



# Nutrition News

## December 2016

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## December is National Fruit Cake Month!

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### December 6<sup>th</sup> is National Gazpacho day!

For those of you who don't know, Gazpacho is a chilled tomato and vegetable soup. Originating in the southern Spanish region of Andalusia, Gazpacho is widely consumed in Spanish cuisine, usually during the summer months.

### December 13<sup>th</sup> is National Cocoa Day!

A cold December day is the perfect time to make yourself a cup of hot cocoa and enjoy.

### December 17<sup>th</sup> is National Maple Syrup Day!

Only mature maple trees are tapped, meaning the tree must be 30 to 40 years of age and at least 12 inches in diameter. Once at a mature age, the trees may yield sap for 100 years or more. Substituting maple syrup for sugar in your baking recipes will help

you consume less refined sugar. This is because maple syrup has many properties that are good for the body, making it a sweetener plus a healthy boost. With antioxidants that support the body's immune system and heart health as well as several beneficial vitamins and minerals, maple syrup is a great sugar substitute in any recipe.

### December 21 is National Hamburger Day!

So hamburgers are a staple in so many American Diets but how healthy is that hamburger for you?? Try substituting that hamburger for a veggie burger made from sweet potatoes, black beans, quinoa, and onions, baked in the oven at 350 for 20 minutes, flipping half way through. See if you prefer the healthier more nutritious way! ☺

### December 22<sup>nd</sup> is National Date Nut Bread Day!

Believed to have originated around Iraq, dates have been a staple food of the Middle East and the Indus Valley for thousands of years. They have been cultivated since ancient times from Mesopotamia to prehistoric Egypt, possibly as early as 4000 BCE. Dates provide essential nutrients and are a very good source of dietary potassium. In ripe dates, the sugar content is about 80% with the remainder consisting of protein, fiber and trace elements of boron, cobalt, copper, fluorine, magnesium, manganese, selenium and zinc. Nuts on the other hand are good sources of vitamins E and B2 and are also rich in protein, folate fiber and essential minerals such as magnesium, phosphorus, potassium, copper and selenium. Bring the two together and you'll have a nutrient dense sweet treat!

### December 28<sup>th</sup> is National Chocolate Candy Day!

Everyone deserves a treat sometimes so have yourself a chocolate candy on this day!