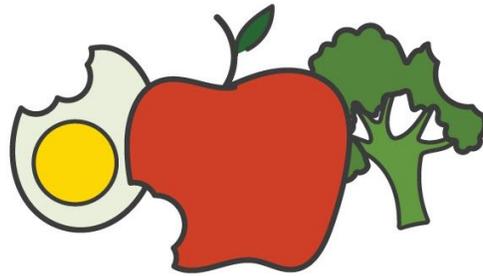


EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat®
right. Academy of Nutrition
and Dietetics

In order to accommodate the diverse topics within nutrition and health, the Academy of Nutrition and Dietetics has announced the theme of this year's National Nutrition Month® will be Eat Right, Bite by Bite. With the expansion of the definition of both health and wellness, this is a great opportunity to focus on helping consumers make informed food choices, develop wholesome eating habits, reduce waste and establish consistent physical activity habits. Gordon Food Service offers a variety of resources that help everyone implement a healthy, flavorful menu, consistent with greater transparency and promotion of lifelong lifestyle habits. In this packet you will find tips, resources and activities for a healthy 2020. Please visit www.eatright.org/nnm to find more information and resources for National Nutrition Month® 2020.

What is included in this packet?

- Gordon Food Service **Clear Choice filters** within Online Ordering, help consumers find products that contain cleaner ingredients, responsibly sourced, or sustainable, among others.
- By partnering with nutrition professionals in the community, healthcare and educational systems can help to build healthier communities with the **Grocery Store Tour Tool Kit**. Nutrition professionals will find information to educate consumers about food to promote health and wellness.
- Fun and informative activities to engage both adults and children in health eating:
 - Crossword Puzzle
 - Word Search for Adults
 - Fact or Fiction Quiz
 - Coloring Page for Kids
 - Word Search for Kids
- Add healthy and flavorful recipes from Gordon Food Service, located in both Cycle Menu Management and GFS Idea Center:
 - Pulled Piri Piri Turkey Sandwich
 - Fonio & Broccoli Salad
 - Chia Seed Breakfast Pudding
 - Beef & Vegetable Pho
 - Lentil Penne with Plant-Based Bolognese
 - Copper River Salmon Salad



The Nutrition Resource Center Team Can Help!

- Foodservice Training Topics available on Gordon Experience → Resources, which include pre- and post-tests, PowerPoint presentations, activity ideas, and certificate of completion.
 - Wellness and You
 - The Mediterranean & DASH Diet
 - Healthy Eating: Understanding, Impact and Opportunities
 - Flavoring Foods
- The Nutrition Resource Center at GFS has a staff of Registered Dietitians available Monday through Friday, 8am - 5pm EST to answer your nutrition questions via our hotline, (800) 968-4426 or email, nrc@gfs.com. We're here to help!

How to Filter on Clear Choice™ Attributes in Online Ordering

Transparency to cleaner labels, responsibly sourced and sustainable products



Cleaner Ingredients



Specialty Agriculture



Animal Care



Sustainable Seafood



Ethically Sourced



Environmentally Friendly

Go to [GFS.com](https://www.gfs.com) > SIGN IN > Online Ordering. There are three ways to filter on the Clear Choice product attributes.

In the Catalog: Choose a category and subcategory. In the navigation menu on the left side, scroll down to find the filters.

The screenshot shows the Gordon Food Service online ordering interface. The top navigation bar includes the logo, a search bar, and user information. The main content area displays the 'Ocean Fish' category with a list of products. On the left, a navigation menu is open, showing various filter categories such as 'Cleaner Ingredients', 'Lifestyle Preference', 'Specialty Agriculture', 'Sustainable Seafood', and 'Others'. The product list includes items like 'Kitchen Essentials', 'Halperns', and 'Gordon Choice' cod loins, with their descriptions and prices.

ITEM	BRAND	DESCRIPTION	PRICE
842184	Kitchen Essentials	Cod Loins, Pacific, Wild-Caught, Boneless Skinless, 6 Ounce Average, Raw, IQF	Case (1/10 Pound Package)
542932	Halperns'	Cod Loin, Wild-Caught, Boneless Skinless, 6 Ounce Average, Raw, IQF Product of USA	Case (1/10 Pound average Package)
212148	Kitchen Essentials	Cod Loins, Pacific, Wild-Caught, Boneless Skinless, 8 Ounce Average, Raw, IQF	Case (1/10 Pound Case)
168378	Kitchen Essentials	Cod Loins, Pacific, Wild-Caught, Boneless Skinless, 4 Ounce, Raw, IQF	Case (1/10 Pound Bag)
656252	Halperns'	Cod Sides, Alaskan, Wild-Caught, Boneless Skinless, 2-5 Pound Average, Raw, Fresh Product of USA	Case (1/10 Pound average Package)
458201	Gordon Choice	Cod Loins, North Atlantic, Wild-Caught, Boneless Skinless, 6 Ounce Average, Raw, IQF	Case (1/10 Pound Bag)
842672	GFS	Cod Wedges, Crispy Battered, Oven-Ready, 3 Ounce Average, Raw, IQF Product of USA	Case (1/10 Pound Case)

In the Search Box: Enter your search term. In the navigation menu on the left side, scroll down to find the filters.

The screenshot shows the Gordon Food Service website interface. At the top, there is a search bar with 'Beef' entered. Below the search bar, a navigation menu is visible on the left, and a list of 953 results for 'Beef' is displayed on the right. The filters on the left include:

- Animal Care:** Grass Fed (3), Raised Without Added Hormones (9), Raised Without Antibiotics (6)
- Buy American:** Buy American (92)
- Cleaner Ingredients:** No Artificial Flavors (72), No Artificial Preservatives (73), No Artificial Sweeteners (81), No Artificial Thickeners or Emulsifiers (73), No Color From Artificial Sources (59), No High Fructose Corn Syrup (82), No MSG (58), No Trans Fats (48), Non-GMO (3)
- Lifestyle Preference:** Gluten Free (71), Whole Grain Rich (>51% Whole Grain) (1)

The product list on the right includes items like 'Beef Steaks, Top Round, Palomilla, 6 Ounce, Fresh Bulk-Packed' and 'Beef Steaks, Tenderloin, USDA Prime, Center-Cut, Silverskin & Leaf Fat Removed, 9 Ounce, (NAMP 1190B) Fresh Individually-Packed'.

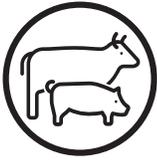
In the Order Guide: Choose the filter from the drop down in the upper right hand corner.

