



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

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

NUTRITION KNOWLEDGE

OCTOBER 1, 2014

SPOTLIGHT ON: VITAMIN A

VITAMIN A IS ESSENTIAL FOR GOOD VISION, A STRONG IMMUNE SYSTEM AND GROWTH, MAKING IT IMPORTANT FOR ADULTS BUT ALSO SUPER IMPORTANT FOR OUR KIDS WHO ARE STILL GROWING. PUMPKINS ARE A GREAT SOURCE OF VITAMIN A AND BEING OCTOBER WE SHOULD ALL BE GETTING LOADS OF IT! FROM THE SEEDS TO THE MEAT OF THE PUMPKIN THERE ARE SO MANY WAYS TO SERVE UP SOME VITAMIN A. THE SEEDS MAKE A GREAT TOPPING TO A SOUP OR SALAD. THE PUMPKIN MEAT CAN BE PUREED INTO A SOUP, CUBED UP AND ROASTED AS A SIDE DISH WITH YOUR CHICKEN DINNER, BLENDED INTO A SMOOTHIE, OR AS THE BASE FOR PUMPKIN SPICE FRENCH TOAST (RECIPE BELOW). (VITAMIN A CAN ALSO BE FOUND IN KALE, SPINACH, SWEET POTATOES, AND CARROTS).

GET OUT AND MOVING IN THIS BEAUTIFUL FRESH FALL AIR BY PICKING YOUR OWN PUMPKINS WITH THE FAMILY! EXTRA BONUS FUN, FIND A PUMPKIN FARM THAT ALSO OFFERS A CORN MAZE OR HAY RIDES TO REALLY MAKE THE MOST OF YOUR FAMILY DAY IN THE PUMPKIN PATCH.

HEALTHY FOOD SWAP:

INSTEAD OF EATING ALL THOSE CANDIES AND CHOCOLATES AROUND THIS TIME OF YEAR THANKS TO HALLOWEEN, SWAP THEM OUT FOR YOUR OWN ROASTED PUMPKIN SEEDS. YOU'LL GET A DOSE OF FIBER, PROTEIN AND, OF COURSE, VITAMIN A WITH NONE OF THE SUGAR. SERVING SIZE SHOULD BE 2 TBSP (OR ABOUT A SMALL HANDFUL). HAPPY SNACKING!

FOOD VS. EXERCISE:

A SLICE OF PUMPKIN PIE IS ABOUT 320 CALORIES! THAT WILL COST YOU MORE THAN 30 MINUTES STRAIGHT OF JUMPING JACKS. SEE THE RECIPE BELOW FOR A BETTER PUMPKIN OPTION!

KIDS KORNER:

LET YOUR KIDDIE BE THE JUDGE! HOST A FAMILY NIGHT CONTEST TO SEE WHO CAN CARVE THE SPOOKIEST JACK-O-LANTERN AND LET THE YOUNGEST FAMILY MEMBER PICK THE WINNER AND WHERE EACH OF THE LANTERNS GET TO BE DISPLAYED AROUND THE HOUSE. MAKE SURE YOU'RE USING KID-SAFE KNIVES SO THAT ALL MEMBERS ARE ABLE TO PARTICIPATE IN THE CONTEST, EVEN THE JUDGE.

TEEN TRACK:

LOG AND TRACK YOUR FITNESS ON WITH A FREE APP ON YOUR SMARTPHONE! IT'S A FUN AND EASY WAY TO MAKE SURE YOU'RE MEETING THOSE MILES AND STAYING ACTIVE! YOU CAN LOG WALKS, RUNS, BIKE RIDES, TEAM PRACTICES, AND GAMES. THE APP "MY FITNESS PAL" LETS YOU CREATE TEAMS WITH YOUR FRIENDS FOR EXTRA MOTIVATION.

PUMPKIN SPICE FRENCH TOAST (SERVES 4)

INGREDIENTS:

1/3 CUP COCONUT MILK 1/2 CUP PUREED PUMPKIN (FRESH OR CANNED) 3 EGGS 1 VERY RIPE BANANA, MASHED
1 1/2 TEASPOONS PUMPKIN PIE SPICE, DIVIDED 4 SLICES WHOLE GRAIN BREAD 3 TBSP RAW, UNSALTED PUMPKIN SEEDS

DIRECTIONS:

IN A MEDIUM-SIZED BAKING DISH, WHISK TOGETHER MILK, PUREED PUMPKIN, EGGS, BANANA, AND 1 TSP PUMPKIN SPICE UNTIL TOTALLY COMBINED. SLICE EACH PIECE OF BREAD IN HALF, DIAGONALLY. PLACE EACH PIECE OF BREAD INTO EGG MIXTURE, TURNING TO SATURATE EACH SIDE FULLY AND PUSH TO THE SIDE OF THE DISH UNTIL ALL SLICES ARE SOAKED. SPRINKLE REMAINING PUMPKIN SEEDS ON TOPS OF EACH SLICE AND PLACE IN REFRIGERATOR OVERNIGHT. IN THE MORNING, BAKE AT 350 DEGREES FOR 30-35MINUTES, OR UNTIL GOLDEN BROWN AND PUFFY. SERVE HOT.