

News in Your School-Ocean Schools

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- RD Corner -



Hello! My name is Meredith Hesselein and I am your school Registered Dietitian.

My main goals are to teach students lifelong healthy eating habits and to keep you up to date on food and nutrition news.

If you have any questions or comments, feel free to contact me at:

meredith.hesselein@sodexo.com

4 Common Nutrition Myths

That you shouldn't be fooled by...

Myth #1: "It's healthier to eat egg whites rather than whole eggs"

The yolk is where all the nutrition is! The yolk contains 40% of the protein in the whole egg and 90% of the B vitamins, calcium, iron, and vitamins A, D, E and K. The fat will also help you stay full longer. What about the cholesterol? Studies have shown that moderate egg consumption has not been found to increase heart disease risk.



Myth #2: "Choose fat free or low-fat dairy products"

Past research has shown that full fat products are "bad" for you, however recent research has shown that is in fact not the case. When a product is artificially made fat free or low fat the removal of fat causes you to feel hungry sooner because fat helps keep you full longer. This can lead to over eating because you never feel satisfied. Also, fat free/low fat items usually contain more sugar and other fillers to make it taste better.



Myth #3: "Multi-grain and wheat breads are a healthy choice"

Look for 100% wheat or 100% whole grain on the label, because unless 100% is noted, its most likely just white bread with a tiny grain of something added. Even better check out the ingredient label, is it short and full of things you recognize as real food? If not, put it back on the shelf.



Myth #4: "Diet soda aids in weight loss"

Several large studies have recently linked artificial sweeteners to weight gain. Artificial sweeteners seem to increase appetite and contribute to sweet cravings by training the taste buds to favor sweeter flavors. It also confuses the body's natural mechanism for regulating caloric intake. I wouldn't suggest grabbing a regular soda in its place but rather decreasing intake of diet sodas, and other sugar free products.



Reference: "7 Common Nutrition Myths"

<https://www.fannetasticfood.com/7-common-nutrition-myths/>

let's get cooking...

Garlic Herb Roasted Veggies

Ingredients:

- ♥ Chopped veggies (*parsnips, brussels sprouts, potatoes, butternut squash, carrots or any other veggie you LOVE!*)
- ♥ Olive oil
- ♥ Garlic powder
- ♥ Rosemary
- ♥ Cracked pepper

Instructions:

1. Preheat oven to 400 degrees. Chop desired amount of veggies and place in a bowl.
2. Add a drizzle of olive oil (enough to coat but not drown), a few shakes of garlic powder, (lots of) rosemary, and some cracked pepper.
3. Place the veggies on a baking tray and pop them in the oven for about 25 minutes.

Enjoy!

