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## The Dietitian's Desk

Welcome to "The Dietitian's Desk!" This monthly newsletter is committed to providing insightful nutritional information and facts that promote a healthy lifestyle inside and outside of Sodexo's outstanding school nutrition program.

If you have any questions or comments, feel free to contact me at:

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## Delivering on Student Well-Being

### Healthy Holiday Eating

Holidays are the time of celebration and family gatherings. It's also a time when many tend to overindulge and see weight gain. You can enjoy the holidays without the weight gain by following some simple guidelines:

- **DON'T SKIP BREAKFAST**
  - Often people skip breakfast in an attempt to "save calories." This often backfires and causes a person to be so hungry that they overindulge later in the day. Eat a healthy breakfast that includes whole grains, protein, and fruit.
- **STOP AND SURVEY THE OPTIONS**
  - Party meals are often buffet style, so people tend to just start at one end and load their plate with food. Instead, stop and look at all the options available and decide what you really want. If there are many unhealthy options pick just 1 or 2 and take a small sample to enjoy. Then fill the rest of your plate with healthier foods. Consider which foods you can only get during holidays and choose those over foods that you have available year-round.
- **SOCIALIZE MORE BUT NOT NEAR THE FOOD**
  - When you stand near the food, you're more likely to unconsciously nibble on food. So rather than hanging around the food, get your plate and socialize away from the food to keep from extra snacking.
- **BRING A HEALTHY DISH**
  - If you're able to bring a food to the event, bring a healthy dish so you know of at least one healthy option you can choose.

## Mixed Berry French Toast Bake

Makes 8 Servings



### Ingredients:

- 1 loaf French bread, cubed
- 6 egg whites + 3 large eggs
- 1 3/4 cups fat free milk
- 1 teaspoon sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 package (12 oz) frozen unsweetened mixed berries
- 2 tablespoons cold butter
- 1/3 cup packed brown sugar

### Directions:

- Place bread cubes in 13x9 inch baking dish coated with cooking spray; In a large bowl, mix egg whites, eggs, milk, sugar, cinnamon, vanilla, and salt; Pour over Bread and refrigerate for 8 hours or overnight.
- 30 minutes before baking, remove berries from freezer and set aside, and remove baking dish from fridge. Bake French Toast, covered, at 350°F for 30 minutes.
- In a small bowl, cut butter into brown sugar until crumbly. Sprinkle berries and brown sugar mixture over French Toast. Bake, uncovered, for an additional 15-20 minutes.