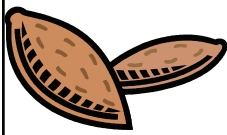
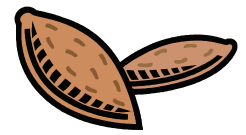


# Nutrition News You Can Use

June, 2010



## Go Nuts for Nutrition



### Cafeteria hours:

#### Monday-Friday

Breakfast: 6:30am-9:15am

Lunch: 11:00am-1:30pm

Dinner: 5:30pm-6:30pm

#### Weekends and Holidays

Breakfast: 7:00am-9:15am

Lunch: 11:00am-1:30pm

### Look out for exciting new menu items!

Try a Wellness Entrée for a healthier option:

- Glazed Salmon
- Rosemary Pork Loin
- Panko Crusted Cod
- Baked Chicken Parmesan
- Pot Roast with vegetables

*Add a vegetable, fruit, and low fat dairy for a balanced meal!*

### Editors

Melissa Maxim, RD

Krista Shibley, RD



### Did you know...

Eating nuts in *moderation* are good sources of unsaturated “healthy” fats and may reduce your risk for heart disease, diabetes and some forms of cancer. In addition, nuts are cholesterol-free, they provide protein, folic acid, niacin, magnesium, selenium, zinc, and other important vitamins and minerals.

Nuts can liven up a salad, add crunch to pasta, and add texture to stir-fry. Enjoying a handful of nuts can be healthful too.

Nutrients in 1 oz of Shelled Nuts							
Nut	Per 1 oz	Calories	Protein	Fat			
				Total Fat	Sat	Mono	Poly
Almonds	20-24	160	6	14	1	9	3
Peanuts	28	170	7	14	2	7	4
Pecans	18-20 halves	200	3	20	2	12	6
Walnuts	14 halves	190	4	18	1.5	2.5	13
Cashews	16-18	160	4	13	3	8	2

**Sat = saturated fat; Mono = monounsaturated fat; Poly = polyunsaturated fat**

### Apple Walnut Salad

#### Ingredients:

- 6 med apples, variety
- 1 tbsp. lemon juice
- 1 tsp. nutmeg
- 3/4 c. raisins
- 3/4 c. chopped walnuts
- 1 c. lite vanilla yogurt



Peel, core and chop apples into one inch cubes. Mix with lemon juice (to prevent apples from turning brown). Toss with spices, add walnuts and raisins.

***Grab a bag of nuts or trail mix for a healthy snack!***