The screenshot shows a dropdown menu with the following options:

- None (47)
- Animal Care
- Buy American
- Catch Weight (2)
- Cleaner Ingredients** (highlighted)
- No Artificial Sweeteners (4)
- No Artificial Flavors (6)
- No Color From Artificial Sources (6)
- No Artificial Preservatives (4)
- No High Fructose Corn Syrup (3)
- No Artificial Thickeners or Emulsifiers (7)
- No MSG (3)
- No Trans Fats (3)
- Non-GMO (1)
- Lifestyle Preference

Clear Choice™ Program

Attributes and Certifications



ANIMAL CARE

Meat, poultry, dairy and eggs raised without the use of antibiotics or synthetic hormones, using more humane husbandry practices that minimize or exclude confinement and increase access to natural and enriched environments, including those certified by established third-party organizations.

American Humane Certified

Certified products come from farms where American Humane Certified standards for treatment of farm animals are implemented, including a nutritious diet without antibiotics or hormones, the availability of shelter, resting areas, or space and the ability to engage in normal behaviors.

Animal Welfare Approved

Certified AWA products come from farms raising animals according to the highest welfare standards, requiring pasture access for all animals and high-welfare slaughter practices. Certification requirements differ by species.

Cage Free

Eggs are from cage-free hens housed in a building, room or enclosed area that allows for unlimited access to food, water and the freedom to roam within the area during the laying cycle.

Certified Humane

Certified products come from farms where Humane Farm Animal Care's standards for treatment are implemented, including a nutritious diet without antibiotics or hormones, the availability of shelter, resting areas, or space and the ability to engage in normal behaviors.

Free Range

Poultry or eggs are from free-range hens that have unlimited access to food and water, and continuous outdoor access during their laying cycle.

Global Animal Partnership

Certified GAP products come from farms where animal health, productivity, natural behaviors and emotional well-being are part of a comprehensive animal welfare program. Certification requirements differ by species.

Step 1 = no cages, no crates, no crowding

Step 2 = enriched environment

Step 3 = enhanced outdoor access

Step 4 = pasture centered

Step 5 = animal centered, no physical alterations

Step 5+ animal centered, entire life on same farm

100% Grass Fed

100% grass-fed cows have eaten nothing but grass and forage from weaning to harvest, and have continuous access to pasture during the growing season.

Raised Without Added Hormones

Animals are not given protein or steroid hormones in their feed, water, by injection or implant. (Federal regulations prohibit the use of hormones in pork and poultry.)

Raised Without Antibiotics

Animals are not given antibiotics in their feed, water or by injections. Animals also cannot be administered ionophores, which are recognized as antibiotics by the USDA Food Safety and Inspection Service. Also commonly referred to as No Antibiotics Ever.



CLEANER INGREDIENTS

Food products that are made without artificial additives, including flavors, sweeteners, colors, preservatives, emulsifiers, high fructose corn syrup, MSG or trans fats or that are certified non-GMO.

No Artificial Flavors

The term artificial flavor or artificial flavoring means any substance, the function of which is to impart flavor, which is not derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, fish, poultry, eggs, dairy products, or fermentation products thereof. (FDA Labeling Regulations)

No Artificial Preservatives

No synthetic or chemical preservatives added to prevent the growth of microorganisms or chemical reactions to extend product shelf life.

No Artificial Sweeteners

Product does not include the following or similar synthetic sweeteners:

- Saccharin
- Aspartame
- Acesulfame potassium (Ace-K)
- Sucralose
- Neotame
- Advantame

No Color From Artificial Sources

Product does not include artificial color from any of the nine artificial colors designated for food use by the FDA:

- FD&C Blue No. 1
- FD&C Blue No. 2
- FD&C Green No. 3
- Orange B
- FD&C Red No. 2
- FD&C Red No. 3
- FD&C Red No. 40
- FD&C Yellow No. 5
- FD&C Yellow No. 6

No High Fructose Corn Syrup

High fructose corn syrup is not included in the ingredient list.

No MSG

Does not contain monosodium glutamate or any ingredient that naturally contains MSG, such as hydrolyzed vegetable protein, autolyzed yeast, hydrolyzed yeast, yeast extract, soy extracts and protein isolate.

No Trans Fats

Contains 0 g. trans fat per label declaration.

Non-GMO

Certified as non-GMO by a third-party verification program. Does not contain any ingredients produced from a plant, animal, microorganism or other organism whose genetic makeup has been modified in a laboratory using genetic engineering or transgenic technology.



ENVIRONMENTALLY FRIENDLY

Nonfood consumable products that have a lower environmental impact including those made from recycled materials and renewable resources, are compostable and biodegradable, or that are certified by Biodegradable Products Institute (BPI), EcoLogo, Green Seal and Safer Choice.

Certified Compostable

Certified as compostable by a third-party verification program, meeting the ASTM D6400 or D6868 composting standard: the product must break down and disintegrate within 180 days, be visually indistinguishable in compost, and leave no toxic residue.

EcoLogo

Certified EcoLogo products undergo a multi-attribute, lifecycle-based environmental review with scientific testing and auditing to comply with stringent, third-party, environmental performance standards.

Green Seal

Green Seal Certified products undergo a process to ensure they meet rigorous performance, health and environmental criteria.

Made from Recycled Materials

Recycled content products are wholly or partially comprised of pre-consumer and/or post-consumer material.

Made from Renewable Resources

Products are made from natural resources that can be replenished over the course of time.

Safer Choice

Certified Safer Choice products meet or exceed EPA Safer Choice standards of safety to the end users and the environment based on analysis of packaging, performance, pH, and volatile organic compounds.



ETHICALLY SOURCED

Products and ingredients produced and sold through programs that support sustainable business practices and community development in producing regions across the globe, including verifications by trusted and established third parties.

Fair Trade

Certified Fair Trade products are made in safe and healthy working conditions, where farmers and producers receive a fair price and have a voice in how their workplace is run.

International Farmer Direct Sourced

Product is imported directly from farmers outside of the country, with a fixed percent of revenue being shared directly with the farmer after the product is sold, providing substantially higher income to the farmer than would be gained through traditional import/export or fair trade practices.

Rainforest Alliance

Rainforest Alliance Certified products are from a farm, forest or tourism enterprise audited to meet standards that require environmental, social and economic sustainability.

Woman-Owned Business

Business that is at least 51% owned, operated and controlled on a daily basis by one or more women.

