

# FOOD SERVICE NEWSLETTER



## FEATURED ITEM

### Vita Rain Zero

DOC Commissary Item # 7023

‘Best Choice Category’

## Nutrition Facts

Serv. Size: 20 fl oz -(1.25 PT)- 591mL

Amount Per Serving		
Calories 0		Fat Cal. 0
		% DV*
<b>Total Fat</b>	<b>0g</b>	0%
<b>Sodium</b>	<b>0mg</b>	0%
<b>Total Carb.</b>	<b>0g</b>	0%
<b>Protein</b>	<b>0g</b>	0%
Vitamin C	135mg	150%
Vitamin B6	1.7mg	100%
Vitamin B12	2.6mcg	110%
Zinc	3.3mg	30%
Chromium	11mcg	30%

## How To Think About Your Drink

Many of us have heard that it's important to watch what we eat, but what you drink is just as important as what you eat. Some drinks can help keep you healthy, while others can be high in sugar and low in nutrients. Staying hydrated and choosing the right drink can have a big impact on health.

### Water

Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that causes unclear thinking, mood changes, constipation, and kidney stones. Water helps your body keep a normal temperature, protects your joints, and rids your body of waste. Although you can get some water from the foods you eat (like soup and some fruits and vegetables), drinking water often is also important. The best way to know if you are hydrated is to drink when you are thirsty.



### Other Healthier Drink Options

There are many other beverages besides water. Many of these can be part of a healthy diet. Plain coffee or teas, sparkling or flavored waters, and low-fat or non-fat milk are all good options. These beverages are listed under the Best Choice category in the Commissary.

### Sugary Beverages

Other beverages are high in calories and sugar but have little to no nutrition, such as sodas, sports drinks, vitamin waters, sweetened teas or coffees, and fruity beverages (other than 100% juice). Drinking these kinds of beverages can lead to health problems like weight gain, obesity, type 2 diabetes, heart disease, kidney disease, cavities and gout. Limiting sugary drinks can help you maintain a healthy weight and have a healthier diet.

### Drinks with Artificial Sweeteners

Drinks that are labeled “diet”, “sugar-free” or “zero calorie” likely contain artificial sweeteners. Although these beverages are lower in calories, there's still a lot we don't know about the how artificial sweeteners affect our bodies. The Dietary Guidelines for Americans says that replacing added sugars with artificial sweeteners can lower the amount of calories in our diets in the short term, but it's still a mystery whether artificial sweeteners lead to long-term weight loss. These drinks are listed under the Better Choice category in the Commissary and are best enjoyed in moderation, meaning only sometimes.

*The information in this article comes from the Centers for Disease Control and Prevention and the Dietary Guidelines for Americans, which are developed by the United States Departments of Agriculture and Health and Human Services. This article was contributed by the Washington State Department of Health.*

# New On The Menu

COVID-19 has brought previously unthought of constraints and limitations to the food industry, worldwide. The trucking and warehousing side of the food supply was once steadfast and reliable; this has contributed significantly to the inability to source raw materials and specific food items. On a good note, fruit and vegetables seem to be performing better than the industries that supply chicken, beef, other protein staples, and dry goods. The menus for DOC have had to be flexible to manage the challenges described, we are hoping for a timely recovery in order to return to some form of a normal & reliable menu.

## Religious Meal Participation:

A reminder that the cutoff date to sign up for a religious diet option is April 15th. Those diets take effect on May 1st.



## Fun Food Facts & Food Humor



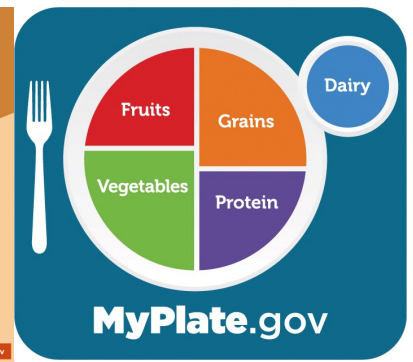
1. The red food dye for Skittles is made from boiled beetles. A common red food dye, carminic acid, is made from the crushed bodies of a beetle called the *Dactylopius coccus*. This acid is used in maraschino cherries, strawberry and raspberry flavored candy, and lipstick.
2. Peppers don't actually burn your mouth...There's a chemical in chili peppers called capsaicin that tricks your mouth into feeling like it's being burned – that's why spicy food hurts. The pain is all in your head!
3. You can find peanuts in dynamite. Peanuts have an oil that is used as an ingredient while making glycerol, which is a main component of nitroglycerin.
4. Expiration dates on bottled water have nothing to do with the water. Water can't expire – but the bottle it's in can. Plastic bottles will eventually start leaking chemicals into the water. It won't make the water harmful to drink, but it will make it taste less fresh.
5. 49% of Americans over 20 eat a sandwich every day. During the Revolutionary War, the Americans would avoid sandwiches due to their association and origin in Britain. Clearly, that has changed today, after a 2014 study found that 49% of Americans over 20 eat one sandwich every day.

### Menu Product Development

#### Correctional Industries Technical Services-

#### CITS Food Product Research & Development

**Lab:** CITS again had to pause its operation during the winter COVID outbreak resurgence. Instead of improvement with vendor shortages, conditions continue requiring ongoing menu substitutions, and modifications to multiple mainline recipes. We continue to ensure product acceptability and specified nutritional values are being met.



### March is National Nutrition Month!

For more details and nutritional information:

USDA–[myplate.gov](https://myplate.gov)