

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables.** Combined, these should cover half your plate at meals.
- **Grains.** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy.** Choose low-fat or fat-free dairy foods most often.

- **Protein.** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 months.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fresh Fruit offered daily		1% white & chocolate milk offered daily	1 - Mini Confetti Pancakes 2 - Chocolate Crescent 3 - Assorted Cereal
1 - Dutch Waffle 2 - Assorted Yogurt 3 - Assorted Cereal	1 - Bacon & Egg Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Pancake on a Stick 2 - Nutrigrain Bar 3 - Assorted Cereal	1 - Cinnamon Roll 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Confetti Pancakes 2 - Purple Daze Smoothie 3 - Assorted Cereal
1 - Egg & Cheese Biscuit 2 - Poptart 3 - Assorted Cereal	1 - French Toast Sticks 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Cinnamon Toast Crunch Pastry 2 - Assorted Muffin & Yogurt 3 - Assorted Cereal	1 - Sausage & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	No School
1 - Bacon, Egg & Cheese Biscuit 2 - French Toast Benefit Bar 3 - Assorted Cereal	1 - Cocoa Puff Pastry 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Bagels 2 - Assorted Muffin & Yogurt 3 - Assorted Cereal	1 - Ham, Egg & Cheese Bagel 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Waffles 2 - Yogurt Cup & Gripz 3 - Assorted Cereal
1 - Fruit Frudel 2 - Assorted Yogurt 3 - Assorted Cereal	1 - Bacon Breakfast Boat 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini French Toast 2 - Nutrigrain Bar 3 - Assorted Cereal	1 - Sausage, Egg & Cheese Biscuit 2 - Mini Donuts 3 - Assorted Cereal	

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¼ c Onion(medium dice)
- ¼ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.

Non-discrimination Statement

The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color national origin, gender, religion, age, disability or marital or family status. To file a complaint of discrimination call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.