

# Food Service Newsletter

1st Quarter - March 2019

## Frozen Foods: Convenient and Nutritious

By Esther Ellis, MS, RDN, LDN; Published April 10, 2018

Frozen foods are an affordable way get your daily dose of fruits and vegetables. In fact, families who incorporate frozen foods into their normal routine may have better diet quality. With so many choices in the frozen foods aisle, there are plenty of opportunities to find something you like.

### Benefits of Frozen

Fruits and vegetables are picked at peak ripeness and often frozen within hours, locking in nutrients and flavor. Generally, frozen foods retain their vitamins and minerals and there is no change to the carbohydrate, protein or fat content. In some cases, frozen foods have more vitamins and minerals compared to fresh because fresh foods lose vitamins and minerals over time while freezing preserves nutrients. In addition to a time-saving convenience, frozen foods can be a benefit for individuals with limited kitchen space or utensils. Buying frozen can also aid in reducing food waste.



### Choosing Wisely

Not all frozen foods are created equal – many can be high in saturated fat, added sugars and salt. When selecting frozen foods, look at the nutrition facts label and ingredients list and avoid those with added sauces. Compare nutrition facts labels to find nutritious choices. Keep in mind that some frozen dinners are considered more than one serving, which means you will need to double or triple the calories and nutrients listed in the nutrition facts if you eat the entire package.

### Keep it Safe

To keep frozen foods safe, follow cooking methods specified on the on the package. The safest way to thaw frozen foods is in the refrigerator. When thawing meat in the refrigerator, make sure juices do not drip onto other foods. To thaw in a hurry, place the food in a leak-proof plastic bag and submerge it in cold water until thawed, replacing the cold water every half hour and cooking it immediately after thawing. Foods also can be thawed in the microwave and should be cooked immediately after thawing.



## FEATURED FOOD ITEM

### Chunky Salsa

Item #13345

### Nutrition Facts

Serv. Size 1/4 cup, 2.17 oz (62g)

Servings per case: Approx. 260

Amount Per Serving

**Calories 25** Fat Cal. 0

% DV\*

**Total Fat 0g** 0%

Sat. Fat 0g 0%

TransFat 0g

**Cholest.** 0mg 0%

**Sodium** 65mg 3%

**Potassium** 180mg 5%

**Total Carb.** 5g 2%

Fiber 1g 4%

Sugars 3g

**Protein** 1g

Vitamin A 4% \* Vitamin C 25%

Calcium 4% \* Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g

25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Potassium 2,500mg 3,500mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

**Reminder:** April 15th is the cut off for religious diet sign ups. The meals begin on May 1st. A religious diet request form (DOC form 20-428) is required and may be submitted to the facility chaplain's office at any time up to April 15th.

## FAQ

### What is the nutritional difference between a white potato and a sweet potato?

White potatoes and sweet potatoes both pack a nutritional punch and should be included in a healthy diet. They contain similar amounts of carbohydrates, fat, protein, vitamin C, and potassium. Sweet potatoes have more fiber and beta-carotene, but other than that they are virtually the same nutrition-wise.

## Fun Facts

### All About Bananas

Bananas don't grow on trees, they grow on plants that are officially an herb, the worlds largest herb as a matter of fact. They're in the same family as lilies, orchids, and palms.

Banana plants grow up to 25 feet high and their leaves can grow to be nine feet long and two feet wide. Their roots can be hundreds of years old.



- Bananas are technically berries.
- Banana plants grow from bulbs not seeds.
- A cluster of bananas is called a hand and a single banana is called a finger.
- Each banana hand has about 10-20 fingers.
- About 75% of the weight of a banana is water.
- Wild bananas can be bubble-gum pink with fuzzy skins, green and white striped with the inside being orange, and some that taste like strawberries when they're cooked.

## Featured Vendor: Trident Seafoods

DOC Food Service Newsletter is proud to feature Trident, a Washington success story and fish supplier. The following information was published on Trident's website.

### Family Of Fisherman

Many other seafood companies *buy* the fish they sell to you. We don't. We catch our own.

We know our seafood is the purest, freshest, and best-tasting seafood you will ever buy, because we catch it ourselves. We have our own fleet of state-of-the-art fishing vessels, where our fish are caught, prepared and frozen right onboard. And we partner with only the most experienced fishermen—fishermen who love what they do for a living, who have been with us for decades, and who respect the oceans as much as we do.



### Fish. It's our Future.

Fish leave a lighter environmental footprint on our planet than pork, poultry, dairy and beef. Fish is better for our bodies, our minds *and* the environment than any other source of protein out there. Fish is the way to nourish ourselves and keep us healthy without neglecting the earth in the process. It's what 40 years of fishing experience has taught us.

And by partnering with organizations who share our vision—like The Seafood Nutrition Partnership, The Genuine Alaska Pollock Producers, The Alaska Seafood Marketing Institute, and The National Fisheries Institute—we can ensure a responsible stewardship of Alaskan seafood for generations to come.



**Measuring 124 feet long with a crew of five, the steel fishing vessel Gladiator has been catching wild Pollock in the Alaskan waters**