



# EDUCATOR NUTRITION NEWSLETTER

PRODUCE ITEMS OF THE MONTH ARE POMEGRANATE & SWEET POTATO

NOVEMBER  
**2016**  
EDITION

## HEALTHY MINDS = HEALTHY BODIES = HEALTHY STUDENTS

At St. Vincent we believe in treating the mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three of these aspects. This newsletter strives to make a connection between the classroom, cafeteria, home and community to motivate and support students in making healthy decisions.

Peyton Manning Children's Hospital at St. Vincent is here to help you, your school and your students reach whatever health and wellness goals you have. Please don't hesitate to let us know how we can help. For information or resources, contact Karen Terrell, School Wellness Coordinator at [klterrel@stvincent.org](mailto:klterrel@stvincent.org) or 317.338.2336.

We hope you enjoy the newsletters and that you find them useful for your students and their families (and you, too!). Thank you for reading!

## HEALTHY BODY FOCUS: COPD AWARENESS MONTH

November is National Chronic Obstructive Pulmonary Disease (COPD) Awareness Month. Sponsored by the United States COPD Coalition, the observance is a time for organizations and communities across the country to increase the overall awareness of COPD. COPD Learn More Breathe Better®, the title of the National Heart, Lung, and Blood Institute's national awareness and education campaign, has again been adopted as the theme for this year's National COPD Awareness Month.

### Did You Know?

Chronic obstructive pulmonary disease is the third-leading cause of death in the United States. The disease kills more than 120,000 Americans each year—that's one death every four minutes—and causes serious, long-term disability. The number of people with COPD is increasing. More than 12 million people are diagnosed with COPD and an additional 12 million likely have the disease and don't even know it.

**Here are four things YOU can do to live a longer, more active life.**

1. Be aware of the risk factors
2. Recognize the symptoms
3. Ask your doctor or health care provider about a simple breathing test
4. Follow treatment advice

**Four key risk factors for COPD. If you ...**

- Have shortness of breath, chronic cough, or have trouble performing simple daily tasks like climbing stairs, grocery shopping, or laundry;
- Are over age 40 and currently smoke or used to smoke;
- Have worked or lived around chemicals or fumes;
- Have certain genetic conditions

**...you could be at risk for COPD.**



## PRODUCE SELECTION

### POMEGRANATE:

- Select a heavy pomegranate because the weight of the pomegranate tells you how juicy it is. Lighter pomegranates do not contain as much juice as heavier ones.
- Unripe pomegranates will be round, like an apple. As the fruit ripens and the juice-filled seeds begin to expand outward and press against the insides of the pomegranates it will have more of a square shape because the sides will be flattened (instead of rounded).
- Refrigerating your pomegranate rather than leaving it on your counter will help keep it fresher longer. You can expect your pomegranate to last for about two months if you keep it refrigerated!

### SWEET POTATO:

- Select small to medium sweet potatoes because those will be more sweet and creamy. (The larger ones tend to be starchier.)
- The skin should be firm, smooth, and even-toned. The deeper the color of the potato, in general, the richer it is in the antioxidant beta-carotene.
- Keep sweet potatoes in a cool, dry place (pantry, not refrigerator) for up to two weeks. After that their high sugar content will cause them to spoil.

## GETTING PHYSICAL

A while ago, I bought a Brain Break Bucket from a website called [www.TeachersPayTeachers.com](http://www.TeachersPayTeachers.com). The bucket's creator is a woman who calls herself "3rd Grade Thoughts." The activities that she includes in the bucket are excellent and I'd like to share a few of them with you throughout the year. These simple, easy activities can be a great way to "wake up" your students' brains.

**High Cincos:** Give high fives to five people then sit back down. Great for a quick break or transition.

**Superman:** Lying on your stomach, legs together and arms extended out in front, lift your right arm and left leg, then your left arm and right leg, then both arms and legs...like you're flying like Superman.





