

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables:** Combined, these should cover half your plate at meals.
- **Grains:** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy:** Choose low-fat or fat-free dairy foods most often.

- **Protein:** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet, it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important to brush your teeth after eating any kind of food. At a minimum, you should brush your teeth morning and night and be sure to see a dentist every six months.



Seaside is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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BREAKFAST MENU

Elementary October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Blueberry Muffin & Grahams	Apple Frudel	Cinnamon Bun	Banana Bread	Bagel & Cream Cheese
UBR	BeneFit Bar	Banana Mini Loaf & Grahams	Concha	WG Pop Tart
Blueberry Muffin & Grahams	Apple Frudel	Cinnamon Bun	Banana Bread	Bagel & Cream Cheese
	BeneFit Bar	Banana Mini Loaf & Grahams	Concha	WG Pop Tart
Blueberry Muffin & Grahams				

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

We offer fruit and 100% juice each morning, you must take at least 1/2 cup, you may take more.

Cereal and grahams or string cheese are offered for breakfast every day.

Fat Free chocolate milk and 1% unflavored milk are offered everyday.

All Meals are offered at NO COST to ALL students!

Limit of one of each meal per day per student, please.

Nutrition Information is available upon request.

This institution is an equal opportunity provider.