



# HEALTHY to a "T"

March 2018

## Harvest of the Month

### Pineapple

Calories  
**82**

Total Fat  
**0g**

Sodium  
**2mg**

Sugars  
**16g**

1 cup



### FUN FACTS:

The pineapple plant produces over 200 flowers in various colors from purple to red. The fruits of these flowers join together to create the pineapple.

The enzyme bromelain, present in raw pineapple, breaks down protein and is a useful meat marinade and tenderizer.

The top of the pineapple, after cleaning and drying, can be planted in soil and a new plant will grow.



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## March is National Nutrition Month®

"Go Further with Food" is the theme for National Nutrition Month®, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference. Preparing foods to go further at home and within the community can have a positive impact, as well. Follow these tips to *Go Further with Food*.

### Prepare food to go further

- Participate in family menu planning by writing a menu for the week; don't forget about snacks
- Shop smart and plan your meals based on foods you currently have in your pantry, refrigerator and freezer

### Help your community go further with food

- Participate in ongoing food drives
- Volunteer at a soup kitchen, year round
- Explore food recovery options in your community

### Reduce food loss and waste

- Save and actually eat leftovers
- Buy only the amount that can be eaten or frozen within a few days

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Reference: Academy of Nutrition and Dietetics

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## HARVEST OF THE MONTH RECIPE—MARCH

### Pineapple Radish Pico de Gallo

Yield: 4 servings

- 1 cup Diced Fresh Pineapple (about 1/4 of a pineapple)
- 3 each Radishes, small, diced
- 1 each Green Onion, thinly sliced
- 2 Tbs Lime Juice
- 2 Tbs Cilantro, minced
- 2 tsp Fresh Jalapeño, minced (or less, to taste)
- 1/4 tsp Kosher Salt

1. Mix all ingredients in a small bowl.
2. Chill.

#### NUTRITION SNAPSHOT ~ 1 serving

30 calories, 0g total fat, 0g saturated fat, 0g protein, 0g trans fat, 0mg cholesterol, 8g carbohydrate, 109mg sodium, 6g sugar, 1g fiber

