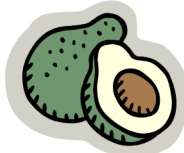


Nutrition News

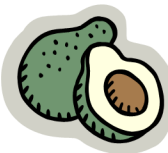
Nutrition News for a Healthy You.

March 2018



Avocado

Avocado is a pear-shaped fruit with skin that can be



thick or thin, green or purplish black, and smooth or bumpy, depending on the variety. The flesh of an avocado is pale yellow-green and has the consistency of firm butter. It has a faint nut-like flavor. It has a large, round seed that can be planted inside the classroom to start a new plant.

Avocados grow on large, dense evergreen trees that get to be 80 feet tall. Avocados do not ripen on the tree. A mature avocado tree can produce more than 400 avocados in a year. Most of the avocados bought in the United States are grown in California.

There are several varieties of avocados and each have a unique flavor and texture. Hass is the most common type of avocado in the U.S. It is known for its purplish black pebbly skin. The skin darkens when the fruit is ripe and its flesh turns to a creamy pale green. This is the only avocado grown year-round.

Nutrition Facts : 4 oz.

Calories: 187

Total Fat: 17 g

Monounsaturated Fat: 11 g

Carbs: 10 g

Protein: 2 g

Potassium: 568 mg (16% Daily Value)

Vitamin K : 23.5 mcg (29% DV)

Texarkana Independent School District
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Food Allergies and Intolerances

Approximately one in 25 people suffers from a food allergy. They are slightly more common in young children and in people who have a family history of them. Most food allergies develop early in life, and many are outgrown.

Food allergies occur when your body's immune system reacts to a substance in a food, usually a protein, your body sees as harmful. This sets off a chain reaction within your body. Symptoms can occur within minutes and can be mild—such as a runny nose or itchy eyes to severe and even life-threatening.

A food intolerance is not the same as a food allergy. An intolerance occurs when your body is unable to digest a certain component of a food, such as lactose, a sugar found in milk; monosodium glutamate; or sulfites, a preservative. Though symptoms of intolerance may be unpleasant, including abdominal cramping or diarrhea, they are not life-threatening.

Types of Food Allergies

More than 160 foods are known to cause food allergies. However, eight foods account for 90 percent of all food-allergic reactions: Milk, Egg, Peanuts, Tree nuts (walnuts, cashews), Fish (Pollock, salmon, cod, tuna, snapper, eel, and tilapia), Shellfish, Soy, Wheat

Eating Well with Food Allergies and Intolerances

People with food allergies or intolerances need to avoid foods that make them sick. But navigating menu items and dishes, where many foods include a combination of ingredients, can be difficult. Allergy-triggering foods may be prepared on the same counters, or with the same utensils as non-allergy causing ingredients. Through cross-contact, a food allergen can creep into what may otherwise be a safe food.

If you have a food allergy, be sure to speak with whoever is preparing your food to inform them of your allergy and ask them to be especially careful when preparing your food.

If you have a food allergy or intolerance:

- Meet with a Registered Dietitian.
- Learn About Ingredients in Foods.

TIP OF THE MONTH:

Snacking isn't all bad. In fact, snacks can be part of a balanced diet and can help you get the nutrients you need that you don't get from actual meals. They also may help control hunger and avoid overeating. Wondering how to snack wisely?

- Keep a variety of nutritious, ready-to-eat snack items in the home, at your desk and in your tote bag. Stock up on items like whole-grain crackers and low-fat cheese, trail mix, dried fruit, low-fat or fat-free yogurt, or instant oatmeal.
- Keep portion control in mind. A single-serving container of yogurt or a small serving of nuts is perfect. Eating directly from a larger package can lead to overeating.
- Learn to skip snacking when you are bored, frustrated or stressed

Encourage An Active Lifestyle For Your Child

Want to encourage healthy weight for your whole family to prevent heart disease, cancer and stroke, all while having fun? Get outside and be active.

Children need 60 minutes of moderate to vigorous physical activity every day to achieve a healthy weight and prevent a range of chronic diseases, including heart disease, cancer and stroke. This might seem like a lot of time, but it all adds up.

Being active and playing with your kids can be easy:

- Encourage children to join a sports team or try a new physical activity.
- Take a walk after a family meal.
- Instead of catching a movie or watching TV, pick an activity that requires movement such as laser tag, bowling or miniature golf.
- Give children toys that encourage physical activity like balls, kites, hula hoops, Frisbee and jump ropes.

Black Bean and Corn Salsa



Ingredients:

- 2 (15-ounce) cans black beans, rinsed and drained
- 1 (17-ounce) package frozen whole kernel corn, thawed
- 2 large tomatoes, seeded and diced
- 1 large avocado, peeled and diced
- 1 small onion, diced
- 1/8 to 1/4 cup chopped fresh cilantro leaves
- 2 tablespoons lime juice
- 1 tablespoon Italian dressing
- Salt and pepper

Directions:

Mix all ingredients thoroughly in a large bowl. Cover and chill overnight. Taste and add salt, pepper or more lime juice as necessary. Serve with tortilla chips as an appetizer, or with grilled chicken breast as a meal.