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## Healthy Eating With the Season

*Fall is here which means there are lots of super healthy produce options in season for us to enjoy. Be sure to include at least one or all of these at your Thanksgiving meal!*

**PUMPKIN:** Many people think of pumpkin more as a decoration than a food to eat but pumpkin is full of fiber and Vitamin A, which is great for your skin and eyes. Try pumpkin roasted, in a soup and of course in a pie!



**CRANBERRIES:** Cranberries are rich in antioxidants which can help prevent against diseases. Cranberries are most often consumed as a sauce because raw cranberries can be very bitter. Try making cranberry sauce from scratch so you can control how much sugar it contains.



**SPAGHETTI SQUASH:** Spaghetti squash is a fun, kid-friendly, low calorie alternative to regular pasta. To prepare cut it in half and scoop out the seeds. Lightly coat the flesh of the squash with olive oil and season with salt & pepper. Cook in the microwave or oven until tender. Scrape with a fork into the flesh and spaghetti-like strands appear. Top with your favorite sauce or eat as is for a delicious meal!



**BEETS:** Beets are a rich in natural occurring nitrates which may help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling because the skin slides off easily after cooking. After they are cooked dice or slice them up and toss with oil, vinegar, salt and pepper.



# Facts About Food Allergies



Each year, millions of Americans have allergic reactions to food. Although slightly more common in young children and in people who have a family history, most food allergies develop early in life and many are eventually outgrown.

Food allergies occur when your body's immune system reacts to a substance in a food, usually a protein, your body sees as harmful. Symptoms can occur within minutes and can be mild (such as a runny nose or itchy eyes) to severe, and can even be life-threatening.

A food intolerance is not the same as a food allergy. An intolerance occurs when your body is unable to digest a certain component of a food, such as lactose, a sugar found in milk. Symptoms of intolerance may be unpleasant, including abdominal cramping or diarrhea, but they are not life-threatening.

## Types of Food Allergies

More than 170 foods are known to cause food allergies. However, eight foods account for 90 percent of all food-allergic reactions in Americans and they are milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat.

## Eating Well with Food Allergies and Intolerances

People with food allergies or intolerances need to avoid foods that make them sick. But navigating menu items and dishes, where many foods include a combination of ingredients, can be difficult. Allergy-triggering foods may be prepared on the same surfaces or with the same utensils as non-allergy causing ingredients. Through cross-contact, a food allergen can creep into what may otherwise be a safe food.

If your child has a food allergy or intolerance, Sodexo has a registered dietitian available to speak with you and help plan your child's meals while at school or answer any questions you may have about the allergy or intolerance.