Minority-Owned Business

Business that is at least 51% owned, operated and controlled on a daily basis by one or more (in combination) American citizens of the following ethnic minority: African American, Asian American or Pacific Islander, Hispanic American, or Native American.



SPECIALTY AGRICULTURE

Fruits, vegetables, grains, legumes and other ingredients grown using superior management practices that protect and restore our land and water resources that are certified organic by USDA as well biodynamic certifiers and the Food Alliance.

Biodynamic

Certified Biodynamic products meet standards established by Demeter International for a holistic, ecological and ethical approach to farming, gardening, food and nutrition.

Food Alliance

Food Alliance certified products meet standards that define sustainable agricultural practices. Farms, ranches and food handlers that meet Food Alliance's standards, as determined by a third-party site inspection, use this certification to differentiate their products, strengthen their brands and support credible claims for social and environmental responsibility.

USDA Organic

Certified organic products are non-GMO and free of synthetic substances. They are raised without chemical pesticides, fungicides or fertilizers, and livestock are raised without synthetic hormones. Organic products are segregated in production.



SUSTAINABLE SEAFOOD

Fish and seafood harvested or farmed using superior management practices that protect and restore our marine environment, and rated by the Monterey Bay Aquarium Seafood Watch as best choices or good alternatives or certified by trusted and established third parties: MSC, ASC and BAP.

Aquaculture Stewardship Council (ASC)

ASC certified products are farm-raised according to responsible aquaculture practices that encourage seafood producers to minimize the key environmental and social impacts of aquaculture.

Best Aquaculture Practices (BAP)

BAP certified products protect the quality and integrity of finfish, crustaceans and mollusks. Using third-party aquaculture certification administered by the Global Aquaculture Alliance, all products are compliant with the Global Food Safety Initiative (GFSI), Global Social Compliance Programme (GSCP) and Global Sustainable Seafood Initiative (GSSI).

- 1 Star = produced by a BAP-certified processing plant
- 2 Star = certified processing plant and farm(s)
- 3 Star = certified processing plant, farm(s), and hatchery and/or feed mill
- 4 Star = certified processing plant, farm(s), hatchery and feed mill.

Marine Stewardship Council (MSC)

MSC certified products are wild-caught and fully traceable through the supply chain to a fishery certified to the MSC standard.

Monterey Bay Aquarium Seafood Watch

Rated by the Monterey Bay Aquarium Seafood Watch Program as:

Green = Best Choice

Yellow = Good Alternative, based on fishery, habitat, species and management practices.



DIETARY ATTRIBUTES

Products that are prepared and produced in compliance with requirements for specific dietary standards or preferences.

Gluten Free

Gluten free means the food is either inherently gluten free or does not contain an ingredient that is:

- A gluten-containing grain (e.g., spelt wheat)
- Derived from a gluten-containing grain that has not been processed to remove gluten (e.g., wheat flour)
- Derived from a gluten-containing grain that has been processed to remove gluten (e.g., wheat starch)

Any unavoidable presence of gluten in the food must be less than 20 ppm.

Halal

Halal food has been prepared according to Islamic law and certified under Islamic authority and is free from pork products, alcohol and other ingredients as identified by Islamic law.

Kosher

Kosher refers to a dietary standard based on biblical laws detailing the types of food and drink that comply with Jewish religious dietary law, and the ways in which they may be prepared. To be certified kosher, all ingredients in a product—and the process of preparing it—must be certified for orthodox kosher-compliance under rabbinical supervision.

Plant-Based Protein

Plant-based protein that is designed to provide a taste and visual resemblance to meat, therefore positioned as an alternative protein option.

Vegan

Diet that does not contain any animal products, animal by-products or products produced by animals.

Vegetarian

Diet that does not contain any animal products resulting from slaughter, such as animal/fish flesh, bone, stock, fats, gelatin, etc.

Whole-Grain Rich (>50% Whole Grain)

These foods must contain 100% whole grain or a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50% is whole grain. The remaining 50% or less of grains, if any, must be enriched.

Grocery Store Tour

TOOL KIT



By partnering with local grocers, healthcare and education systems can help build healthy communities. Nutrition professionals can use this tool kit as a guide to educate consumers about food in their own grocery store. This can empower your patients, residents or students to take simple steps to benefit their health and wellness and reduce their risk of chronic disease.

Find everything you need to conduct a Grocery Store Tour GFS Experience > Resources > Health & Wellness. For additional questions, please reach out to the Nutrition Resource Center at 1.800.968.4426.

Crossword Puzzle

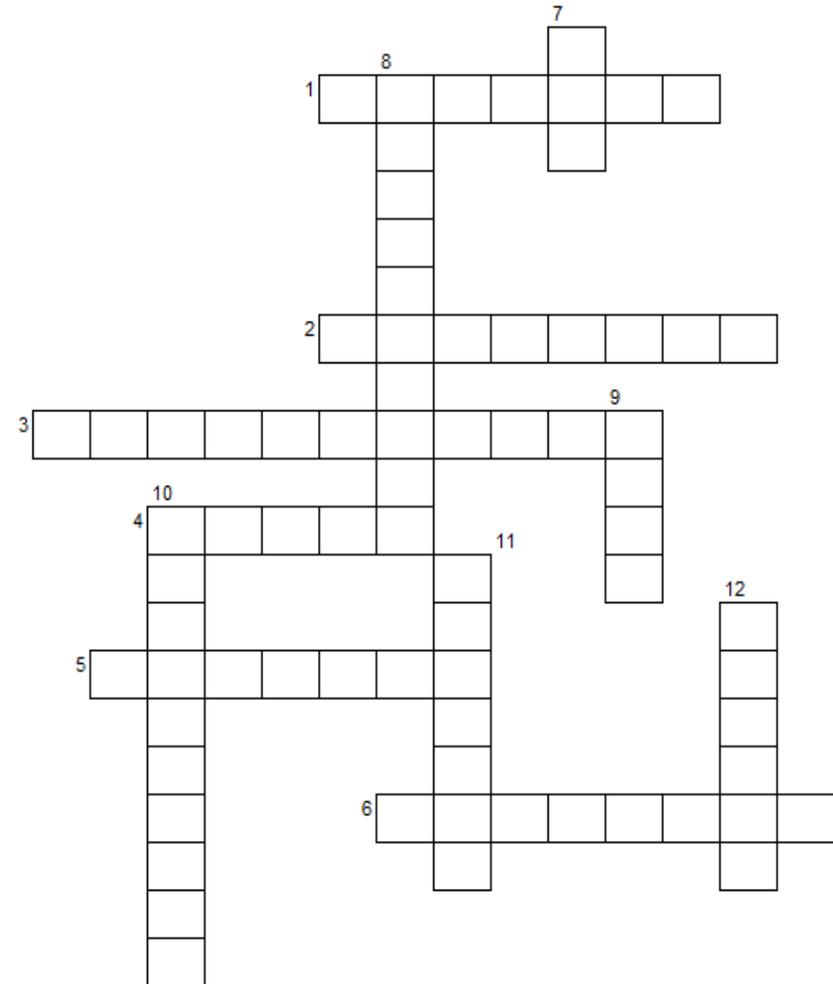


Across:

