



OF THE ARCHDIOCESE OF NEW YORK
A DIVISION OF CATHOLIC CHARITIES COMMUNITY SERVICES

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

NUTRITION KNOWLEDGE

SPOTLIGHT ON: AVOCADO

MARCH IS NATIONAL NUTRITION MONTH! AND THAT MEANS WE ARE FEATURING ONE OF OUR MOST FAVORITE NUTRITION-PACKED FOODS: THE AVOCADO! THESE COOL GUYS ARE SOMETIMES CALLED AN "ALLIGATOR PEAR" BECAUSE OF THEIR SHAPE AND ROUGHER ALLIGATOR-LIKE SKIN! AVOCADOS ARE DELICIOUS SPREAD ON TOAST, CUBED UP IN A SALAD, MASHED UP AS GUACAMOLE AND BLENDED INTO SMOOTHIES...BASICALLY THEY ARE PERFECT IN ANY FORM YOU CAN THINK OF EATING THEM! THEY ARE HIGH HEART HEALTHY FATS, FIBER, VITAMIN K, B VITAMINS, POTASSIUM, AND ANTIOXIDANTS (WOW, THAT'S A LOT!)...NO WONDER THEY ARE OUR FAVORITE VEGETABLE!

HEALTHY FOOD SWAP:

SWAP OUT MAYONNAISE ON YOUR SANDWICH OR AS A DIP AND INSTEAD USE SPREAD ON OR DIP INTO HOMEMADE GUACAMOLE! THE GUAC WILL GIVE YOU PROTEIN, FIBER AND KEEP YOU FEELING FULL FOR A LONGER TIME WHILE THE MAYO IS SUPER HIGH IN CALORIES AND UNHEALTHY FATS.

FOOD VS. EXERCISE:

½ CUP OF MAYONNAISE IS 680 CALORIES OR 2 HOURS OF BIKE RIDING.

KIDS KORNER:

MAKE YOUR OWN GUACAMOLE TOGETHER! AFTER YOU HAVE SLICED THE AVOCADO IN HALF AND REMOVED THE PIT, LET YOUR KIDDIE SCOOP OUT THE AVOCADO INTO A BOWL AND GO TO TOWN MASHING IT UP—THE PERFECT, KID FRIENDLY KITCHEN JOB! CHOP UP A TOMATO (NO SEEDS) AND A RED ONION (TO TASTE), LET YOUR KID MIX IT ALL UP AGAIN AND SEASON TO TASTE WITH SOME GARLIC POWDER AND SALT. SERVE WITH RAW VEGGIES LIKE CARROT STICKS, CAULIFLOWER AND BROCCOLI FLORETS, CELERY, OR WHOLE GRAIN BAKED PITA CHIPS.

TEEN TRACK:

THE HOTTEST ITEM ON EVERY RESTAURANT MENU NOW IS "AVOCADO TOAST" BUT IT IS EVEN COOLER TO MAKE YOUR OWN! TOAST 1 SLICE OF WHOLE GRAIN BREAD AND SPREAD ON ½ AN AVOCADO AND EAT AS IS. TO KICK YOUR AV-TOAST UP A NOTCH, ADD ON A SLICED HARDBOILED EGG OR SLICED GRAPE-TOMATOES AND YOU WILL HAVE THE PERFECT AND COOLEST SNACK AROUND!

RECIPE:WHOLE GRILLED PINEAPPLE-AVOCADO SALSA SERVES 6 (SERVING SIZE = ½ CUP) INGREDIENTS:

- 1 TABLESPOON OLIVE OIL • 1 PINEAPPLE (PEELED, CORED AND CUT INTO ½-INCH THICK SLICES)
- OLIVE OIL COOKING SPRAY (IF NEEDED) • 1/3 CUP FINELY CHOPPED RED ONION • 1 TABLESPOON FRESH LIME JUICE
- ¼ CUP MINCED FRESH CILANTRO • ½ TEASPOON SALT • ½ TEASPOON GROUND RED PEPPER • 1 AVOCADO

DIRECTIONS:

1. HEAT NON-STICK GRILL PAN ON STOVE AT HIGH HEAT OR PREHEAT GRILL TO HIGH HEAT, COAT WITH COOKING SPRAY IF NEEDED.
2. BRUSH OLIVE OIL ON PINEAPPLE AND PLACE PINEAPPLE ON GRILL, GRILLING FOR 2 MINUTES ON EACH SIDE OR UNTIL GOLDEN BROWN. REMOVE FROM GRILL AND LET COOL FOR 5 MINUTES. CHOP PINEAPPLE UP INTO SMALL CUBES. COMBINE CHOPPED PINEAPPLE WITH ONION, LIME JUICE, SALT, CILANTRO, PEPPER AND CUMIN—TOSS GENTLY.
3. PEEL, SEED AND DICE AVOCADO. ADD AVOCADO TO THE PINEAPPLE MIXTURE AND TOSS GENTLY. SERVE.

NATIONAL NUTRITION MONTH BONUS: NUTRITION BINGO!

PRINT OUT THESE FREE NUTRITION BINGO BOARDS AND WORD LIST FOR A FUN, NUTRITION-RELATED AFTER DINNER GAME! ALL THE WORDS FOCUS ON NUTRIENTS, FOOD GROUPS AND FOODS THAT WE HAVE HIGHLIGHTED THROUGHOUT THE NEWSLETTERS. REMEMBER TO WIN YOU NEED TO GET ALL THE WORDS IN A ROW EITHER ACROSS, DIAGONAL OR DOWN AND THE WINNER GETS TO PICK THE NEXT FAMILY MEAL BASED ON THE WINNING WORDS! PRINT CARDS FROM HERE: BINGOCARDCREATOR.COM/PDF/NUTRITION.PDF

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