



Nutrition Services



A nourished student is a learning student!

Happy Valentine's Day! 

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TASTE TEST TUESDAY

ITEMS:

Feb. 7th: Cajun Green Beans

Feb. 14th: Pickled Beets and Onions

Feb. 28th: Roasted Rutabaga



Play safe during Winter Break!

All articles were written by Harper University Hospital Dietetic Intern Jessica Young.

POTATOES "VEGETABLE OF THE MONTH"



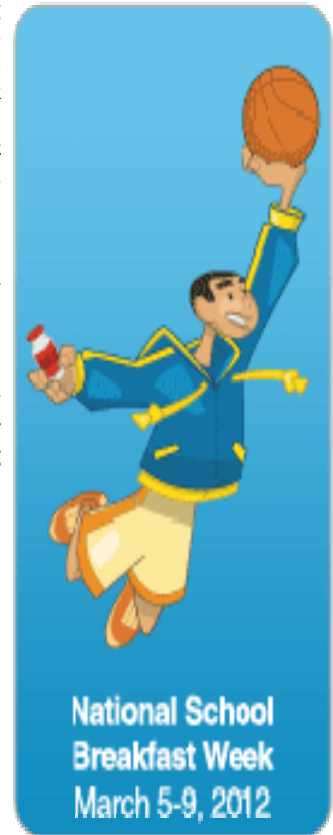
Got Milk?

This simple phrase seems to be over used to promote drinking three 8oz glasses of milk a day. Milk is very important for our bodies as it offers many vitamins and minerals such as calcium and vitamins A and D, and it is also a great source of protein. With this in mind we would like to see a shift in beverage choice from high sugary drinks such as soda or energy drinks to beverages such as water or milk. In this switch chocolate milk can even become a replacement for sports beverages (Gatorade type drinks) after physical activity and sporting events.

According to Chocolatemilk.com, chocolate milk is able to provide the carbohydrates and protein the body needs after exercising. Sports beverages do not provide the natural carbohydrates and protein the body needs. Additionally chocolate milk has enough water to help replenish what the body has lost during physical activity. Sports beverages focus on refueling carbohydrates and

electrolytes, whereas those drinking chocolate milk are also getting protein. It is not suggested to drink a high sugar; high sodium sports drink if only doing light exercise such as walking in the park. If doing light exercise water would be the first choice to drink and then chocolate milk. Next time you or your children are exercising please keep in mind that chocolate milk is a better option than sports beverages.

Please note that it is important to keep in mind that milk needs to stay below 41 degrees. Therefore, for those summer time activities lasting more than an hour, water may be the first choice and waiting until you get home to drink chocolate milk. However, you may use a cooler as long as it is packed with enough ice to keep the milk cold.



Potatoes- Not Just For Frying

Potatoes are a great food that can be cooked in many ways. From a potato we can get energy from carbohydrates, vitamin B, vitamin C, and fiber. There are tons of ways to prepare potatoes here are a few fun ideas to try at home:

- Make mini meatloaves in muffin tins and top each with a "frosting" of mashed potatoes.
- Baking alternative: slice a potato almost all the way through the other side all

the way down the side of a potato. Top with items such as Parmesan cheese, salt, pepper, cheddar cheese, garlic, ranch seasoning and many more ideas. Heat oven to 425 degrees, place sliced and topped potatoes on a baking sheet and bake about 40 minutes. It is suggested to slice a tiny portion off of a side so the potato does not roll around. (Pictured)

- Homemade baked fries

using both white potatoes and sweet potatoes.

- Baked potato soup
- Mix mashed white potatoes with mashed cauliflower

