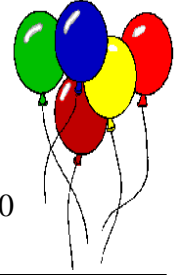




NUTRI-NEWS



June 2009

"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

Volume 20 Number 10

Nutrition and Keeping Green Over the Summer

With summertime quickly approaching, what a wonderful time of year for incorporating some “green” nutrition tips to carry you through the entire summer!!

Buying Local and Seasonal Produce

South Jersey is full of local farm markets bursting with seasonal fruits and vegetables. Purchasing foods locally helps support the local economy while reducing fuel for transport of these foods to distant markets.

Eating a Plant-Based Diet

Many major health care agencies such as the American Institute for Cancer Research and the American Heart Association recommend that most of us eat two-thirds of our diet based on plant foods. That means that two-thirds of each dinner plate should consist of whole grains, fruits and/or vegetables. A diet such as this, besides being very healthy, will assist in the reduction of overall carbon emissions in the environment.

The Beverages We Drink

This summer, instead of drinking all those sodas, sports drinks and bottled water, bring your own filtered water in a reusable container from home. Besides saving on overall calories you will also help the environment by reducing leftover packaging and bottles.

Using the Kitchen More

We should also use the kitchen more and eat out less often. Not only does this make nutritional sense - one can control portions, calories and nutrition this way. It also makes great sense in improving the environment as this reduces waste, packaging and energy.

Choosing Less-Processed Foods

Many nutrition experts advise that we should all concentrate our food shopping in the perimeter of a food supermarket. If one takes a closer look at the setup of a typical grocery store, the basic food groups are located in the perimeter. This in turn reduces the choice of foods that are more highly processed—those that require more packaging, transporting and storing as well.

Saving Green by Eating Green

Some will argue that by choosing a more healthy diet you will spend more money. The points above show this is not so! When one cooks a little more at home, eats a meal or two from a plant-based diet, trims portions, and reduces food waste - this will all certainly lead to spending less money for food. And in these economic times we could all benefit from these savings!

Have a great safe and green summer!!

Newsletter Editor: Rosemary L O’Dea ,
MA, RD