

# Something to Chew On

## Dining Trends: Healthy Fats

Choose full fat products, choose low fat products, fat is bad for you, fat is good for you – there is so much conflicting information on fat that you might not know what is true anymore! The amount and type of fat an individual should consume of course depends on health status, but some fats have proven positive health benefits. **The bottom line is** choose foods higher in unsaturated fats vs those with saturated fats. That's right do not eliminate fat from your diet completely as a healthy eating plan just incorporates healthier varieties.

### Saturated vs. Unsaturated Fat

Saturated fat occurs mainly in animal sources, including meat and dairy products such as fatty beef, poultry with skin, butter, and cheese. It is also found in baked goods and fried foods. This type of fat can raise your "bad" cholesterol and put you at higher risk of heart disease. Limit these.

Unsaturated fats include poly- and monounsaturated fats and can offer many health benefits including lowering cholesterol/increasing "good" cholesterol, decreasing inflammation in the body, and promoting brain and nervous system functions. Omega-3 fats are included in this grouping. Good sources of unsaturated fat include fatty fish, walnuts, flaxseed/chia seeds, eggs, nuts, avocado, and peanut butter. Choose more of these.

*Eatright.org*

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## What's Cooking?

### Napa Valley Glazed Salmon

#### Ingredients

- 2 tbsp honey
- 1 tsp dried thyme
- 2 tsp Dijon mustard
- 1 tsp finely grated lemon zest
- 1 tsp white pepper
- 1 ¼ pounds salmon, cut into 4 pieces



#### Directions

- Preheat oven to 350 degrees F.
- Combine honey, thyme, mustard, lemon zest, and pepper in a small bowl. Arrange the salmon, with skin side down, in a shallow roasting pan lined with cooking foil. Spread the honey mixture to coat the top of each fillet.
- Bake, uncovered, for 20 minutes, or until the internal temperature reaches 145 degrees F and flesh is opaque and flakes with a fork.

Serves 4

#### Nutrition Facts

PER SERVING: 3 oz

Nutrient	Amount
Calories	270
Total Fat	11 g
Sodium	135 mg
Total Carb.	10 g
Dietary Fiber	0 g
Protein	32 g

*Eatright.org*



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

- ☑ Blaine P - CO Senior Community
- ☑ Brian M - WI Senior Community
- ☑ Christina L - MN Senior Community
- ☑ Danielle J - MN Senior Community
- ☑ Jeff R - MN Senior Community
- ☑ Kristie T - MN Residential Program
- ☑ Lena K - MN Senior Community
- ☑ Patty M - WI Senior Community
- ☑ Rikki H - MN School Nutrition Program
- ☑ Tammy B - MN Senior Community
- ☑ Samantha R- WI Senior Community
- ☑ Veronica H- WI Senior community

**Employees of the Month**

- January - Jack K – MN
- February – Lory E – MN
- March – Lydia E - MN
- April- Miquel S.- MN
- May- Matt N- MN
- June- Stephanie C- WI
- July- Josh K- WI

**RD of the Year**

- ☑ Claire M-WI

**Managers of Quarter**

- ☑ Scott C- MN
- ☑ Veronica H. – WI
- ☑ Bonnie S. – MN

# Food Safety Tips: High Risk Populations

Food illness can affect anyone at any age but there are populations who are more highly susceptible. Learn who is included in this group and help spread the word on making safer choices to reduce risk.

## Groups at High Risk

- Adults aged 65 and older
- Children younger than 5 years old
- Pregnant women
- People whose immune system are weakened due to illness or medical treatment

The four basic steps to ensure food safety include **clean** (wash hands/surfaces often), **separate** (separate raw meat/poultry from ready to eat products), **cook** (cook food to the right temperature), **chill** (chill cooked food promptly, within two hours).

## Become a Safe Shopper

- Do not use/buy damaged, swollen, rusted, or dented cans
- Do not buy cracked or unrefrigerated eggs
- Pick up frozen/refrigerated foods at the end of your shopping trip
- Place raw packaged meat/poultry/seafood in a separate plastic bag so that juices do not contaminate other foods.

## Selecting Safer Alternatives for High Risk Populations

- Instead of raw meat/poultry/seafood, ensure food is cooked to proper internal temperature
- Choose canned fish/seafood, seafood cooked to 145 degrees F or previously cooked seafood heated to 165 degrees F
- Choose pasteurized milk and eggs when preparing recipes that call for raw or undercooked eggs, hard cheeses and processed cheeses
- Wash fresh vegetables/fruits

*Foodsafety.gov*

# Nutrition Tips for Back to School

## Break the Fast

By the time children wake up for school, they may have gone up to 12 hours without anything to eat. Eating breakfast gives kids more of the nutrients they need, promotes healthier body weight, and improves memory/concentration.

## Master Lunch

Be sure to win the “lunch master of the year” award by using the following formula for a nutritious AND delicious lunch.

1. Choose **1 fresh fruit** (grapes, apple slices, melon chunks, berries, banana slices)
2. Choose **2 vegetables** (carrot coins, cucumber, broccoli, pepper strips, tomato slices)
3. Choose **1 protein** (beans, edamame, nuts, peanut butter, hummus, roasted turkey or

- chicken slices, hard-boiled egg)
- 4. Choose **1 whole grain** (pasta, bread, crackers, brown rice, steel cut oats)
- 5. Choose **1 dairy**, if desired (plain Greek yogurt, unflavored milk, string cheese)

Presentation, for any age, can make a difference! Try making kabobs, cutting shapes in different foods, or utilizing a theme (arrange red tomatoes, orange hummus, yellow cheese, green cucumbers, blueberries, and grapes to make a rainbow).

## Snack Smarter

As a general rule, pair a protein with a carbohydrate rich food and a healthy fat for a satisfying snack. Remember: a snack is not meant to be a full meal in itself. Some ideas

- include:
- ¼ c nuts + 1 c shredded mini whole wheat squares (no sugar added)
  - Apple slices + ½ c chickpeas roasted in olive oil
  - String cheese + 1 c grapes
  - Sliced veggies + hummus
  - ½ c berries + 5 oz plain Greek yogurt

*Harvard School of Public Health*

