

# FOOD SERVICE NEWSLETTER



## FEATURED ITEM

### WILD ALASKAN POLLOCK BURGER

#### Nutrition Facts

Serv. Size 1 ea. 4 oz. (113g)

Servings per case: 40

Amount Per Serving

**Calories 120** Fat Cal. 30

% DV\*

**Total Fat 3g** 5%

Sat. Fat .05g 3%

TransFat 0g

**Cholest. 45mg** 15%

**Sodium 400mg** 17%

**Total Carb. 6g** 2%

Fiber 1g 4%

Sugars 1g

**Protein 17g**

Vitamin A 2% \* Vitamin C 0%

Calcium 2% \* 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:

		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 \* Carbohydrate \* Protein

## Health Benefits of Fish

### Healthy Diet

Fish is a low-fat, high quality protein. Fish is filled with omega-3 fatty acids and vitamins such as D and B2 (riboflavin). It is rich in calcium and phosphorus and a great source of minerals, such as iron, zinc, iodine, magnesium, and potassium. The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. Fish is packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

### Healthy Heart and Brain

Eating fish is an important source of omega-3 fatty acids. These essential nutrients keep our heart and brain healthy. Two omega-3 fatty acids found in fish are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Our bodies don't produce omega-3 fatty acids so we must get them through the food we eat. Omega-3 fatty acids are found in every kind of fish, but are especially high in fatty fish. Some good choices are salmon, trout, sardines, herring, canned mackerel, canned light tuna, and oysters.

### Omega-3 Fatty Acids:

- Help maintain a healthy heart by lowering blood pressure and reducing the risk of sudden death, heart attack, abnormal heart rhythms, and strokes.
- Aid healthy brain function and infant development of vision and nerves during pregnancy.
- May decrease the risk of depression, ADHD, Alzheimer's disease, dementia, and diabetes.
- May prevent inflammation and reduce the risk of arthritis.

### Cultural Importance

Fish is an important cultural icon in Washington State that defines a recreational, as well as a spiritual way of life in the Pacific Northwest. Fish is not only an important source of nutrition, the act of catching, preparing, and eating fish are important cultural and family practices. To Native American Indian Tribes of Washington, fish, especially salmon, are an integral part of their lives, and serve as a symbol of their prosperity, culture, and heritage.

**Source: Washington Dept. of Health Website/Community & Environment**

## Frequently Asked Questions

### What's new with the menus?

DOC has been working towards adding variety to facility menus. Recent additions introduced to the menu include roast beef, tomato salad, carrot raisin salad, and whole muscle Pollock fish patty. Additionally, work is currently underway for updates on the Halal, mainline alternative, and Kosher menus as well.

### What's happening with facility gardens?

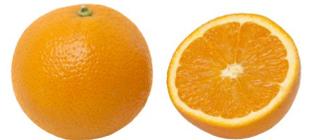
DOC's sustainability leaders have renewed efforts to bring focus to facility garden projects. Food services at all locations look forward to adding fresh produce, grown at the facility, to enhance the menu.



## Feature: Fun Food Facts

### Orange

- The orange is a citrus fruit and is a hybrid of the pomelo and mandarin.
- Oranges have been grown since ancient times and originated in Southeast Asia.
- It is believed that Christopher Columbus was the first to bring orange seeds to America during his second voyage to the region in 1493.
- Orange peel can be used by gardeners to sprinkle over vegetables as a slug repellent.



### Pineapple

- The pineapple plant is a tropical fruit that is indigenous to South America. Originally coming from the area between southern Brazil and Paraguay.
- An individual pineapple can take over two years to grow, although they are usually picked slightly earlier than this.



### Watermelon

- The watermelon can be classified as both a fruit and a vegetable.
- It is a fruit because it grows from a seed, has a sweet refreshing flavor, and is loosely considered a type of melon (although it is actually a type of berry called a pepo).
- It is a vegetable because it is a member of the same family as the cucumber, pumpkin and squash. It is also harvested and cleared from fields like other vine growing vegetables.



### DIET SIGN UPS

**Don't forget, the next opportunity for diet sign up is November 1st. The deadline to sign up is October 15th.**