

# Nutrition News

Nutrition News for a Healthy You.

October 2017



## Staying Away from Fad Diets

With all the focus on weight in our society, it isn't surprising that millions of people fall prey to fad diets and bogus weight-loss products. Conflicting claims, testimonials and hype by so-called "experts" can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is.

There are no foods or pills that magically burn fat. No super foods will alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. Some ingredients in supplements and herbal products can be dangerous and even deadly for some people.

Steer clear of any diet plans, pills and products that make the following claims:

### Rapid Weight Loss

Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than ½ pound to 1 pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards.

### Quantities and Limitations

Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

### Specific Food Combinations

There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

### Rigid Menus

Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

### No Need to Exercise

Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week.

If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more.

Nutrition News is written and reviewed by a Registered Dietitian. Please consult a Doctor before beginning any major change in diet or exercise.

Texarkana Independent School District  
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## National School Lunch Week October 10-14th, 2017

Serving more than 31 million children every school day, the federally-funded National School Lunch Program (NSLP) provides nutritionally balanced, healthy meals. The program, which has been serving the nation's children for over 60 years, requires school meals to meet the USDA's nutrition standards by:

- Ensuring students are offered both fruits and different subgroups of vegetables every day of the week.
- Daily offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size; and
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

# PUMPKIN

## Nutrients



Calories 30-49

Protein 2g

Carbohydrate 12g

Fiber 3g

Calcium 37mg

Iron 1.4mg

Magnesium 22mg

Potassium 394mg

Thiamin 0.058mg

Pantothenic acid 0.346mg

Beta Carotene 3596mcg

Alpha Carotene 597mcg

Vitamin A 2650 IU

Zinc 1mg

Selenium 0.50mg

Vitamin C 12mg

Niacin 1mg

Folate 21mcg

Vitamin E 3mg

Vitamin B6 0.071mg

Vitamin K 1.3mcg

Phosphorus 51mg



## Spicy Pumpkin Soup

- 4 Tbsp unsalted butter
- 2 medium yellow onions, chopped
- 2 tsp minced garlic
- 1/8 tsp crushed red pepper
- 2 tsp curry powder
- 1/2 tsp ground coriander
- Pinch cayenne pepper
- 6 (15 oz) cans of pumpkin
- 5 cups chicken broth
- 2 cups of milk
- 1/2 cup brown sugar
- 1/2 cup heavy cream

### Directions:

- Melt butter in saucepan. Add onions and garlic, cook until soft. Add spices and stir for 1 minute more. Add pumpkin and broth. Bring to boil, reduce heat, simmer for 15 minutes. Transfer soup, in batches, to blender or food processor. Cover tightly, blend until smooth. Return to saucepan. Add brown sugar and stir. Slowly add milk, then cream, stirring to incorporate.
- Serve in individual bowl. Garnish with toasted pumpkin seeds.

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