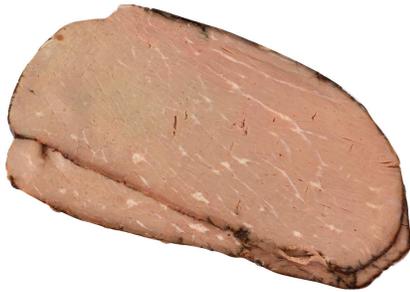


FOOD SERVICE NEWSLETTER



FEATURED ITEM

Sliced Roast Beef Item #RTE-007B

Nutrition Facts

Serv. Size: 2 Slices
Servings per case: 115

Amount Per Serving

Calories 120 Fat Cal. 40

% DV*

Total Fat 5g 8%

Sat. Fat 2g 10%

TransFat 0g

Cholest. 60mg 20%

Sodium 190mg 8%

Total Carb. 0g 0%

Fiber 0g 0%

Sugars 0g

Protein 18g

Vitamin A 0% * Vitamin C 0%

Calcium 0% * Iron 8%

* 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 * Carbohydrate * Protein

Why You Should Eat Your Vegetables



Vegetables give us lots of vitamins and minerals without a lot of calories. Vegetables are important for keeping a healthy body weight by helping us feel full and satisfied. They are a great source of fiber, which keeps our digestion healthy. Vegetables are also high in folic acid, which is important for making blood cells, and vitamin C, which helps skin heal.

There are five major groups of vegetables: Dark-green, red and orange, beans and peas, starchy and other. Different colors and types of vegetables give us different vitamins and minerals. It is important that we eat all the different types throughout the week. This is why many health professionals suggest that you “eat the rainbow” – meaning that you eat lots of vegetables that are different colors so that you get all of your vitamins and minerals.

Dark Green Vegetables: Dark green vegetables are an important source of vitamin K, which is used to stop bleeding when we get injured. Examples include: broccoli, collards, mustard greens, kale, spinach, romaine, and other dark leafy greens.



Orange and red vegetables: Orange and red colored vegetables are a great source of vitamin A. We use vitamin A to help keep our vision healthy. Examples include: carrots, pumpkin, red peppers, tomatoes and sweet potatoes.

Beans and peas: Beans and peas are considered both a vegetable and a protein, because they have the benefits of both food groups. They are a great source of fiber, which helps with easy bowel movements and keeps our digestion healthy. Examples include: Black, garbanzo (or chickpea), kidney, pinto, soy beans (also called “edamame”), black-eyed peas and split peas.



Starchy vegetables: Starchy vegetables, such as potatoes, are a great source of potassium. Potassium can help keep blood pressure within a healthy range, which helps keep our hearts healthy. Examples include: Corn, green peas, white potatoes, and yams.

Other vegetables: Some vegetables are so unique, they are in their own group. They also provide unique nutrients that make them important. For example, cabbage contains the mineral Sulphur, which is critical for removing waste from our bodies. Examples include: Asparagus, beets, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, iceberg lettuce, mushrooms, onions and zucchini.



Contributed by the Washington State Department of Health and based on the United States Department of Agriculture's 2015-2020 Dietary Guidelines for Americans.

Frequently Asked Questions

What's new with the menus?

The Kosher menu plan is going through a revision. Certain menu items will change, and several new meals will be part of the weekly entrée rotation. The feedback about the Kugel meal was taken into consideration, and will be phased out of the menu when those inventory stocks are depleted.

If I don't want my Religious Diet any longer, what do I do to return to eating mainline food?

Even though there are only two opportunities per year to request a Religious Diet, individuals are allowed to 'drop' and return to mainline food at any time, by process. Simply request and complete the DOC 20-428, & submit to your Religious Coordinator.

Feature: Did you Know? Fun Food Facts.

The Tomato: Fruit or Vegetable? Is the tomato a fruit or a vegetable? It is the fruit of the tomato plant. Scientifically speaking, it is a fruit: It is developed from the dry ripened ovary in the base of a flower, and contains the seed (s) of the plant (though cultivated tomatoes may be seedless). It can be further classified as a berry since it is pulpy and has edible seeds. Apples, oranges, pears, blueberries, raspberries and oranges are true fruits.† Many kinds of nuts are also true fruits, as are the avocado, tomato and—more surprisingly—the bean pod, bell pepper, hot Chile pepper and zucchini.



THE HISTORY OF PEAS: The pea is native to western Asia and North Africa, and is one of the oldest cultivated foods, dating to the beginning of agriculture in the Middle East (as long as 10,000 years ago [8000 B.C.E.]). By 2000 B.C.E., pea cultivation had spread throughout Europe and east into India. By the first century C.E., peas were introduced to China and soon after 1492, to the New World.

Along with broad beans and lentils, peas were a staple for most Europeans during the Middle Ages. By the 1600s and 1700s, it became popular pick and eat immature peas. In France and England, where the eating of green peas eating young peas became a fashion. New varieties of peas were developed by the English during this time, including the familiar green peas we call garden peas and English peas. Thomas Jefferson grew more than 30 varieties of peas at Monticello. As the process of canning food became widespread in the 19th century, green peas moved beyond spring and became available year-round [source]. Clarence Birdseye introduces the first frozen peas in 1952, which, everyone can agree, enabled a semblance of fresh peas year-round.



The worlds largest fruit is a Pumpkin. The current record weighs more than 1 ton!

The worlds largest vegetable is Tropical Yam, can be up to 9 feet long, and weigh 150 pounds.

The worlds smallest fruit is known as Asian Watermeal and is about the size of a small ant.

The worlds smallest vegetable is Mankai and is less that 1/5 inch long.