

Something to Chew On

Dining Trends

National Restaurant Association surveyed nearly 1,300 professional chefs to find the menu items that will impact sales in the year ahead. Here are a few trends:

1. New cuts of meat

Chefs are excited to beef up their menus with new, and often affordable, cuts like shoulder tender, oyster steak, and Vegas Strip Steak! Beef. It's what for dinner... again.

2. Street food-inspired dishes

These foods serve as a gateway to other cultures, people and places. Consumers get to discover flavors of local foods from faraway places and chefs

get to create their versions of the ultimate dumplings, tempura, or kabobs. That's a treat in and of itself.

3. Healthful kids' meals

The desire to offer kids healthful, nutritious meals that taste great resonates with chefs. While burgers and fries are still tops with kids, salads, fruit, whole grains and lean proteins are showing up on menus with increasing frequency.

4. Sustainable seafood

More chefs, restaurateurs and consumers say they're paying attention to the environmental impact of seafood on menus.

All are interested in learning about the fish they buy, cook and consume. They want to know where it's from, how it's sourced, raised or caught, and how it affects the eco-system.



SUPERB SEAFOOD

According to Seafood Watch and the Harvard School of Public Health, the Super "Green" list includes seafood with low levels of mercury (below 216 parts per billion (ppb)) and at least 250 milligrams per day (mg/d) of the recommended daily consumption of omega-3 essential fatty acids. It also must be classified as a Best Choice for being caught or farmed in environmentally responsible ways at SeafoodWatch.org.

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What's Cooking? Mango Cucumber Soup

Ingredients:

- 2 ripe mangoes (divided)
- 1 english cucumber
- 2 Tablespoons chopped onion
- 1 jalapeno, finely chopped
- 1 lime, juiced
- ½ cup water
- 2-6oz containers plain non-fat Greek Yogurt
- ¼ cup fresh chopped cilantro



Directions:

- Cut all but one half of mango into chunks, removing peel and pit; chill remaining mango half for use with garnish.
- Slice off ¼ of the cucumber and chill for use with garnish. Coarsely chop remaining ¾ of the cucumber.
- Place chopped mango, cucumber, onion, and pepper in blender or food processor with lime juice and water. Puree until smooth.
- Blend in yogurt. Chill until ready to serve.
- About 15-30 minutes before serving, prepare garnish. Dice chilled mango half, removing peel and pit; dice remaining cucumber. Mix mango and cucumber dices with cilantro. To serve, top bowls of soup with garnish.

Nutrition Facts

Nutrients	Amount
Calories	170
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	45 mg
Total Carbohydrate	33 g
Dietary Fiber	3 g
Total Sugars	28 g
Added Sugars	0 g
Protein	11 g
Vitamin D	0 mcg
Calcium	150 mg
Iron	0 mg
Potassium	397 mg

Food Safety Tips

Food Safety for Older Adults

Adults 65 and older are at a higher risk for hospitalization and death from foodborne illness. For example, older adults residing in nursing homes are **ten times** more likely to die from bacterial gastroenteritis than the general population. As data shows, food safety is particularly important for adults 65 and older.

This increased risk of foodborne illness is because our organs and body systems go through changes as we age. These changes include:

- The gastrointestinal tract holds on to food for a longer period of time, allowing

bacteria to grow.

- The liver and kidneys may not properly rid our bodies of foreign bacteria and toxins.
- The stomach may not produce enough acid. The acidity helps to reduce the number of bacteria in our intestinal tract. Without proper amounts of acid, there is an increased risk of bacterial growth.
- Underlying chronic conditions, such as diabetes and cancer, may also increase a person's risk of foodborne illness.

What You Can Do

Learn about safety tips for those at increased risk of foodborne illness. Older adults should always follow the four steps:

Clean: Wash hands and surfaces often

Separate: Separate raw meat and poultry from ready-to-eat foods

Cook: Cook food to the right temperatures

Chill: Chill raw meat and poultry as well as cooked leftovers promptly (within 2 hours)

<https://www.foodsafety.gov/risk/olderadults/index.html>



Congratulations to the following Managers for a 100% Survey or Sanitation Inspection:

Debra L.
Diane E.
Diane V.
Alan M.
Claire M.
Patty M.
Walter R.
Brad L. (2 times)
Roger C.
Anna H.
John L.
Eric L.
Janice O.
Josh C.
Julie M.
Scott W.

Employees of the Month

March ~ Glen W.
April ~ Mary S.
May ~ Donna F.
June ~ Dani C.

RD of the Year

Paulette B.

Managers of First Quarter

John L.
Crystal H.
Donna J.

Build a Healthy Meal

1. Make half your plate veggies and fruits- Choose red and orange fruits, and dark-green vegetables such as tomatoes, sweet potatoes and broccoli

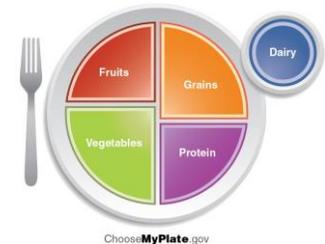
2. Include whole grains
Aim to make at least half your grains whole grains. Look for the words "100% whole grains or "100% whole wheat."

3. Don't forget dairy
Complete your meal with a

cup of fat-free or low-fat milk. You will get the same amount of calcium and other nutrients but without the calories of whole milk.

4. Add lean protein
Choose protein foods such as lean beef, pork, chicken, turkey, eggs, nuts, beans or tofu. Twice a week, make seafood the protein on your plate

5. Avoid extra fat
Examples: gravies, sauces, butter.



<https://choosemyplate.gov>

Fun Food Facts Trivia: Put Your Knowledge to the Test



1. 50% of U.S. Pizzas sold have _____ on them?
2. A peanut is NOT a nut, it is a _____.
3. Almonds are a member of the _____ family.
4. _____ seeds are poisonous.
5. Bananas are NOT a fruit, they are a type of _____.
6. During your lifetime you will eat about _____ pounds of food.

Stay tuned for the next issue for the answers!