

Something to Chew On

Dining Trends: New Food Trends for 2019 Identified!

As identified at the Academy of Nutrition and Dietetics 2018 Food and Nutrition Conference and Expo in the District of Columbia the following 6 food trends to check out in 2019!

1. Plant Based Protein- examples include hot pea protein as well as other hot legumes, nuts and seeds. More snack foods with these ingredients.
2. Legume Pasta-noodles made from chickpeas and red and green lentils will be popular.
3. Probiotics-probiotics, or live microorganisms that can benefit digestive health, nothing new, but products they appear in are no longer limited to yogurts. Some products to watch for include: sparkling water, dairy-free beverages and oatmeal. Just keep in mind that there are many different strains of probiotics and not every strain will have the same effect on everyone.
4. Low-FODMAP Foods-related to "gut-health"- many people have trouble digesting short chain carbohydrates and sugar alcohols and have turned to a Low-FODMAP diet to relieve symptoms of abdominal pain and bloating. Companies are now making products specific for this condition.

5. Alternative Non-Dairy "Milk" Beverages- Look for oat, sesame seed, pecan and cashew milk. There may even be milk from bananas! While great for those who avoid cow's milk, remember that these alternatives may not provide as much protein as regular milk.
6. High-Smoke Point Cooking Oils-look for oils that are stable at a much higher smoke point; or the temperature above which an oil is no longer stable. High smoke point oils include algae oil and even canola oil.

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What's Cooking?

Peppermint Bark Fudge

Ingredients:

- 2 cups canned pure pumpkin
- One 18.3 oz box Betty Crocker Fudge Brownies mix
- 3 tbsp. white chocolate chips, roughly chopped
- 1 standard size candy cane, lightly crushed



Directions:

1. Preheat oven to 350 degrees. Spray an 8"x8" baking pan with nonstick spray and set aside.
2. In a large bowl, combine pumpkin with brownie mix; stir until smooth. Transfer mixture to pan.
3. Bake until edges are slightly firm and top center is dry to the touch, about 35 minutes. (Batter may be undercooked; this is okay)
4. Immediately sprinkle with chopped chocolate chips and crushed candy cane. Allow fudge to cool.
5. Cover with aluminum foil and refrigerate until completely chilled, at least 2 hours. Enjoy!

Nutrition Facts

PER SERVING (1/36th of recipe, 1 piece):

Nutrients	Amount
Calories	67
Total Fat	1 g
Sodium	50 mg
Total Carbohydrate	14g
Dietary Fiber	0.5 g
Total Sugars	9.5g
Protein	0.5 g

Food Safety Tips: Eat Drink and Be Merry

Stay Well This Holiday Season with some simple home food safety tips!

Thaw frozen meats and poultry in a refrigerator at or below 40F.

To ensure freshness and safety of your cooked foods, place them promptly in the refrigerator after cooking. Using shallow containers will allow them to cook quickly.

In order to eliminate harmful bacteria, always bring leftover gravy to a boil on the stove before serving it a second time. Any leftover gravy should be used within 3 or 4 days.

Tragic as it may be when a holiday treat topples to the ground, it is never a good idea to eat it. In the spirit of “out with the old, in with the new”, toss it.

Holiday festivities with family and friends may require travel. Pay close attention to how much time your prepared dish will be out of the refrigerator or oven. A cold dish can be packed in a cooler with ice packs to keep it cold. Hot dishes can be transported in an insulated bag that is intended to keep foods hot or covered with foil and insulated with towels. Cold dishes should be kept under 40F and hot dishes above 140F. If outside of these temperature zones for 2 hours or more, it should be discarded.

Academy of Nutrition and Dietetics Association; eatright.org



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

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Jonathan L. - MN

Tips for a Healthy Holiday

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The holidays are upon us and scrumptious treats are tempting us everywhere - at Grandma’s house, in the breakroom, at parties, and even given as gifts. Did you know the average American gains only about **one pound** during this time of year? While this number is not an alarming one, it may come as a surprise to you as we often feel like we gain closer to ten pounds. Research shows that most people tend to accumulate these pounds over the years. Thankfully, with these simple strategies, we can keep our healthy habits in check while still allowing ourselves to indulge without overindulging!

Be prepared. How many times have you been out and about running errands only to realize how hungry you are? Meal preparation and planning is as important now as it ever has been. Make sure to always have healthy snacks available so you don’t binge on the convenience of fast food (or those doughnuts

in the breakroom). Snack ideas may include your favorite granola bar, beef jerky, string cheese, or a banana. Set aside a day that you have some extra time and cook a healthy meal in a large batch so you have meals to bring to work.

Don’t skip meals in preparation for a big feast.

Go about your day as you normally would with meal intake. Skipping a meal (or two) will cause you to be ravenous and overindulge later in the day. Breakfast will jumpstart your metabolism for the day and result in fewer calories consumed. When you are “starving,” you tend to eat at a pace faster than what your brain can tell you that you are full. By the time you realize you are full, you are uncomfortably full. It takes roughly 20 minutes after eating for this to happen.

Reach for the mint jar. Mint flavoring is known to suppress appetite and make you feel less

hungry. Grab a candy cane next time you are tempted by those frosted cookies – the mint flavor that is subtly sweet will distract you yet keep you satisfied.

Stay active. It can be difficult to find time for exercise during this busy season but it will keep your metabolism going, which is good news for those cookies you ate at lunch. Call up a relative you haven’t seen in awhile, take a walk and catch up. Go for an extra lap around your building after lunch. Take the stairs whenever possible. Park your car in the furthest parking spot. Small changes can add up.

Everything in moderation!

Have that slice of apple pie but settle for a small piece. Depriving yourself of foods you crave can lead to overindulging tendencies. Aim for plenty of fruits, veggies, whole grains, and lean meats but allow yourself to indulge every now and then to maintain a healthy balance!