

Discover healthy eating by trying new foods

Healthy eating can be exciting for adults and children alike. Seriously! In our day to day lives we get used to eating a certain variety of foods and stick with what we know. But sometimes it's better to break out of the regular routine and try something completely different! Think of it this way...if you saw the same five episodes of your favorite TV show every week, it would get pretty boring wouldn't it? The shows would be entertaining since they're your favorites, but you'd probably be hoping for something different to happen at some point. The same applies to foods, and this is especially so for children. Adults can overlook the fact that kids want some fun and excitement built into their diets. They get tired of the same-old-same-old and are becoming more vocal about their desire for new products and new tastes.

*Be adventuresome -
try something different!*

In the past it may have been hard to find unique ingredients and foods. Now there is increased availability of ethnic cuisines, organic options, and exotic fruits and vegetables. Even your local grocer is likely stocking new items on their shelves. Take a look around the store and grab something NEW! For instance, next time you make a fruit salad, throw in some star fruit and kumquats for a whole new flavor experience and plenty of nutrition! Make a stir-fry to shake things up and add nutrition to the meal with brown rice and a variety of new vegetables. Give some color to white pasta with fresh tomatoes and green, crisp vegetables. Not only will you add color and crunch, you also add an abundance of vitamins and minerals.

Finally, something as simple as how you season your food can impact the foods overall nutritional value and taste. The next time you go to the store grab some fresh herbs like oregano, thyme or that all-time favorite, garlic! Fresh herbs and spices add flavor to foods, while also helping to replace unneeded salt in many recipes. A double bonus!

So be adventurous, have fun with your food and discover not only great NEW tastes, but also healthy alternatives you never thought of before. Most likely you and the children will discover some delicious new choices on your journey!



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Roxanne Moore is a Registered Dietitian and past spokesperson for the American Dietetic Association (ADA). She completed her undergraduate work in Dietetics at Hood College in Frederick, Maryland, and her Masters in Health Science and Business at Towson University in Towson, Maryland. Roxanne has over 15 years experience developing nutrition education programs and providing nutrition education for individuals, groups and the community-at-large. She is certified as a Child and Adolescent Obesity Counselor and a member of ADA Sports, Cardiovascular and Wellness Nutritionists dietetic practice group.

Sodexo is proud to partner with your school district to provide nutritious school meals for your children. Our unique approach provides students with a variety of healthy menu choices designed specifically to satisfy their taste preferences. To learn more, visit www.sodexousa.com or call 800-354-7000.