Pomegranate	
Nutrition Facts	
Serving Size 1 pomegranate 4 (282 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 234	Calories from Fat 28
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 8mg	0%
<b>Total Carbohydrate</b> 53g	18%
Dietary Fiber 11g	45%
Sugars 39g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 48%
Calcium 3%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories      2,000      2,500
Total Fat	Less than 65g      80g
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Fiber	25g      30g
Calories per gram: Fat 9      •      Carbohydrate 4      •      Protein 4	
©www.NutritionData.com	



Sweet Potato	
Nutrition Facts	
Serving Size 1 medium 151g (151 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 115	Calories from Fat 2
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 41mg	2%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 4g	15%
Sugars 9g	
<b>Protein</b> 2g	
Vitamin A 475%	Vitamin C 32%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories      2,000      2,500
Total Fat	Less than 65g      80g
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Fiber	25g      30g
Calories per gram: Fat 9      •      Carbohydrate 4      •      Protein 4	
©www.NutritionData.com	

## EAT YOUR COLORS!

When eating fruits and vegetables, it's important to remember to encourage children to eat a rainbow of colors.

<b>RED</b>	Help maintain a healthy heart, memory function and urinary tract health	Strawberries, red pears, red grapes, beets and tomatoes
<b>ORANGE</b>	Help maintain heart health, healthy vision and healthy immune system	Oranges, tangerines, grapefruit or apricots
<b>YELLOW</b>		
<b>TAN</b>	Help maintain heart health and cholesterol levels that are already healthy	Squash, garlic, jicama, alfalfa sprouts
<b>WHITE BROWN</b>		
<b>GREEN</b>	Help maintain healthy vision and strong bones and teeth	Cabbage, Chinese and savory cabbages, kale and broccoli
<b>BLUE</b>	Help maintain healthy aging, memory function and urinary tract health.	Blueberries, purple and red cabbages, eggplant, dried plums, figs
<b>PURPLE</b>		

For more information, visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## HOW MUCH DO I NEED?

### Recommended Daily Amounts Of Fruits & Vegetables\*

Kids, Ages 5-12	2½ - 5 cups per day
Kids, Ages 13-18	3½ - 6½ cups per day
Adults, 19+	3½ - 6½ cups per day

\*If you are active, eat the higher number of cups per day.

Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



## HISTORY

The pomegranate originated in the region of what is today Iran and has been cultivated since ancient times throughout the Mediterranean region and northern India. The pomegranate made it to the new world via Spanish missionaries. When Cortez conquered the Aztecs in the 1500s, pomegranate trees were planted in Mexico and then made their way north to missions in California and Texas.

It spread across the south but did not do well in the northern climates. In 1771, Thomas Jefferson planted pomegranates at Monticello, his plantation in Virginia. Around the year 2000, pomegranate popularity began to grow again as this sweet, juicy, succulent fruit was rediscovered. Today, it is widely cultivated throughout the Middle East and Caucasus region, north Africa and tropical Africa, the Indian subcontinent, Central Asia, the drier parts of southeast Asia, and parts of the Mediterranean Basin.



Being a tropical plant, the sweet potato probably was found by Columbus in the West Indies, by Balboa in Central America, and by Pizarro in Peru. Like corn, it was not found growing wild, but it had been cultivated by the Incan and pre-Incan for thousands of years. They had developed many varieties, as is shown by their ancient pottery. In most places in Latin America, the sweet potato is called "camote," but the Incans called it "batata" and that is apparently the origin of our word "potato."

The sweet potato was carried back to Spain and then to Italy, from where it spread to Austria, Germany, Belgium and England before the first Irish potatoes arrived. It took 200 years for the English to accept Irish potatoes as being fit for human food, but the sweet potato immediately became a rare and expensive delicacy.

## LITERATURE LINKS

**Elementary:** *The Gigantic Sweet Potato* by Dianne De Las Casas (Author) and Marita Gentry (Illustrator)

This children's picture book is a cumulative story adapted from the Russian folktale The Giant Turnip. In this version, Ma Farmer has a hankering for some sweet potato pie. But the sweet potato she has planted is too big to pull up, even with the help of just about every animal on the farm, from Pa Farmer, to Bessie Cow, to Ralphie the Dog, to Kittie Cat. Can Lily Mouse be the one to solve the problem? A page of fun facts and a sweet potato pie recipe are included.

**Middle:** *The Pomegranate Seeds* by Laura Geringer (Author) and Leonid Gore (Illustrator)

When Demeter's young daughter, Persephone, is kidnapped by the king of the underworld, the earth-goddess decrees that nothing will grow on Earth until the girl is returned to her. Laura Geringer brings a modern sensibility to her interpretation of Nathaniel Hawthorne's adaptation of the Greek myth about the origins of the seasons. She retells it as the story of a child caught between two adults who compete for her loyalty and affection.