

# "Nutrition Tidbits"

a nutrition information resource with information, recipes,  
and fun facts for your school newsletter!



Published monthly during the school year by the  
CSSD11 Food & Nutrition Services Management Team

## October 2009 HEALTHY LIFESTYLE WEB SITES

You will want to take a look at *Be Smart-Eat Smart-Live Smart*, Sodexo Food Service's web site that focuses on nutrition and physical activity.

[www.besmart-eatsmart-livesmart.com](http://www.besmart-eatsmart-livesmart.com)

provides information on how food affects mood. Plus, you will have the chance to use nutrition and body mass index calculators.

\*Helpful Hint: Body mass index (BMI) is a calculation based on a person's weight and height. It estimates if the person is underweight, average weight or at risk for becoming overweight. Learn this and much more when you visit the site!

*Nutrition Café*, which can be found at [http://exhibits.pacsci.org/nutrition/noflash\\_nutrition.html](http://exhibits.pacsci.org/nutrition/noflash_nutrition.html) is another GREAT site that features games and activities related to healthy eating and making good nutrition choices. Enter the *Have-A-Bite Café* and you will have the chance to build a meal and find out how healthy it really is!

**Pay Online** for school meals with your credit card! You may use Visa or MasterCard by following the link at: <http://www.d11.org/fns/payonline.htm> You will need your child's Student ID number, which may be found on their Student ID card or by calling the kitchen. Kitchen phone numbers may be found at: [http://www.d11.org/fns/phone\\_list.htm](http://www.d11.org/fns/phone_list.htm)

## NUTRITION TIDBITS HARVEST OF THE MONTH Spinach



In order to "grow healthy students", School District 11 Food and Nutrition Services have developed a program called *Colorado School's Harvest of the Month*. This program was originally created and promoted by the California Nutrition Network and the California 5 a Day Campaign. We have tweaked the program to meet the needs of school districts across the state of Colorado!

Each month a featured fruit or vegetable will appear on the school menus and will become the focus for nutrition education topics (in newsletters like this!). The Harvest of the Month star for October is spinach!

Spinach is great for your heart, brain, and bones. It is an excellent source of many vitamins and minerals. It contains calcium, copper, iron, magnesium, potassium, sodium, zinc and many more minerals. The calcium within spinach is not well absorbed by the human body because of an anti-nutrient called oxalate that binds to calcium and prevents the calcium from being absorbed. Spinach also has many vitamins such as beta carotene, which is converted to vitamin A in the human body. Vitamin A is an important nutrient for the immune system, which protects from illness and disease.

Spinach should be eaten fresh, as its nutritional benefits lessen with each passing day. Experts suggest eating spinach cooked whenever possible as this seems to make the nutrients and anti-oxidants in spinach easier for our bodies to absorb. Cooking can reduce the vitamin C levels so it is best to lightly steam spinach when cooking to preserve nutrients.

[www.spinachwords.com](http://www.spinachwords.com)

