



FOOD NEWS

February 2018

sodexo
QUALITY OF LIFE SERVICES

RECIPE LOVE:

Alaska Salmon Bake with Pecan Crunch Coating

Serves 6--668 kcal, 26 g protein, 16g carb, 353mg sodium

Ingredients

- 3 Tbsp Dijon mustard
- 3 Tbsp butter, melted
- 5 tsp honey
- ½ cup fresh breadcrumbs
- ½ cup finely chopped pecans
- 3 tsp chopped fresh parsley
- 6 4oz salmon fillets
- Salt and pepper to taste
- 6 lemon wedges

Instructions

1. Preheat oven to 400 degrees F. In a small bowl, mix together mustard, butter, and honey. In another bowl, mix together the bread crumbs, pecans, and parsley.
2. Season each salmon fillet with salt and pepper. Place on a lightly greased baking sheet. Brush with mustard-honey mixture. Cover the top of each fillet with bread crumb mixture.
3. Bake for 10 minutes per inch of thickness, measured at thickest part, or until salmon just flakes when tested with a fork.
4. Serve garnished with lemon wedges.

Recipe from allrecipes.com

RD CORNER

Hi! My name is Meredith Hesselein and I'm your registered dietitian. My main goals are to teach students and their families lifelong habits of good health and wellness through food. Through this newsletter I hope to keep you in the loop on food and nutrition news. If you have any questions or requests, please don't hesitate to reach out!

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BENEFITS OF MAGNESIUM

Magnesium, an essential mineral for human nutrition, is needed for more than 300 biochemical reactions in the body. It helps to maintain normal nerve and muscle function, supports a healthy immune system, keeps the heart beat steady, and helps bones remain strong. It also helps regulate blood glucose levels and aid in the production of energy and protein.

There is ongoing research into the role of magnesium in preventing and managing disorders such as high blood pressure, heart disease, and diabetes. However, taking magnesium supplements is not currently recommended. Diets high in protein, calcium, or vitamin D will increase the need for magnesium.

Adapted from medlineplus.gov

Love Your Heart, Love Your Food

Heart disease is the leading cause of death in America. But the good news is many of these deaths and risk factors are preventable. While age, gender and family history cannot be controlled, you can help prevent and control high cholesterol, high blood pressure, excess weight and obesity with lifestyle changes, physical activity and healthful eating.

Healthy food choices and an active lifestyle can have a big impact on your heart's health. Just a few steps and you can be on your way to a healthier heart:

- Regular, moderate physical activity lowers blood pressure and helps your body control stress and weight. Be physically active in your own way. Start by doing what you can, at least 10 minutes at a time. Always check with your physician before beginning a workout regimen.
- Eat more fruits and vegetables. One good goal is to fill half your plate with colorful fruits and vegetables every meal.
- Eat less salt by preparing foods at home so you can control the amount of salt in your meals. As you prepare meals, use as little salt as possible. You can cut at least half the salt from most recipes. As you shop, select reduced-sodium or no-salt-added canned soups and vegetables.
- Eat whole grains. Not only do they provide vitamins and minerals, but whole grains also contain dietary fiber, which may help reduce your risk of heart disease, cancer, diabetes and other health complications.
- Regularly eat fatty fish including salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- Eat fewer foods with saturated fats, trans fats, cholesterol, added sugars and refined grains.

Talk to your doctor to find out if you are at high risk for heart disease. If you need help with healthful eating, consult a registered dietitian nutritionist who can build a nutrition plan that fits your lifestyle and needs.

*Source: eatright.org
Love Your Heart, Love Your Food
Written by Wendy Marcason, RDN
Published February 6, 2015*

10 Heart Healthy Foods

- **FISH**- Eat fish high in omega-3s, such as salmon, tuna, mackerel, herring, and trout.
- **NUTS**- A handful of healthy nuts such as almonds or walnuts will satisfy your hunger and help your heart.
- **BERRIES**- They're full of heart-healthy phytonutrients and soluble fiber. Try blueberries, strawberries, cranberries, or raspberries in cereal or yogurt
- **FLAXSEEDS**- They contain omega-3 fatty acids, fiber, and phytoestrogens to boost heart health. Take them in ground or milled form to reap the greatest benefit
- **OATMEAL**- The comfort food nutrient powerhouse. Try to choose steel cut or rolls oats.
- **DARK BEANS**- Kidney and black beans are high in fiber, B-Vitamins, minerals, and other good stuff.
- **TOFU**- Skip the meat once a week and opt for marinated tofu in a stir-fry with fresh veggies or on a salad for lunch or dinner.
- **SPINACH**- Swap spinach for lettuce in your favorite salad for a nutritional boost.
- **FRUITS**- Oranges, Cantaloupes, and papaya are rich in beta-carotene, potassium, and magnesium
- **DARK CHOCOLATE**- Make sure it's at least 70 percent cocoa.

FOOD DAYS

- February 5 – World Nutella Day
- February 6 – National Frozen Yogurt Day
- February 7 – National Fettuccini Alfredo Day
- February 9 – Pizza Pie Day
- February 15 – National Gumdrops Day
- February 21 – National Sticky Bun Day
- February 23 – National Banana Bread Day
- February 26 – National Pistachio Day
- February 27 – National Strawberry Day
- February 28 – National Chili Day