

# Something to Chew On

## Dining Trends: Superfoods for 2019!

### Top 10 Superfoods for 2019

RDs predict fermented foods—such as yogurt, kefir, kombucha, sauerkraut, tempeh, kimchi, and miso—will continue to be highly sought after by consumers in 2019, likely for their powerful benefits from boosting gut health to blunting inflammation. Kale has fallen off the top 10 list, with nondairy milks nabbing the No. 10 spot. This underscores the rise in popularity of plant proteins and finding plant-based swaps. Other superfood list newcomers, beets and blueberries join this list of dietitian superfood predictions for 2019:

1. Fermented foods, like yogurt
2. Avocado
3. Seeds
4. Ancient Grains
5. Exotic fruit, like acai, golden berries
6. Blueberries
7. Beets
8. Nuts
9. Coconut products
10. Nondairy milks

"Plant-based eating has been a major focus in the dietetic community," Bell says. "Now, consumers are hearing this message and it's what they want." This is apparent in the growth of seeds, nuts, and nondairy alternatives. The supermarket milk case has gone from cow to soy, rice, almond,

coconut, walnut, and oats. Consumers are fulfilling their health and protein needs with a diverse number of dairy and nondairy products.

### To Eat or Not to Eat — That Is the Trend

Consumers realize that what they eat affects how they feel, and based on the trends reported, RDs think that consumers are looking for diets that primarily drive weight loss. As RDs predicted, keto was a diet trend to watch in 2018, and it has soared in popularity. RDs agree the keto craze will continue in 2019, with consumers significantly reducing carbohydrates, grains, and sugar in favor of vegetables, animal fat, and meat. According to the survey, RDs believe the next big diet—or lack thereof—will be intermittent fasting, with clean eating coming in as third most popular.

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## What's Cooking?... Healthier Appetizer for Super Bowl Sunday!

### Buffalo Cauliflower Wings

#### Ingredients

- 1 head of cauliflower, cut into large florets
- 1 c. all-purpose flour
- 1 c. 1% milk
- 1/2 tsp. garlic powder
- 1/2 tsp. kosher salt
- 1/2 tsp ground black pepper
- 1 c. hot sauce (i.e. Franks)
- 4 T melted butter
- Ranch dressing, for serving
- Celery sticks for serving



#### Directions

- Preheat oven to 450° and line two large baking sheets with parchment paper. Make batter: In a medium bowl, whisk flour, milk, and garlic powder until combined. Season with salt and pepper and whisk until the batter is smooth.
- Dredge cauliflower in batter until evenly coated. Shake off excess batter and transfer to prepared baking sheets. Bake until the cauliflower is crispy and golden around edges, about 20 to 25 minutes.
- Meanwhile make buffalo sauce. In a large bowl, whisk together hot sauce and melted butter. Toss baked cauliflower "wings" in sauce before serving.
- Serve with Ranch dressing and celery sticks

Serves 4

#### Nutrition Facts

##### PER SERVING:

Nutrients	Amount
Calories	186
Total Fat	3.5
Sodium	1276 mg
Total Carbohydrate	32g
Dietary Fiber	4.3 g
Total Sugars	2.0g
Protein	7.5 g

# Food Safety Tips: Super Bowl Sunday



Super Bowl Sunday is about much more than football. In fact, when many people think about the Super Bowl, they think about the mouth-watering appetizers, delicious buffalo wings and spicy chili that they will enjoy with their friends. Follow this food safety playbook to help you keep your Super Bowl food both safe and delicious.

## Plays to a Food Safe Buffet

Keep hot food hot and cold food cold.

Hot foods must have a heat source to keep them at or warmer than 140 °F.

Cold foods should be kept on ice to remain at a safe temperature at or below 40 °F.

Perishable foods left out longer than two hours should be discarded and replenished with fresh servings.

## Plays to a Food Safe Kitchen Towel

Wash your hands with soap and warm water for 20 seconds to avoid spreading bacteria to your towels. Never reuse paper towels. This product is for single use only. When used multiple times, bacteria can find their way onto the towel and hitch a ride around the kitchen.

Kitchen towels build up bacteria after multiple uses. To keep the bacteria from getting the upper hand, you should wash your kitchen towels frequently in the hot cycle of your washing machine.

## Hold Hot Foods at 135°F or above.

The FDA Food Code requires that all hot foods be maintained at 135°F or above.

## Foodsafety.gov

# National Nutrition Month®

Laura Kalt, RD, CD New Horizon Foods District Manager

March is National Nutrition Month



National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics.

The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

During National Nutrition Month®, help the Academy achieve its vision of a world where all people thrive through the transformative power of food and nutrition.

## Key Messages:

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
10. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

Academy of Nutrition and Dietetics Association; eatright.org



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

Jason K.-WI Senior Community  
Blaine P.- CO Senior Community  
Kristie T. – MN Residential program  
Rikki H.-MN School nutrition program  
Lena K.- MN Senior Community  
Patty M.-WI Senior Community  
Christina L. – WI Senior Community  
Danielle J. – MN Senior Community  
Tammy B. – MN Senior Community  
Jeff R.- MN Senior Community  
Brian M.- WI Senior Community

## Employees of the Month

Nov.- Anne H.  
Dec.- Scott C.

## RD of the Year

Claire M-WI

## Managers of Fourth Quarter

Amy K. - CO  
Dustin R. - IA  
Liz S. - MN

## Welcome to our New Managers!

Stephanie G.-WI  
Jason K.-WI  
Jeremy L.-WI  
James M.-MN  
Emma N.-MN  
Samantha R.-WI