

Phytonutrients!

Serve a rainbow with these antioxidant powerhouses!

What are phytonutrients?

Phytonutrients are compounds naturally found in fruits, vegetables, whole grains, nuts, beans, and tea leaves.

Why are they important?

- They are high in antioxidants to support free radical stabilization.
- They contain anti-inflammatory properties to reduce the risk of chronic disease.
- They are the source of polyphenols - i.e. the chemicals that result in the robust color of fruits and vegetables!

Almost 10,000 phytonutrients have been identified!
Below are a few common examples:

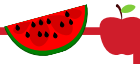




Flavonoids Most abundant phytonutrient! Includes quercetin, catechins, and anthocyanins.

Carotenoids Includes alpha-carotene, beta-carotene, and lutein.

Chlorophyll Gives plants the bright green color and is crucial to trap light for photosynthesis.

Indoles When cut, chewed, or cooked can form indole-3-carbinol.

Mix and match produce from each group to maximize health benefits!

 Red Benefits: <i>Helps protect against prostate cancer, reduces risk of stroke</i> Specific nutrients: <i>Lycopene (lai-kow-pene) and Anthocyanins (an-tho-sai-anin)</i>	 Orange/Yellow Benefits: <i>Keeps eyes and skin healthy, antioxidant</i> Specific nutrients: <i>Alpha and Beta-Carotene</i>	 Green Benefits: <i>Improves eye health, reduces the risk of certain cancers</i> Specific nutrients: <i>Lutein (lu-teen), Indoles</i>	 Blue/Purple Benefits: <i>Helps memory, anti-aging, heart</i> Specific nutrients: <i>Polyphenols and anthocyanins</i>	 White/Tan/Brown Benefits: <i>Lowers blood cholesterol, supports the immune system</i> Specific nutrients: <i>Allium and Flavonoids</i>
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upLIFT Your Breakfast

A nutritious and balanced breakfast is the perfect way to start your day off right!

Why is breakfast so important?

Eating foods from all different food groups helps get all the nutrients needed for optimal function. Key nutrients help bodies move and minds focus for a day full of learning.



We know mornings are hectic! Plan ahead and prepare yogurt with fruit and granola, overnight oats, hard-boiled eggs, or a breakfast sandwich the night before a busy day.

Use local fresh fruits and vegetables as easy, delicious additions!



Fruits and vegetables are quick and easy to add to any breakfast. Peppers, mushrooms, and onions mix well into egg dishes. Blueberries, strawberries, and bananas add natural sweetness to yogurts and oatmeal. Aim for fresh fruits and vegetables instead of juices, as they contain even more nutrients including fiber.



Key Nutrients:

- Potassium
- Vitamin C
- Dietary Fiber

Kick start your energy with whole grains!



Breakfast is the perfect time to include whole grain options. The fiber will help keep your energy levels steady until your next snack or meal. Try oatmeal, whole-grain toast, whole-grain cereal, or make pancakes with whole grain flour.



Key Nutrients:

- Magnesium
- Selenium
- Dietary Fiber

Stay satiated with protein!



Having a source of protein in the morning will help keep you satiated until your next meal. Round out your balanced breakfast with high protein items like hard-boiled eggs, low-fat yogurt, or a cup of low-fat or non-fat milk.



Key Nutrients:

- B Vitamins
- Vitamin D
- Iron
- Zinc

Sodium: The Whole Story

Learn about this mineral that plays several roles in your body!

Cutting Back on Sodium

The Dietary Guidelines for Americans (DGAs) provide a daily limit of **2300 mg/day** of sodium for adults and **1500-1800 mg/day** for children. Reducing sodium intake especially when intake is high, is important for overall health. **Weekly sodium targets for school meals are established based on the amounts recommend by the DGAs.**

Sodium in the Body

Sodium is an essential mineral involved in many bodily processes, including:



Balancing bodies' fluids and regulating blood pressure



Helping muscles contract



Helping cells uptake nutrients and water



Helping nerves carry brain-body messages



However, **too much** sodium is linked to high blood pressure and heart disease. Limiting sodium intake can help regulate blood pressure and reduce the risk of heart disease.

Sources of Sodium

ITEM	SODIUM (MG)
3 oz frozen chicken nuggets....	200-570
1 corn dog.....	350-620
3 oz turkey deli meat.....	450-1,050
4 oz slice frozen pizza.....	370-730
1 oz slice American cheese..	370-377

Tips to Reduce Sodium Intake

- **Consume and serve more fresh foods** - Minimally processed foods such as old-fashioned oats, natural meats and fresh fruits and vegetables have less sodium.
- **Consume and serve high-sodium foods less often** - Pre-cooked and processed items such as pizza and chicken nuggets are some of the highest sources of sodium.
- **Look for items labeled "low-sodium" or "no salt added"** - These items have less than 140 mg per serving.
- **Read Nutrition Facts Labels and ingredient lists** Aim to choose items with 140 mg of sodium or less, and limit other sources of sodium in food items such as monosodium glutamate, disodium phosphate, and sodium nitrate/nitrite.

Ultimate Oil Guide

Choose the best oil for your next recipe!

Grapeseed Oil

Nutrition: Contains vitamin E which may help boost the immune system; contains omega-6 fatty acids that are heart healthy in moderation.

Flavor: Clean, mild.

Uses: Can be used as an all-purpose oil.

Fun Fact: Grapeseed oil is made from discarded seeds from the wine-making process.

Coconut Oil

Nutrition: Contains saturated fat that can be healthy in moderation; may help raise good cholesterol.

Flavor: Ranges from a slightly sweet nutty flavor to a neutral flavor.

Uses: Can be used in place of butter or shortening.

Fun Fact: Coconut oil is solid at room temperature.

