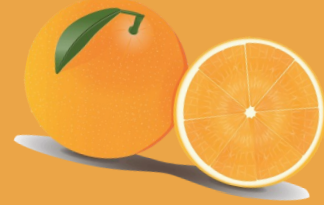




The

SQUEEZE



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WHERE YOU GET THE JUICE!

Recipe of the Month

SWEET POTATO FRIES

Prep time: 5 minutes

Total time: 35 minutes

INGREDIENTS

Olive oil

5 sweet potatoes (peeled and sliced in to desired fry shape),

1/4 Cup Parmesan

salt, black pepper, garlic powder & fresh herbs if desired

INSTRUCTIONS

Preheat oven to 450 degrees F.

Line a sheet tray with parchment paper. In a large bowl toss sweet potatoes with just enough oil to coat. Sprinkle with salt, black pepper and garlic powder to taste. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd. Bake until sweet potatoes are tender and golden brown, turning occasionally, (about 20 minutes). Let cool 5 to 10 minutes before serving. Sprinkle parmesan and fresh chopped herbs on top if desired

ENJOY!



Per Serving (based on 3 servings): Calories: 273; Fat: 9.5g (Saturated Fat: 1g); Protein: 4g; Carbohydrates: 44g; Sugar: 9g; Fiber 7g; Cholesterol: 0mg; Sodium: 1,670mg

BEANS, BEANS, THE MAGICAL FRUIT

We all remember the rhyme as children, “beans, beans the magical fruit, the more you eat the more you toot! The more you toot the better you feel so let’s eat beans with every meal!” Not only a great source of fiber, the Italy originated cranberry bean pack 23 grams of protein for just a 3.5oz serving!

Nutrition Services uses cranberry beans in their scratch made chili hand made burritos at lunch. What’s even better is that these beans were grown and harvested here in Chico. AND by CUSD’s own FFA students out at the Henshaw Farm. After the students harvested, dried and packaged the beans, CUSD Nutrition Services purchased them from the program to put in their awesome menu items. “The fresher and more local we can get will only benefit the health of our students” Crystal O’Rear: Nutrition Specialist. **Come Join us!**

HARVEST OF THE MONTH

Orange-fleshed sweet potatoes may be one of nature's unsurpassed sources of beta-carotene. This benefit may be particularly true for children. In several studies from Africa, sweet potatoes were found to contain between 100-1,600 micrograms (RAE) of vitamin A in every 3.5 ounces—enough, on average, to meet 35% of all vitamin A needs, and in many cases enough to meet over 90% of vitamin A needs They are also a very good source of vitamin C, manganese, copper, pantothenic acid and vitamin B6. Additionally, they are a good source of potassium, dietary fiber, niacin, vitamin B1, vitamin B2 and phosphorus.

HOTM

Notes From Nutrition Beware of Zombie Mouth

Halloween is the sweet time of year when children want to collect & eat as much candy as they can. With the obesity rate triple that of a generation ago, and the number of cavities among kids increasing for the first time in 40 years, for health professionals it may be more of a nightmare. Some kids are prone to developing cavities, or, as the dentists are calling them, “zombie mouths.” The average child accumulates 3,500 - 7,000 cal. on Halloween. A 100-pound child who consumed the full 7000 cal. would have to walk for nearly 44hrs or play full-court basketball for 14.5hrs to burn those calories

Still, the holiday shouldn’t be all spooks and no fun. If your children generally eat well all year long, then experts say that there is nothing wrong with letting them eat candy on Halloween night and a few mini pieces a few days after. The key, of course, is

moderation

EAT THIS not THAT HALLOWEEN

Temptation: Starburst Original Fruit Chews **Swap:** Twizzlers Strawberry Twists,
The Payoff: 3 Fruit Chews has 60cal and 9g sugar. The swap, 1 regular twist 40cal & 5g sugar

Temptation: Candy apple **Swap:** Apple slices dipped in 1.5TBSP Almond butter
The Payoff: Candy Apple has 215cal and 38g Sugar! The swap has 195cal and 12g Sugar

