

nutrition NEWSLETTER

November 2020

BEING THANKFUL

The holiday season helps remind us to be thankful. The dining services team, is thankful for you all as we continue to navigate through these unprecedented times. Take a moment today to think about all these things you are thankful for such as your health, access to food and housing, friendships, family, receiving education, and having a job or work study!

IMMUNE SYSTEM HEALTH

With cold weather on the way, proper handwashing, cleaning touch points of your dorm and house, and cleaning electronics continue to be important measures to avoid getting sick. But good nutrition is also an important preventative measure!

Your first thought may be to add vitamin C packets in your drinks, but along with other supplements, these do not appear to show any advanced benefits compared to eating a balanced diet of fruits, vegetables, lean proteins, and whole grains!

- ⇒ **Fruits and vegetables:** high in vitamins and antioxidants that aid in protecting your immune system. Did you know red peppers have more vitamin C than an orange? Other sources are berries, melon, and broccoli
- ⇒ **Lean protein:** low-fat dairy, chicken, seafood, soy, nuts, beans contain zinc to aid in immune health
- ⇒ **Eat whole grains:** contain zinc and antioxidants while providing heart healthy fiber.

What else can you do?

- ⇒ **Get enough sleep:** Getting enough sleep helps your body rebuild and recharge.
- ⇒ **Stress management:** The release of inflammatory compounds from chronic stress can create a weakened immune system. Allowing time for self-care, time management, and surrounding yourself with positivity can all help you reduce your stress levels.





HOLIDAY TIPS AND TRICKS

- ⇒ Do not skip meals to “save room” for holiday meals and treats
- ⇒ Listen to your hunger and fullness cues
- ⇒ Use this time to catch up with loved ones while playing games or going for a walk
- ⇒ Add vegetables and lean protein to your plate
- ⇒ Offer to bring your favorite dish
- ⇒ Make a vegetable platter with dips like hummus and tzatziki along with whole grain crackers
- ⇒ Try making a new dessert that incorporates fruit for natural sweetness

SPINACH SALAD WITH GRAPES AND BUTTERNUT SQUASH

INGREDIENTS

Makes 4 servings

- 3 cups cubed butternut squash, (1/2 inch cubes)
- 1 tbsp olive oil, divided
- 1 tbsp maple syrup
- 1/2 tsp salt, divided
- 1 1/2 cups red grapes
- 5 cups baby spinach
- 2 tbsp toasted pumpkin seeds

Dressing:

- 3 tbsp olive oil
- 1 tbsp maple syrup
- 2 tbsp apple cider vinegar
- 1 1/2 tsp Dijon mustard
- Salt and Pepper to taste

DIRECTIONS

Preheat the oven to 400.

1. In a medium bowl, combine squash, 1 tbsp olive oil, 1 tbsp maple syrup, and salt. Then place in a single layer on a baking sheet. Roast for 15 min. Next add the grapes to the baking sheet and roast together for 20-30 minutes (until both are tender).
2. In a bowl, add all dressing ingredients and whisk until blended.
3. To assemble, place 1 1/4 cups spinach on a plate, top with squash, grapes, dressing, and pumpkin seeds. Enjoy!

Top with grilled chicken, turkey, or roasted tofu to add some more protein!



NUTRITION

Calories: 290
 Fat: 18g
 Saturated fat: 2g
 Sodium: 390mg
 Carbohydrates: 34g
 Fiber: 5g
 Protein: 3g

Recipe adapted from:

<https://www.elliekrieger.com/recipe/spinach-salad-roasted-squash-roasted-grapes-pumpkin-seeds-2/>

FOR MORE INFORMATION,
 PLEASE CONTACT:

Lexi Cournoyer, Regional RD @
 Alexa.cournoyer@sodexo.com

