



Nutrition News

September
2016

September is National **Papaya** Month!

by Hanna Laskow CNE

September is National Papaya Month! Papayas are rich sources of antioxidant nutrients such as carotenes, vitamin C, flavonoids; as well as B vitamins, folate, potassium, copper, magnesium and fiber. Papayas also promote digestive health, protect against heart disease, have anti-inflammatory effects, and help build a strong immune system!

September 4th National Macadamia Nut day!

Macadamia nuts are considered the world's finest nuts. Macadamia nut oil is rich in oleic acid, which plays an important role in the reduction of inflammation and boosting memory! Macadamia nuts are 100% cholesterol-free and help in lowering the symptoms of asthma and the levels of bad cholesterol in the body while increasing HDL (good cholesterol) levels. The fat in macadamia is monounsaturated fats which promote weight loss!

September 8th is National Acorn Squash Day!

Even though it is considered a winter squash, acorn squash belongs to the same species as all summer squashes including zucchini and yellow crookneck squash. Acorn squash is a good source of dietary fiber and potassium and also has some vitamin C and B, magnesium and manganese. Try roasting this squash in the oven at 400 degrees for 30 minutes and see how you like it!

September 13th is National Snack a pickle day!

Instead of reaching for that bag of chips, try snacking on a pickle instead! If you like pickles, you're in luck! They're low in calories, have no fat and have probiotic benefits. Cucumbers were probably first pickled 4,500 years ago in Mesopotamia, and spread around the world across trade routes.

September 16th is National Guacamole Day!

We all know and love guacamole as a party snack, but there's more to guacamole than that! It is made from avocados, which are packed with more than 20 vitamins and minerals, contain healthy fats that help to reduce cholesterol, can help fight cancer, and can be used as a substitute for butter or shortening when baking.

September 30th is National Mulled Cider Day!

Since the fall season has arrived, there is a little chill in the evening air, the trees are turning beautiful fall colors and leaves are starting to drop from the branches, it is the perfect time to celebrate this holiday and enjoy this wonderful drink. Hot Mulled Cider is a popular fall and winter drink that is made by heating cider to almost boiling and adding cinnamon, orange peel, nutmeg, cloves and other spices and then simmering it.