1. In the United States, the _____ is mainly grown in California and Florida. They might be eaten sliced, diced or mashed, like in guacamole.
2. This light colored, round bean is a main ingredient in hummus. Some people also know these beans as chickpeas.
3. When eaten raw, _____ is a crunchy white vegetable. It also looks similar to broccoli.
4. _____ cheese is pale-yellow in color and a popular addition to sandwiches. It's also well-known for its large and small holes.
5. This mineral is essential for healthy bones and teeth. It's found in dairy products, some leafy green vegetables and fish with soft bones.
6. Sometimes known as the sunshine vitamin, _____ is found in fortified milk and soy beverages and some types of fatty fish.

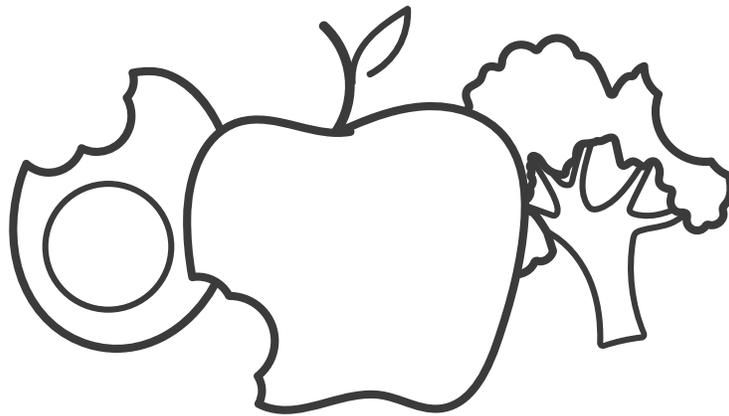
Down:

7. Turkey and _____ are both popular choices for lunch meats and holiday dinners.
8. MyPlate recommends filling half our plates with fruits and _____.
9. This grain plays an important part in many eating styles all over the world. It may be brown or white, and is often grown in marshy areas.
10. This juicy red berry has small black seeds on the outside and a leafy green crown. They can be eaten plain or added to a variety of foods, such as cereal, waffles, smoothies and yogurt.
11. Many people like to carve this orange squash at Halloween. It can also be eaten in a variety of ways but is known for being baked into pies or made into soups.
12. This nut grows in a tear-drop shape but you may find it chopped, sliced or ground into a butter - similar to peanut butter.



eat[®]
right. Academy of Nutrition
and Dietetics

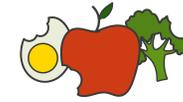
EAT RIGHT



BITE ^{BY} BITE

National Nutrition Month[®]
March 2020

www.eatright.org



Word Search for Adults

Words may be horizontal, vertical, diagonal or backwards.

1. Artichoke
2. Buttermilk
3. Cocoa
4. Dates
5. Eggplant
6. Farro
7. Garden
8. Kidney Beans
9. Mango
10. Noodles
11. Omelet
12. Pork Chops
13. Rainbow Chard
14. Strawberry
15. Turkey
16. Vanilla
17. Watermelon
18. Yellow Squash





Word Search for Kids

BITE BY BITE

National Nutrition Month®
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Words may be horizontal, vertical or diagonal.

1. Apple
2. Breakfast
3. Cheese
4. Dates
5. Eggplant
6. Flour tortilla
7. Garden
8. Lunchbox
9. Mango
10. Noodles
11. Olive
12. Pork chops
13. Radish
14. Strawberry
15. Turkey
16. Vegetables
17. Water
18. Yellow squash

M	F	L	O	U	R	T	O	R	T	I	L	L	A	Y
E	C	O	H	S	K	I	U	S	I	D	R	A	T	Y
G	A	W	Q	E	I	W	N	R	U	O	N	X	I	E
G	I	M	A	N	G	O	O	I	K	S	O	S	M	L
P	R	U	T	I	Y	D	R	V	W	E	N	T	E	L
L	U	N	C	H	B	O	X	E	Z	K	Y	R	I	O
A	M	O	G	V	R	C	Q	R	E	R	L	A	S	W
N	I	O	S	H	E	E	R	G	S	A	V	W	L	S
T	E	D	E	S	A	Y	J	N	T	D	I	B	O	Q
A	T	L	Q	U	K	P	L	O	Q	I	T	E	X	U
P	D	E	L	A	F	I	P	S	U	S	F	R	D	A
V	E	S	W	C	A	V	E	L	Z	H	E	R	A	S
G	R	O	T	A	S	R	N	Y	E	O	M	Y	T	H
A	E	H	N	D	T	E	G	A	B	B	A	C	E	W
R	H	O	L	I	V	E	T	W	C	H	E	E	S	E
D	W	A	L	D	O	N	R	L	A	H	T	R	A	M
E	I	P	O	R	K	C	H	O	P	S	O	K	R	A
N	S	P	A	C	E	S	A	T	C	R	E	V	O	R
E	P	O	L	A	V	E	G	E	T	A	B	L	E	S



FACT OR FICTION?

National Nutrition Month® 2020 Quiz

Circle the correct answer.

1. A healthy eating style includes a limited number of foods. **FACT OR FICTION?**
2. Vegetable oils are an appropriate substitute for solid fats. **FACT OR FICTION?**
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise. **FACT OR FICTION?**
4. Portion sizes and serving sizes are the same thing. **FACT OR FICTION?**
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day. **FACT OR FICTION?**
6. At least half the grains eaten daily should be whole grains. **FACT OR FICTION?**
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group. **FACT OR FICTION?**
8. Meals that include seafood are recommended weekly. **FACT OR FICTION?**
9. Most Americans get enough dietary fiber on a daily basis. **FACT OR FICTION?**
10. Everyone needs the same amount of calories, which is 2,000 calories per day. **FACT OR FICTION?**

Pulled Piri Piri Turkey Sandwich

Yield

Makes 24 8-oz. sandwiches.



