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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.

## Delivering on Student Well-Being

### Make Half Your Grains Whole Grain

All grains served in school breakfast and lunch are whole grain rich. Whole grain products are healthier since they are not processed, and therefore maintain more of the important benefits such as fiber, vitamins, and minerals. It's recommended that a person's diet has at least half of grains being whole grain, but what does that mean? Here's some tips to make sure your family is getting a diet rich in whole grains:

- **Be an ingredients detective:** review the ingredients label.
  - Foods labeled with the words multi-grain, stone-ground, 100% wheat, cracked wheat, seven-grain, are not always whole-grain products. For example, just because it says 100% wheat, it could be refined wheat.
  - Look for whole wheat, brown rice, oatmeal, bulgur, buckwheat, whole corn, whole-grain cornmeal, whole oats, whole rye, or wild rice.
- **Don't judge a grain on its color alone:** Just because a bread is brown doesn't automatically make it whole grain. There is even white bread that contains whole grains. It's best to focus on ingredients to insure you're getting whole grain.
- **Mix It Up:** Never served your family brown rice? Try introducing it by mixing it 50/50 with white rice and then gradually increase the portion of brown rice. Try this with a variety of whole grains to help your family get used to the flavors.

### Blueberry Chia Overnight Oats

Makes 4 Servings

#### Ingredients:

- ⅓ cup whole natural almonds, divided
- 1 ½ cups nonfat or 1% milk
- 1 cup nonfat or low-fat plain yogurt (not Greek-style)
- ⅓ cup all-fruit blueberry jam
- 1 teaspoon pure vanilla extract
- 1 cup old-fashioned rolled oats
- 2 tablespoons chia seeds
- 2 cups blueberries, divided

#### Directions:

1. Toast the almonds in a dry skillet, 3 to 5 minutes. Allow to cool slightly, then chop them coarsely.
2. In a medium bowl, stir together the milk, yogurt, jam, and vanilla. Stir in the oats, chia seeds, and half of the almonds. Then stir in 1 cup of the blueberries.
3. Divide the mixture evenly among four 12-ounce jars. Top each with the remaining blueberries and almonds. Cover tightly and refrigerate overnight or at least 8 hours. Serve chilled or at room temperature.