Canola Oil

Nutrition: Contains a small amount of plant-based omega-3 fatty acids (about 9% of total fat) which support heart and brain health.

Flavor: Neutral, slightly buttery.

Uses: Versatile oil that can be used in sautéing, stir-frying, grilling, and baking.

Fun Fact: The canola plant is in the same botanical family as cabbage, broccoli, and cauliflower.

Olive Oil

Nutrition: Contains antioxidants that protect our cells from being damaged; contains monounsaturated fats that are good for heart health.

Types of Olive Oil:



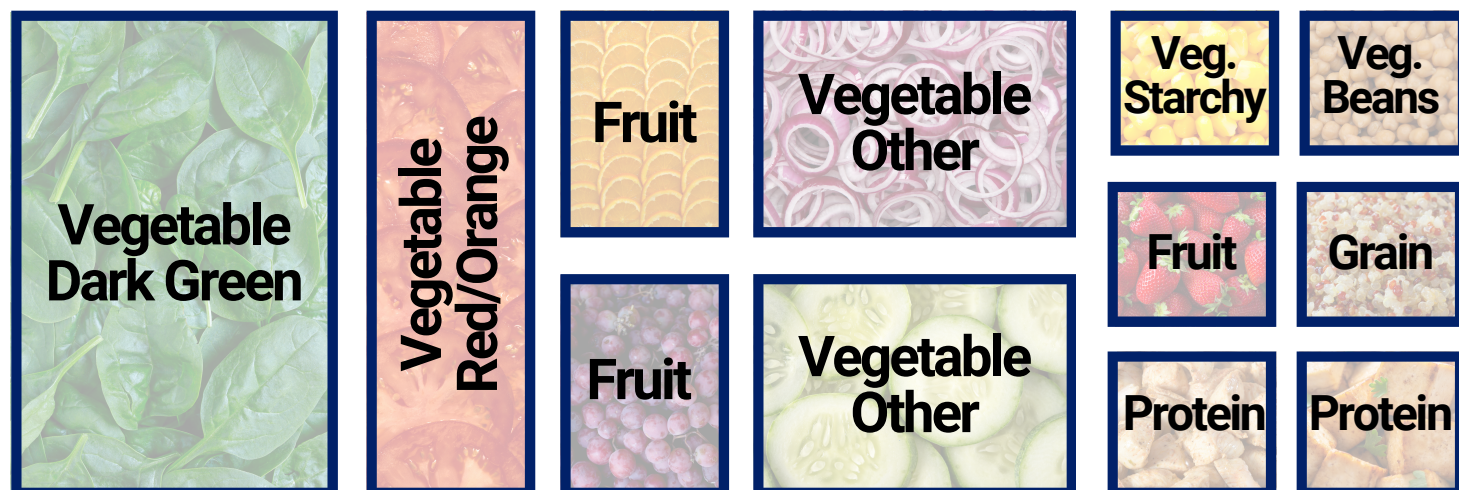
	Color	Flavor	Uses
Extra Virgin	Dark Green	Peppery, aromatic, bitter	Dips, dressings, adding extra flavor to a dish
Virgin	Light green or yellow	Less bitter, slightly aromatic	Sautéing or roasting to add a slight olive flavor
Regular	Pale yellow	Neutral flavor	All-purpose oil for cooking or baking

Mix Up Your Salad Bar!

Increase variety, enhance appeal, and boost nutrition by trying new items.

Mix and Match

Start with your salad bar layout as a template and let your imagination run wild! Include an abundance of different produce colors, textures, and flavors to ramp up your salad bar display. Use the layout below to mix and match different and unique offerings to entice your students and serve a full nutrient profile.



Test out the noteworthy components below to shake up your salad bar offerings!



Vegetables

Dark Green

TURNIP GREENS
BUTTER LETTUCE
SWISS CHARD
BEET GREENS
WATERCRESS

Starchy

CASSAVA (YUCCA)
WATER CHESTNUTS
GREEN PEAS
JICAMA
PARSNIPS

Red/Orange

ACORN SQUASH
BELL PEPPERS
SWEET POTATO
PUMPKIN
SALSA

Beans & Peas

BLACK-EYED PEAS
GARBANZO BEANS
LIMA BEANS
NORTHERN BEANS
KIDNEY BEANS
MUNG BEANS
NAVY BEANS

Other

BAMBOO SHOOTS
NOPALES
MUSHROOMS
ARTICHOKES
SNAP PEAS
SNOW PEAS
AVOCADO
EGGPLANT
RADISHES
SEAWEED
TOMATILLO

Proteins

CHICKEN
STEAK
PORK LOIN
TUNA
SHRIMP
TOFU
TEMPEH
LENTILS
EDAMAME
WALNUTS

Grains

WHEAT
BERRIES
QUINOA
WILD RICE
BARLEY
BULGUR
FREEKEH
AMARANTH
MILLET
FARRO

Fruits

APRICOT
BLOOD
ORANGE
CHERRY
CLEMENTINE
DRAGON FRUIT
KIWI
KUMQUAT
MANGO
NAVEL
ORANGE
NECTARINE
MANDARIN
PAPAYA
PASSION FRUIT
PERSIMMON
PLUOT
POMEGRANATE
POMELO
STAR FRUIT

	Vitamins	Minerals
Fruits	Vitamin C Vitamin E Vitamin A	Potassium Calcium Phosphorus Manganese
Vegetables	Vitamin A Vitamin C Vitamin K Vitamin E	Potassium Folate Copper Iron
Grains	Vitamin E Vitamin B6 Vitamin A	Folate Iron Magnesium Chromium
Proteins	Vitamin B6 Vitamin B12 Vitamin A	Iron Zinc Selenium