Ingredients

¼ oz. GFS Buttery Pan Spray
48 slices GFS Whole-Grain Honey White Bread
4½ lb. Gordon Choice Cooked Pulled White Turkey
[¾ lb. Recipe: Piri Piri Rub](#)
3 qt. Rainbow Kale Crunch Salad Blend
3 c. Pepper Mill Lemon Tahini Dressing
1¼ qt., plus ½ c. Markon® Ready-Set-Serve Avocados

Recipe Preparation

1. Thaw the pulled turkey under refrigeration and reserve until needed.

To prepare à la carte:

1. Spray one side of each slice of bread with cooking spray. Place on a heated flat griddle, oiled side down. Cook until golden-brown.

2. Place 3 oz. of turkey in a stainless steel mixing bowl and add 1 Tbsp. of the piri piri rub. Toss together until the turkey is evenly coated.
3. Spray a heated flat griddle with cooking spray. Place the turkey on the griddle. Cook until just warmed through.
4. In a stainless steel bowl, add the kale crunch mixture and dress it with the lemon tahini dressing.
5. Place each piece of bread toasted side down. Spread 2 Tbsp. of the avocado pulp on the inside of each slice of bread.
6. Place the pulled piri piri turkey on what will be the bottom slice followed by $\frac{1}{2}$ c. of kale crunch salad.
7. Add the top bread slice to the sandwich, cut in half and serve.

STATS PER SERVING Calories: 600; Fat: 34 g.; Saturated Fat: 4.5 g.; Trans Fat: 0 g.; Sodium: 580 mg.; Carbohydrates: 49 g.; Protein: 31 g.

Meal Pattern Equivalents: 2 oz. grain, 1 c. dark green vegetable, 3 oz. meat/meat alt.

Fonio and Broccoli Salad

Yield

Makes 24 12-oz. servings.



Ingredients

6 c. 10# Pearled Fonio
2 oz. GFS Vegetable Salad Oil
3 qt. Water
1 tsp. GFS Iodized Salt
2¼ lb. GFS Red Beets, fresh
to taste Kosher Salt
to taste Trade East Ground Black Pepper
3 c. Primo Gusto Extra Virgin Olive Oil
3 lb. GFS Broccoli, small florets, trimmed
2¼ lb. Markon Sweet Grape Tomatoes, sliced lengthwise
1½ lb. GFS Yellow Peppers, sliced into thin strips
8 ct. Markon Lemons, juiced
1⅓ oz. Markon Italian Parsley, finely chopped
1⅓ oz. Markon Chives, fresh
18 oz. Markon Ready-Set-Serve Baby Arugula
6 lb. GFS ½" White Diced Chicken

Recipe Preparation

1. Combine the fonio and oil in a nonreactive saucepan. Whisk in cold water and salt. Bring to a boil, stirring constantly.
2. Remove from heat, cover and allow to stand for 5 minutes. Fluff with a fork and allow to cool.
3. Place the beets on a parchment-lined sheet pan. Roast in a 350°F oven for 30-40 minutes or until just cooked through. Cook time will depend on the size of the beets.
4. Allow the beets to cool. Peel and remove the skin. Dice into ¼" pieces.
5. Place the trimmed beets in a stainless steel mixing bowl. Season to taste with salt and pepper. Toss together. Place in a covered storage container and refrigerate until needed.

To prepare à la carte:

1. Place 1 Tbsp. of olive oil on a heated, nonstick sauté pan. When the oil begins to smoke, add 2 oz. of broccoli and sauté until tender but still firm to the bite.
2. Add 1½ oz. of grape tomatoes and 1 oz. of yellow peppers. Sauté about 15 seconds or just until lightly charred.
3. Season to taste with salt and pepper. Remove from pan and allow to cool slightly.
4. Place 6 oz. of fonio, 4 oz. of diced chicken, 1 Tbsp. each of olive oil and lemon juice, 1 tsp. each of parsley and chives in a stainless steel mixing bowl. Mix together using a rubber spatula. Season to taste with salt and pepper.
5. Add the sautéed vegetable mixture, 1½ oz. of warmed beets and ¾ oz. of arugula to the fonio mixture. Mix together using a rubber spatula. Place the salad on a chilled serving plate.

STATS PER SERVING Calories: 660; Fat: 33 g.; Saturated Fat: 4.5 g.; Trans Fat: 0 g.; Sodium: 190 mg.; Carbohydrates: 54 g.; Protein: 40 g.

Chia Seed Breakfast Pudding

Yield

Makes 24 10-oz. portions.



Ingredients

- 2 qt. 1% White Milk
- 2 qt. Plain Greek Yogurt
- 1 c. GFS Honey
- 2 Tbsp. GFS Vanilla Extract
- 1 lb. Chia Seeds
- 6 c. Bananas, sliced
- 6 c. Fresh Blueberries
- 6 c. Markon Strawberries
- 6 c. Fresh Red Raspberries
- 1½ lb. Granola Cereal

Recipe Preparation

1. Place the milk, yogurt, honey, vanilla and chia seeds in a stainless steel mixing bowl. Whisk to blend.
2. Cover tightly with film wrap and allow to stand for 30 minutes.

3. Stir to distribute the seeds after they have settled. Cover tightly with film wrap and refrigerate 24 hours.
4. Transfer pudding to a storage container. Cover, label, date and refrigerate until needed.

To prepare à la carte:

1. Place $\frac{1}{4}$ c. of the bananas in the bottom a serving dish.
2. Place 5 oz. of chia seed pudding on top of the bananas.
3. Mound $\frac{1}{4}$ c. each of blueberries, strawberries and raspberries on top of the pudding.
4. Sprinkle 1 oz. of granola on top of the berries.

STATS PER SERVING Calories: 460; Fat: 16 g.; Saturated Fat: 6 g.; Trans Fat: 0 g.; Sodium: 210 mg.; Carbohydrates: 71 g.; Protein: 16 g.

Meal Pattern Equivalents: 1 oz. grain, 1 c. fruit, $\frac{1}{2}$ oz. meat/meat alternate

Beef and Vegetable Pho

Yield

Makes 1 17-oz. bowl.



