on Friday's rather than every day), take pop out of your diet or just have one *diet* soda each day.
- ◆ Consume less than 10% of calories per day from saturated fats— Saturated fats are typically solid at room temperature and usually come from animal sources (fatty beef, poultry with skin, butter, cheese) To decrease your intake of saturated fats, be sure to take the skin off of your poultry and cut off any excess fat you can see on your meat, choose low-fat dairy products and limit your intake of 2% and whole milk, and snacking on nuts and seeds provide us with UNSaturated fats which are much healthier for us.
- ◆ Consume less than 2,300 milligrams per day of sodium— most of the sodium in our diet comes from eating processed foods and eating outside of the home. When we cook homemade meals, we are able to decide just how much sodium we are putting into our meals and therefore decreasing our sodium intake.

Help Wanted!

Part Time & Substitute employment opportunities are available through the Food and Nutrition Services Department. Apply at your school district or online on your district's website.

Meal Prices

Willmar

	Breakfast	Lunch
K-5	Free	\$1.90
6-8	Free	\$2.05
9-12	\$1.25	\$2.05
Adult	\$1.70	\$3.50
Milk	\$0.30	\$0.30

New London - Spicer

	Breakfast	Lunch
K	Free	\$2.05
1-4	\$1.25	\$2.05
5-8	\$1.35	\$2.30
9-12	\$1.35	\$2.30
Adult	\$1.75	\$3.50
Milk	\$0.30	\$0.30

Montevideo

	Breakfast	Lunch
K-4	Free	\$2.15
5-7	Free	\$2.25
8-12	\$1.35	\$2.25
Adult	\$1.80	\$3.50
Milk	\$0.35	\$0.35

Community Christian

	Breakfast	Lunch
K-5	N/A	\$2.60
6-8	N/A	\$2.60
9-12	N/A	\$2.60
Adult	N/A	\$3.50
Milk	N/A	\$0.30

National Eating Disorders Awareness Week: Feb. 23-Mar. 1

Eating disorders are serious illnesses, not lifestyle choices.

- Around 20 million women and 10 million men in the United States suffer from a clinically significant eating disorder at some point in their life.
- Between 40%-60% of elementary school girls (ages 6-12) are concerned about their weight.
- The average amount of research dollars spent on eating disorders is just 93 cents per affected individual compared to Alzheimer's Disease (\$88 per affected individual), Schizophrenia (\$81) and autism (\$44).

Different Types of Eating Disorders:

- ~**Anorexia Nervosa**~ Inadequate food intake leading to a weight that is clearly too low, intense fear of weight gain, inability to appreciate the severity of the situation.
- ~**Bulimia Nervosa**~ Frequent episodes of consuming very large amount of food followed by behaviors to prevent weight gain, such as self-induced vomiting.
- ~**Binge Eating Disorder**~ Recurrent episodes of eating large quantities of food (often very quickly and to the point of discomfort) a feeling of a loss control, experiencing shame or guilt afterwards.
- **Most common eating disorder in the United States.*
- ~**Other Specified Feeding or Eating Disorder**~ A feeding or eating disorder that causes significant distress or impairment, but does not meet the criteria for another feeding or eating disorder.

If you have any questions or concerns about eating disorders, your doctor, a registered dietitian, or a social worker can all help.

Information from: National Eating Disorder Association and School Nutrition Magazine.

Do you have any questions about the information presented in this newsletter or about nutrition and wellness in general? Submit your questions to Felicia Fobbe, Registered Dietitian at: fobbef@willmar.k12.mn.us



What's on the Menu: Cherry Limeade Smoothie

I know what you're thinking... "It's the middle of winter! Why would I think about making a frozen drink?" But, this recipe might be exactly what you need in this cold weather to imagine you're sitting at the beach on a hot July day and it's a way to celebrate National Cherry Month!

Prep Time: 5 minutes

Total Time: 5 minutes

Serving Size: 1/2 of recipe

- 1 peach
- 1 heaping cup of fresh or frozen cherries
- 3/4 cup of almond milk
- Juice of 1-2 limes (depending on preferred tartness)
- Handful of ice

Add all ingredients to a blender and blend until cream and smooth. Taste and adjust flavors as needed, adding more cherries for sweetness and more lime for tart. Makes 2 small smoothies or one large smoothie.



Food of the Month: Cherry

-Although cherry season in North America isn't until summer, you can still enjoy these little round ruby gems early in the year.
-Cherries are nutrition powerhouses with just 77 calories per cup, 2.5g of dietary fiber, 39% of your daily value of vitamin A and 25% of vitamin C.

