



Nutri-Serve Food Management

Let's Use Our...

NUTRITION INTUITION

DECEMBER 2015



Brainstormin' BALANCE

The Ultimate Holiday Eating Strategy to Keep Your Appetite in Check

Make a healthy holiday season commitment for your family instead of making it a New Year's Resolution.

- Hunger vs Thirst:** Don't mistake thirst for hunger! Stay hydrated and try to drink a full glass of water before meals. A carbonated seltzer works too. Add in a spritz of juice or fresh fruit for extra flavor for less calories or sweeteners.
- Scope Out The Whole Serving Line:** Before grabbing anything check out the entire serving line and decide what it is you really want to eat. Have your salad on a separate plate and enjoy that first before digging into everything else.
- Try to Make a Balanced Plate:** Go heavier on your super satisfying protein. Pick a grain, fruit, extra veggies and maybe even a dairy food option. Once you have your food groups covered take just a bite of anything else you may have wanted to try.
- Take Your Time!** Enjoy great conversation with family & friends, put your fork down between bites, and clear your plate when done to resist tempting second helpings.



Watch Out For Those Holiday Favorites!

1 oz Cheese
100 Calories
5 Cracker
100 Calories



6 oz Ham
300 Calories



1 Cup Egg Nog
223 Calories



Potato & Sour Cream
150 Calories



1 Candy Cane
60 Calories

Cheesecake
372 Calories



Our Fruit Friend and Veggie Visitor of the Month are featured on the lunch menu!

Fruit Friend of the Month

Strawberry



Veggie Visitor of the Month

Spinach



Berry Funny!

What is a scarecrow's favorite fruit? *Straw-berries!*

That's A Lot Of Seeds!

- ◆ Strawberries are the only fruit with seeds on the outside... averaging 200 seeds per berry.

Americans ♥ Berries

- ◆ Americans eat an average of three-and-a-half pounds of fresh strawberries each per year. In a study, more than half of nine-year-olds picked strawberries as their favorite fruit.

They Are Berry Good For Athletes

- ◆ Strawberries contain high levels of nitrate shown to increase blood and oxygen flow to the muscles. Research suggests that people who load up on strawberries before exercise have greater endurance & burn more calories.

Berry Helpful Tip

- ◆ Wash berries right before serving! Washing speeds up the spoiling process.

Spinach Wit

What's a ballerina's favorite kind of vegetable? *Spin-ach!*

The Most Famous Spinach Eater

- ◆ In the 1930's U.S. spinach growers credited Popeye with a 33% increase in domestic spinach consumption.
- ◆ Popeye the Sailor man was a greatest lover of spinach. The spinach part of his song went "I'm Popeye the Sailor man, I'm Popeye the Sailor man, I'm first to the finish, cause I eat my spinach, I'm Popeye the Sailor man".

What Popeye Didn't Know About Spinach

- ◆ Popeye was said to get his strength from the iron in spinach, which takes oxygen to muscles. However, iron absorption in spinach is prevented by a compound called oxalic acid and can't be used by the body.

Spinach Nutrition

- ◆ Spinach is a great source of vitamin C, B Vitamins, Folate & Potassium.
- ◆ Spinach is best eaten fresh. It loses nutrients with each passing day.

THE STORY OF NUTRI-SERVE. IT'S OUR NUTRITION INTUITION

In 1987, Registered Dietitian Karen Maier built a company based on the principles of *Nutrition & Service* naming her company **Nutri-Serve** Food Management to reflect these beliefs. Nutrition has always been at the forefront of menu planning with "Balloons for a Balanced Lunch" laying the foundation in creating serving lines that teach our customers balanced eating skills. We believe our exponential growth to over 85 districts over the last 29 years is a result of our commitment to serving tasty and healthy meals to our customers. Nutri-Serve's Corporate Dietitian, Kristen Mueller, RD, works collaboratively with our team to plan monthly menus and provides nutrition education to students.

Newsletter By: Kristen Mueller, RD

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BALLOONS



For a
Balanced
Lunch