Ingredients

- 1 oz. Vermicelli Rice Sticks
- [10 oz. Recipe: Beef Pho Broth](#)
- 2 oz. Halperns' Boneless Beef Brisket
- 2½ oz. Bok Choy Baby
- 1⅓ Tbsp. Edamame
- 1¼ oz. Markon Shiitake Mushrooms
- 1 ct. Markon Basil Leaf
- ⅓ oz. Markon Ready-Set-Serve Cilantro
- ¾ tsp. Fresh Jalapeno Peppers
- 1¾ tsp. Markon Ready-Set-Serve Green Onion
- 1 ct. Markon Lime, cut into wedges

Recipe Preparation

1. Place the rice stick noodles in a large stainless steel bowl and cover them with warm water. Once softened, strain the noodles in a colander or strainer and rinse them under cold water. Reserve for à

la carte service in desired portion bags under refrigeration. The dry noodles should double in weight after soaking.

2. Trim the brisket, removing the vast majority of the fat. Place the brisket on a half sheet tray lined with parchment and par freeze just enough to firm it up for easy slicing. For quickest results, add the brisket to a manual meat slicer, adjusting the dial to the thinnest setting that leaves the shaved pieces whole. Once the brisket has been processed, reserve in portion bags and refrigerate until needed.

Note: For an easy alternative, use Gordon Choice cooked Philly meat slices (Item No. 710831). Add to the pho broth once it has reached a simmer. This will reheat the thawed Philly slices immediately for service.

To prepare à la carte:

1. Keep the pho broth on the hot line in a steam well or soup kettle at 165°F to 195°F. It must be very hot, as the broth will cook the shaved beef and heat through the vegetables.
2. Ladle the broth in a shallow sauce pot and heat on high over direct heat.
3. Add the beef, noodles, bok choy edamame and mushrooms. Bring the broth to a quick simmer.
4. Pour the pho into a serving bowl and finish with the garnishes (basil, cilantro, shaved jalapeno and scallions). Serve with a lime wedge on the side.

For additional nutrition information, log in to [Cycle Menu Management](#) and search for key name 0207624. Not using Cycle Menu Management? [Learn more](#).

Nutrition Information (per serving)

Calories: 264

Fat: 9 g

Saturated Fat: 3 g

Trans Fat: 0 g

Sodium: 464 mg

Carbohydrates: 30 g

Protein: 16 g

Lentil Penne with Plant-Based Bolognese

Yield

Makes 1 9-oz. serving.



Ingredients

2 oz. Lentil Penne Pasta, dry
to taste Kosher Salt
to taste Trade East Ground Black Pepper
[5 oz. Recipe: Plant-Based Bolognese Sauce](#)
¼ oz. Parmigiano Reggiano Cheese
1 ct. Fresh Basil Leaves

Recipe Preparation

1. Bring a large pot of seasoned salted water to a boil. Add the pasta, stir and return to a boil. Stir occasionally to keep the pasta from sticking. Cook for about 10 minutes or to preferred tenderness. Drain in a colander and shock with ice to stop the pasta from cooking. Add a small amount of oil to prevent sticking. Season with salt and pepper. Mix thoroughly. Do this ahead of time for service.
2. To order, retherm the pasta in a large pot fitted with a pasta straining insert. Add the precooked pasta to the strainer and place in the simmering water. Reheat for about 30 seconds and then strain away the water. Add just the pasta to a saute pan.

3. Add the bolognese to the saute pan. Stirring constantly, heat the bolognese and pasta until it reaches at least 165°F. Adjust the consistency with a little bit of the pasta water if needed and season with salt and pepper.
4. Plate the pasta and sauce in a shallow bowl and garnish with Parmesan Reggiano cheese and a basil leaf. Serve immediately.

For additional nutrition information, log in to [Cycle Menu Management](#) and search for key name 0207647. Not using Cycle Menu Management? [Learn more](#).

Nutrition Information (per serving)

Calories: 359
Fat: 9 g
Saturated Fat: 2 g
Trans Fat: 0 g
Sodium: 330 mg
Carbohydrates: 48 g
Protein: 20 g

Copper River Salmon Salad

Yield

Makes 1 10-oz. serving.



Ingredients

3 oz. Halperns' Salmon Sides Copper River "D"
to taste Kosher Salt
to taste Trade East Ground Black Pepper
1 tsp. Gordon Choice Canola/Extra Virgin Olive Oil Blend
½ oz. Boston Bibb Lettuce
1½ oz. Mini Romaine Lettuce
1 oz. Seedless Cucumber, sliced
¼ oz. Markon Jumbo Red Onion, diced
3 tsp. Markon Ready-Set-Serve Radishes, grated
1 oz. Pepper Mill Creamy Miso Dressing
1 oz. Avocado, diced
[1 pc. Recipe: French Bread Tuile](#)
⅛ tsp. Trade East Hulled Sesame Seeds

Recipe Preparation

1. Dry the salmon with a paper towel, and season with salt and pepper.

2. Place a small sauté pan over medium heat and add the oil blend.
3. Once the oil begins to shimmer, add the salmon presentation-side down.
4. Sear for about 3 minutes or until golden-brown.
5. Flip the salmon over and sear for an additional 3 minutes.
6. Remove from the heat and reserve for plating.
7. In a large stainless steel bowl, add the bibb lettuce leaves, small romaine leaves, cucumber, red onion and radishes.
8. Drizzle the miso dressing around the salad and mix using tongs or gloved hands.
9. Plate in a large salad bowl and top with the salmon.
10. Place avocado pieces through the salad and garnish with the french bread tuile and white sesame seeds.

Note: Some of the ingredients listed in this recipe may not be available in your area. Please contact your Gordon Food Service Sales Representative for more information.

