



Nutrition News

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October is National Vegetarian Awareness Month!

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World Vegetarian Day is celebrated on October first, the annual kick-off of Vegetarian Awareness Month. This month is dedicated to educating the public about the health and ecological benefits of eating more vegetarian meals.

Why Eat Vegetarian?

To eat vegetarian is to eliminate meat, poultry and fish from your diet. Some vegetarians will not consume eggs, dairy products, or honey. Vegetarians may follow this diet for religious, cultural, political, environmental, or health reasons. Research shows there is a positive relationship between vegetarian lifestyles and decreased risk of cardiovascular disease, diabetes, hypertension, obesity and certain cancers. Plant foods contain antioxidants, fiber and they are low in saturated fat. Make sure you wash all vegetables and fruits thoroughly

under cold running water and rub or scrub them well to remove dirt and chemicals!

National Child Health Day!

The 1st Monday every October is Child Health day. Each child deserves to be the healthiest he or she can be. On National Child Health Day, we are reminded of all the ways children grow healthy and strong. Starting with the food they eat to the words they hear, children deserve opportunities to grow.

October 5th is National Pumpkin Seed Day!

Pumpkin seeds without shells are known as pepitas. Pepitas make great additions to salads, oatmeal, and on top of yogurt. This little seed also has 8.5 grams of complete plant-based protein in just 1 ounce! These flavorful bites have much more to

offer including a plentiful helping of minerals with over 40% of the recommended daily intake of magnesium, phosphorus and manganese, essential nutrients that aid in overall body function.

October 12th is National Farmer's day!

Head to your local farmer's market and celebrate Vegetarian Awareness month with seasonal produce!

But how could we forget October 26th. National Pumpkin day!

It's a shame pumpkin is only popular for 2 months of the year. Pumpkin is a low-calorie squash that is rich in potassium and loaded with beta-carotene (a powerful antioxidant), and its natural sweetness brings flavor to baked goods without any added guilt.