

Raiders' Rap -

Monthly Nutrition Newsletter for the Dover-Sherborn Regional School District



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NUTRITION IN THE NEWS

It's National Nutrition Month 2020 and this year's theme is Eat Right, Bite by Bite. The yearly event focuses on helping Americans "make informed food choices and develop sound eating and physical activity habits. With so much nutrition information available and many of it contradictory, it is often difficult to figure out the what is good advice from recommendations lacking in substance and validity. Part of this has to do with nutrition being a young science: there is still so much we do not know for sure. One way of separating the wheat from the chaff is to obtain your nutrition information from

MARCH MENU HIGHLIGHTS

Tuesdays are Pizza Day

- March 4 Chicken Parmesan & Pasta
- March 11 Chicken, Broccoli & Penne
- March 12 Korean BBQ Shredded Pork Rice Bowl

March 17 Shamrock Chicken Tenders

- March 19 Chicken or Chickpea Tikka Marsala
- March 20 Coconut Crusted Fish Tacos
- March 26 Hot Dogs on a Roll Go Sox!

TASTE OF THE MONTH

If you were to ask a grocer about his or her dairy stock he would point out aisles with milk, yogurt, cheese, butter, sour cream and eggs. But when nutritionists talk of dairy we usually referring to products made from the milk of animals that contains substantial amounts of calcium. In large part this is cow's milk, but goats, buffalo and camels are also used worldwide for their milk production.

Of course there is now an entire controversy surrounding using the term milk for beverages of plant origin, but that is for another day.

In addition to the calcium, cow's milk is a great source of protein and vitamin D. Yogurt and cheese also are prized for their calcium and protein content, but do not contain vitamin D. The sunshine vitamin (so named because our bodies can manufacture in the presence of sunshine), is added to milk in a process

called fortification. Whole milk contains 3.5% butterfat which is highly saturated. Saturated fat has been found to contribute to heart disease, one reason the only types of milk allowed in the National School Lunch program are 1% milk and 0% milk (skim milk).

Interestingly though some recent studies have indicated that the type of saturated fat in dairy products may not be as harmful as those in meats, most health organizations still suggest treading lightly. A cup of whole milk or yogurt would be fine, but drinking three or four cups would come awfully close to the 10% limit on saturated fat for most people.

At Dover-Sherborn Regional we offer students locally sourced skim or 1% milk in white or chocolate flavors.

professional, reliable sources such as registered dietitians.

The Academy of Nutrition and Dietetics website eatright.org contains a host of articles on timely topics for the public. Currently there are articles on heart health for women, preparing heart healthy meals for the family and an always timely article on how to keep your refrigerator a temple of food safety.

When getting information from the web: look for an org, edu or gov domains. Edu and Gov are respectively educational and government entities in the United States. They require verification to acquire these domains. The org domain is supposed to be solely for non-profits and usually is, however, there is no oversight of listing organizations.

It is also important to use a bit of common sense. The old adage, "if it seems too good to be true, it probably is" holds true for nutrition information. If eating five servings of shark fin soup a day would keep you young forever, there wouldn't be any sharks left in the ocean.



TASTE TESTS

March 11 Chicken, Broccoli & Penne

March 12 Korean BBQ Shredded Pork Rice Bowl

March 19 Chicken Tikka Marsala

March 20 Coconut Crusted Fish Tacos



WHAT'S HAPPENING

This month, in addition to National Nutrition Month, it is St. Patrick's day, the first day of Spring and game 1 for the Red Sox, all of which will be recognized on our March menus.

Over the past month we have been rolling out some new wraps for students to try. Have your teens stop by the cold line to try out our veggie and chicken sriracha wraps- we know they are going to love them. And as a reminder we have a new suggestion box in the cafe. Have students give us a heads up on what tickles their fancy and what we should move off the menu.

Finally, have your students noticed the new water containers in the cafe. We are incorporating reusable metal bottles and metal cans along with the plastic bottles this year. Next year we will be phasing out the plastic bottles. The metal containers are a bit more money, yes, but definitely better for the



environment.