Nutrition Information (per serving)

Calories: 362

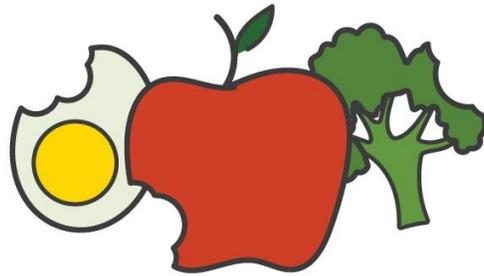
Fat: 27 g

Sodium: 314 mg

Carbohydrates: 12 g

Protein: 21 g

EAT RIGHT



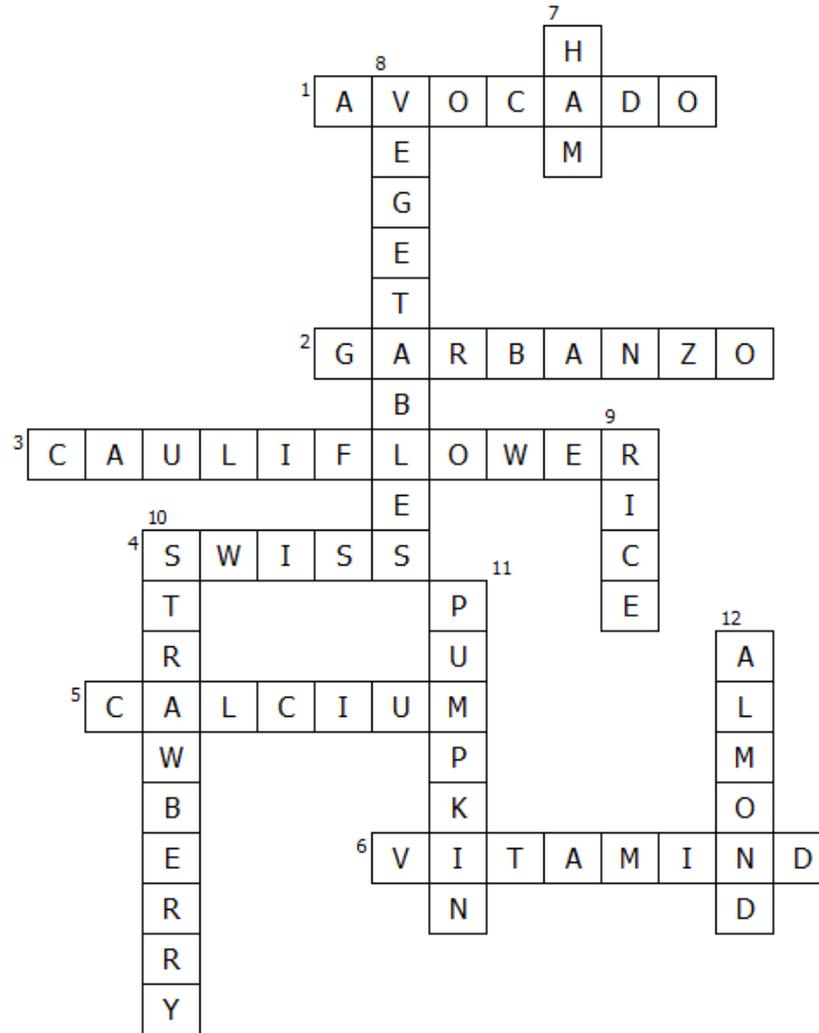
BITE BY BITE

National Nutrition Month[®]
March 2020

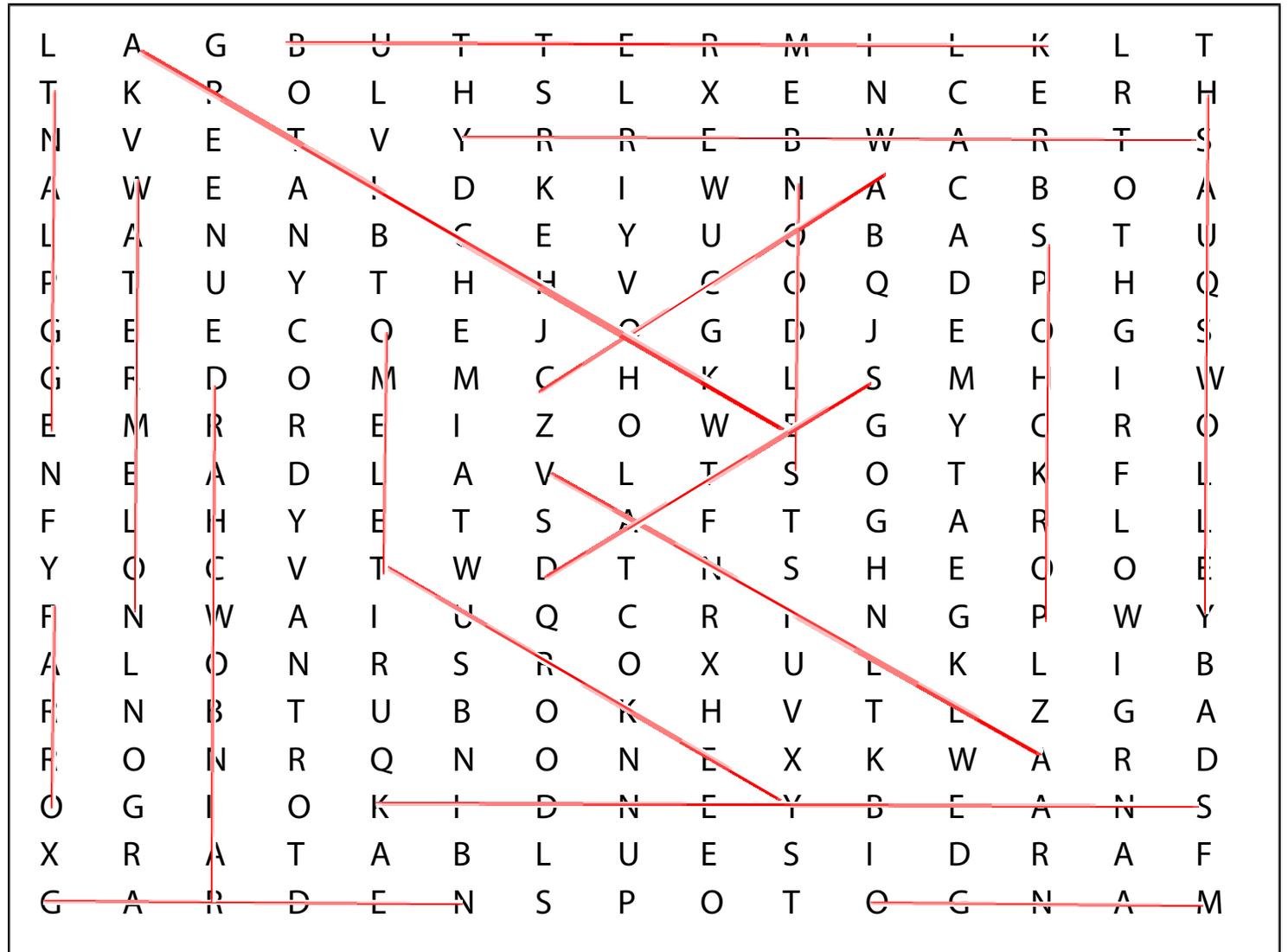
eat[®] Academy of Nutrition
right. and Dietetics

