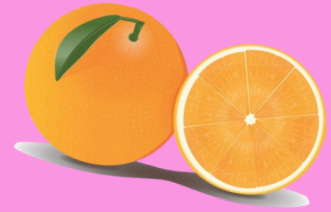




# The

# SQUEEZE



## WHERE YOU GET THE JUICE!

Volume 1 Issue 6 February 2017

### Recipe of the Month *When is Too Much Sodium a-Salt?*

#### Kiwi Salsa

Great with chips or on top of fish or poultry.

#### Ingredients

6 kiwis, peeled and diced

1 small onion, diced

1 jalapeno pepper, diced

2 tablespoons lime juice

1 tablespoon olive oil

1 teaspoon local honey

1/2 teaspoon cumin

1/2 teaspoon curry powder

#### Directions

Mix kiwi, onion, jalapeno pepper, lime juice, olive oil, honey, cumin, and curry powder together in bowl. Cover and allow to rest for 1 hour at room temperature. Refrigerate until ready to serve.

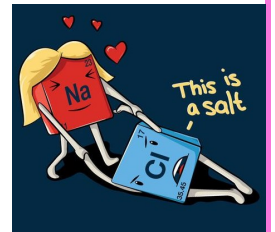


**Sodium**, also known as salt (NaCl), is often added to foods during processing, cooking, or at the table. Salt is necessary for human body function and the AHA recommends about 1,500 mg per day for the general population. It helps to control fluid balance and the functioning of the muscles and the nerves. The human body regulates how much salt it contains. If levels are too high, we get thirsty and drink water, and this speeds up the elimination of salt through our kidneys. While the body needs some sodium, almost everyone eats more than the body needs. Too much sodium plays a role in high blood pressure, which makes it harder for the heart to do its job.

Schools are an important player in overall national efforts to reduce the amount of salt that people eat. As such, Chico Unified, as part of the National School Lunch and School Breakfast Programs, continue to reduce the amount of salt in meals by choosing lower sodium versions of foods and flavoring foods with spices and herbs.

Nutrition Services has many recipes that call for fresh herbs to be included in sauces and special seasoning blends in rice and bread items from the bakery.

<https://sodiumbreakup.heart.org/sodium-and-kids>



#### HARVEST OF THE MONTH *KIWI*

Have you ever wondered what are the health benefits from one kiwi?

Here are just a few: vitamin C 85%, vitamin K 31%, copper 10%, fiber 8%, vitamin E 7%, potassium 6%, manganese 4%, folate 4%.

Kiwifruit has fascinated researchers for its ability to protect DNA from oxygen related damage. They are sure that this healing property is not limited to its vitamin C or beta-carotene content. Kiwi's have also shown antioxidant activity.

Kiwi can also help treat asthma, aid digestion with a proteolytic enzyme called actinide that can help break down protein, manage blood pressure, reduce blood clotting, and protect vision loss with high levels of zeaxanthin and lutein found in kiwi.



Did you know that Chinese Gooseberries were re-branded by a fruit exporter from New Zealand? They called them kiwis after the national bird of New Zealand.


#### EAT THIS not THAT *Valentines Day*

**SKIP:** Assorted Truffles 2pc 170Cal, 10g Fat, 16g Sugar

**TRY:** UNREAL Peanut Butter Cups 80Cal, 6g Fat, 6g Sugar

**SKIP:** Sparkling Cider 143Cal 31g Sugar

**TRY:** No Calorie Flavored Sparkling Water with 1oz pomegranate Juice 99Cal 19g Sugar

 **GIFT IDEAS** Skip the chocolates this year! Try an herb garden with starters from your local nursery (*Little Red Hen, CSU Grub, Jesus Center Garden*) or a variety basket of your favorite persons favorite healthy things (*pickles, tea, preferred reading material, kitchen gadgets or socks!*)

Brought to you by CUSD Nutrition Services 2455 Carmichael Drive Chico CA 95928