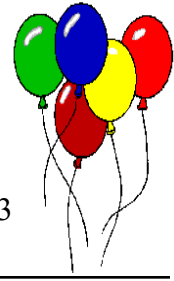




NUTRI-NEWS



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

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Boosting Fiber For Health

In the U.S. today only about 5% of the total population consumes sufficient fiber in their diet. This includes men, women and children alike.

We should all be consuming between 25-35 grams of fiber daily.

Surprisingly, school-age children need almost the same amount of fiber as adults.



Why is fiber Important?

There are many reasons:

- *Lowers cholesterol and heart disease risk
- *Lowers blood glucose levels
- *Maintains good GI tract health
- *Evidence supports decreased cancer risk
- *Healthy weight management

How can I get my children to eat more fiber?

Lead by example. Serve whole grain breads and cereals. Have fresh fruit available as snacks. Offer finger-food veggies. Add vegetables, such as carrots and beans to ready-to-eat soups. Choose dark green lettuces for salads. Kids like the bright colors and textures of crisp vegetables so cook minimally by steaming or microwaving.

Make sure when introducing fiber that you do it slowly and drink extra fluid!!!

Test Your Nutri IQ

The sweet potato is Nutri-Serve's vegetable of the month. Did you know that there is a difference between a sweet potato and a yam? There is and here are some facts:

Sweet potatoes—grown in the U.S. They are actually the root of a vine. Higher in Vitamins A and C than yams. When canned they are commonly mislabeled as yams.

Yams—part of a tropical vine imported from the Caribbean. Can only be bought at an international market. Actually a tuber or part of a plant stem that is underground. It is dry, bland and starchier than a sweet potato. They grow so large they can at times be the size of a man's arm!

Kids in the Kitchen

Have you ever tried sweet potato fries? They are really easy to make and so much more healthy than regular potato fries! You will need a grownup's help with this. Wash and cut sweet potatoes into quarters. Then drizzle with some olive oil. Place onto a baking sheet sprayed with some baking spray (or line the pan with some aluminum foil). Bake in oven at 400 degrees for 50-60 minutes. Enjoy!

(source:

www.fruitsandveggiesmorematters.org)

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