Activity Answers

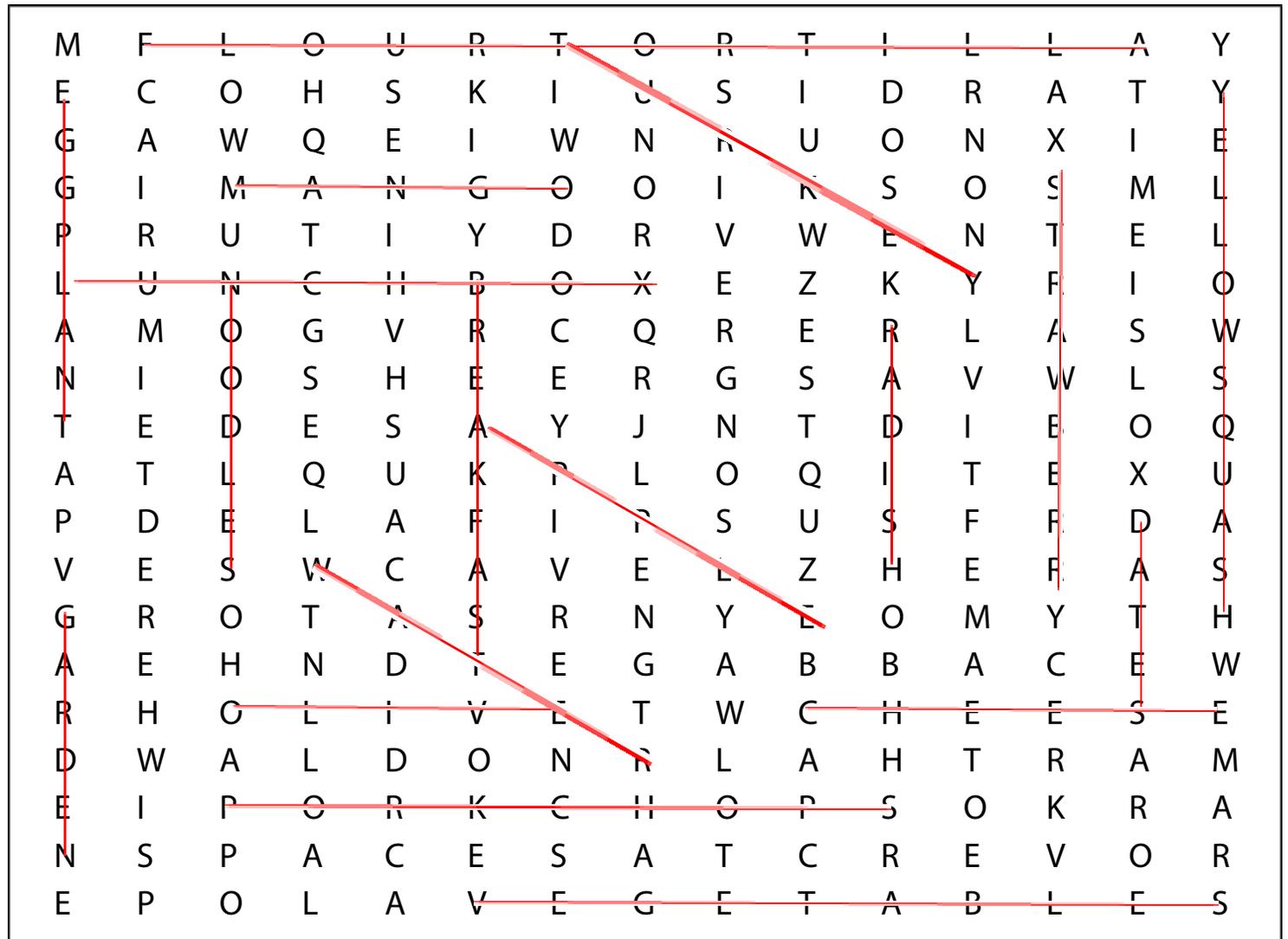
Crossword Puzzle



Word Search for Adults



Word Search for Kids



FACT OR FICTION?

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National Nutrition Month® 2020 Quiz

Answers

1. A healthy eating style includes a limited number of foods.

FICTION: A variety of nutritious foods from all of the food groups can make up a healthy eating style. Visit **ChooseMyPlate.gov** for more information.

2. Vegetable oils are an appropriate substitute for solid fats.

FACT: Solid fats have higher amounts of saturated fat and/or trans fats, which may increase the risk of heart disease. In comparison, oils provide more unsaturated fats, which are healthier.

3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise.

FICTION: Although there are additional health benefits with increased physical activity, all activity counts, so make a goal to move more throughout the day. For more information, check out the **Move Your Way** website at: <https://health.gov/moveyourway>.

4. Portion sizes and serving sizes are the same thing.

FICTION: A portion is the amount you choose to eat or drink; whereas a serving size is used as a reference for what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.

5. It is recommended that calories from added sugars be limited to less than 10% of calories per day.

FACT: Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.

6. At least half the grains eaten daily should be whole grains.

FACT: Due to the health benefits associated with whole grains, it is recommended that at least half of the daily recommended servings be from whole grain sources. An example would be substituting brown rice in place of white rice.

7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group.

FACT: Calcium-fortified soymilk is an option in the Dairy Group for people who choose not to consume milk, such as vegetarians.

8. Meals that include seafood are recommended weekly.

FACT: Fish and seafood provide important nutrients, including omega-3 fatty acids. Choose varieties that are lower in mercury, such as salmon and cod. "Advice about Eating Fish" is available for young children and women who are pregnant or breastfeeding. For more information, visit: <https://www.fda.gov/food/consumers/advice-about-eating-fish>.

9. Most Americans get enough dietary fiber on a daily basis.

FICTION: It is estimated that most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources include fruits, vegetables, and whole grains.

10. Everyone needs the same amount of calories, which is 2,000 calories per day.

FICTION: Although 2,000 calories per day can be found on the Nutrition Facts label and on menus, this is only used for general advice. Visit **ChooseMyPlate.gov** to create a MyPlate Plan, which includes food group targets based on your individual calorie needs or meet with a registered dietitian nutritionist for personalized nutrition guidance. To locate an RDN in your area, visit www.eatright.org.

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