

Arbor Nutrition News

November 2020

Diabetes Awareness Month



Over 34 million Americans have diabetes (1 in 10), and approximately 90-95% type 2 diabetes. Even more people are unaware that they are high risk for developing prediabetes or progressing to Type 2 diabetes. You can reduce your risk by making changes to your eating style, being physically active, and by losing a certain amount of weight if you have a BMI that is categorized as overweight or obese.

Healthful tips to manage diabetes:

- ⇒ Limit foods and drinks high in added sugar
- ⇒ Select smaller portions, spread out over the day
- ⇒ Make your carbs count by choosing whole grains and fruits and vegetables, which will help limit sources of refined carbohydrates.
- ⇒ Eat less saturated fat and focus on healthy fat
- ⇒ Use less salt
- ⇒ Limit alcohol

Roasted Red Peppers & Broccoli

Try this recipe for an extra Vitamin C boost with dinner!

Ingredients:

2.5 lb. Broccoli Crowns

1 Red Bell Pepper, cut in strips

1/2 zest of lemon

2 tsp lemon juice (about 1/2 lemon)

1.5 tsp salt

1/2 tsp ground black pepper

1/8 tsp cayenne pepper

5 cloves garlic, minced (or 1 tsp garlic paste)

1/3 cup grated parmesan cheese

1. For crispy broccoli, preheat oven to 475°F. (For less crispy florets, preheat oven to 450°F.)
2. Wash and cut broccoli florets from thick stalk, slice or pick apart florets into individual pieces about 1/2 in. size.
3. In a large mixing bowl, whisk together olive oil, zest of lemon, lemon juice, salt, pepper, cayenne pepper, and garlic.
4. Toss broccoli florets and red bell pepper into bowl and coat well.
5. Spread onto a large rimmed sheet pan and bake for 10-12 min.
6. Flip broccoli over and bake another 5-10 min.
7. Remove from oven and sprinkle with grated parmesan



Nutrition Spotlight-Vitamin C

Vitamin C is what we need for immunity, growth and repair of tissues, and wrinkle prevention. It helps your body fight off infections and destroy free radicals that cause cancer, heart disease, and arthritis. Your body can only absorb so much Vitamin C at a time, so it is good to take some throughout the day. Besides citrus fruits and juices, other good sources of Vitamin C are bell peppers, broccoli, Brussel sprouts, kiwi, strawberries, and cantaloupe to name a few.

Free Meals Available!

For ALL Children 18 and Under
Through June 30th!

Check with Your School District for
More Information



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