



CAFETERIA TIMES

Anniston City Schools CNP

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Food For Thought

The Sweet Potato

- One baked sweet potato (3 1/2 ounce serving) provides about twice the recommended daily allowance of vitamin A.
- One 3 1/2 ounce baked sweet potato contains only 141 calories.
- Low in sodium
- Good source of fiber
- Choose a sweet potato that is a deep orange color. The deeper the color the greater the amount of vitamin A.
- Store in a dry, cool place.
- Do not refrigerate, because temperatures below 55 degrees F will give a hard core and undesirable taste when cooked.
- Baked sweet potatoes freeze well.
- Baked sweet potatoes may be refrigerated 7-10 days.
- Six to eight canned sweet potatoes are approximately the equivalent of four medium fresh sweet potatoes.
- 3 medium sweet potatoes yield about 2 cups cooked and mashed.
- Visit annistoncnp.com for this month's recipes and menus.
- George Washington Carver discovered 115 valuable uses for the sweet potato.

Visit the web site for the January Student Activity and low calorie recipes.

New Year's Resolution

Dieting has become as American as apple pie and mom. The problem with dieting is that it does not work. In order to lose weight and keep it off, you must change your way of eating, exercise more, and view it as a lifestyle—not a diet.

Tips for a Slimmer YOU

- Drink at least six 8-ounce glasses of water each day.
- Record your progress. You are more likely to stick to your plan if you make a list of what you will eat each day and check off the items you followed.
- Record your beginning weight and measurements.
- Exercise!!!! Just walking 30 minutes a day will give you a big boost toward weight loss.

CALORIES

A calorie is a unit of energy. Calories found in food are technically kilocalories.

Humans need energy to survive and they acquire the needed energy from food. The number of calories in a food is a measure of how much potential energy that food possesses.

- Stop eating when you feel satisfied.
- Avoid fast food restaurants. If you have to eat on the road—Subway is one of the best places for low calorie selections.
- Avoid the myth of fat-free foods (if they remove the fat they will likely increase the sodium and/or sugar content to add flavor). It is better to select the reduced fat or regular fat item and just eat less.
- Eat at least 5-9 servings of vegetables and fruits each day.
- Do not skip breakfast.
- Smaller meals throughout the day rather than larger meals.
- Make small changes each week and losing at a slower pace will improve your chance for success.
- Diet with a friend.

One gram of carbohydrates has 4 calories, a gram of protein has 4 calories, and a gram of fat has 9 calories.

Vitamins and minerals are important nutrients but contribute no calories to your diet, therefore they do not supply energy. Vitamins do help release the energy that is present in foods.

Parents Effect on Children's Weight

- Obesity and overweight are usually a direct result of poor eating habits
- Don't blame it on the genes.
- Children often mimic the bad eating habits of their parents.
- Encourage children to walk or ride bicycles.
- Monitor the time children spend in front of computers or televisions.
- Minimize fast food, sweets, and convenience foods.
- Offer fresh fruits and vegetables for snacks.
- Grill or bake foods rather than fry.
- Do not allow children to eat while doing homework or watching television.
- Do not use food as a punishment or reward.

Each person requires a different amount of calories. There are three factors that effect the number of calories you need to consume:

- Basal metabolic rate
- Physical activity
- Energy you burn to digest your daily consumption of food