

SOUTH EUCLID LYNDHURST

AVI FRESH NEWSLETTER

LOVE AND HEALTH

DOESN'T GET ANY BETTER THAN THAT!

THAT'S AMORE: ITALIAN CUISINE

Italy is located in Southern Europe and extends out into the central Mediterranean Sea. Traditional Italian recipes span many generations and tend to use only fresh ingredients that are in season. Italians have also created many cheeses, including gorgonzola, mozzarella, provolone and ricotta. We are incorporating all this Italian goodness in our February feature...Penne Pasta with Alfredo Sauce. Now That's Amore! Mangiamo!

EAT MORE COLOR: ORANGE

During the month of February, we will be promoting the importance of eating orange fruits and vegetables such as oranges, carrots and sweet potatoes. Eating more orange fruits and vegetables helps build immunity which during these winter months is essential. How about snuggling up to a hearty bowl of linguine with broccoli, carrots and squash or a zesty sweet potato burrito? They are sure to keep you both healthy and warm.

SPREADING THE LOVE

FUN EVENTS PLANNED FOR THIS MONTH

In February, the AVI food service staff gets together and donates food for the Special Valentines Day Dance at Brush High School. The party-goers are students from South Euclid/Lyndhurst and surrounding districts. Around 70 students attended this "mixer" every year where they will enjoy cookies, punch, dancing and good conversation. It's so much fun that the local newspaper will be here to cover the festivities!

Another exciting event is the PTA's Founder's Day dinner on February 21st. This dinner honors a staff member and parent from each South Euclid/Lyndhurst school for their contribution to the district, as well as, volunteer hours they provide to the PTA and their respective schools. We couldn't provide such excellent education to our students without the dedication of these incredible people and we feel privileged to be able to honor them for their thoughtful contributions.

LEARN



A fad diet is a weight loss plan or aid that promises dramatic results. These diets do not necessarily offer long-term success, and may present their health claim in an "unhealthy" way. Some common diet types, and examples of each, are:

- Controlled Carbohydrates: Dr. Atkins' New Diet Revolution
- Food Combining: Fit for Life, Suzanne Somers' Somersizing
- Liquid Diets: Cambridge Diet, Slim-Fast, Medifast

If fad diets don't work, why are they so popular? People are often willing to try anything that promises to help them lose weight because they want to look or feel better without necessarily making the effort to lose weight by changing their eating and exercise habits. But most people can't keep up with a diet that strictly limits their food choices or requires them to eat the same foods over and over again, and usually end up gaining back any weight that they lost.

How can I recognize a fad diet? If a diet plan sounds too good to be true, it probably is! As a general rule, steer clear of diets or diet products that do any of the following:

- Claim to help lose weight very quickly — more than 1 or 2 pounds per week.
- Promise that you can lose weight and keep it off without giving up "fatty" foods or exercising on a regular basis.
- Base their claims on "before and after" photos.
- Require you to spend money on things like seminars, pills or prepackaged meals.

Quick weight-loss diets violate the first principle of good nutrition: Eat a balanced diet that includes a variety of foods.

There are no "superfoods." That's why you should eat moderate amounts from all food groups, not large amounts of a few special foods.

For more facts and information please visit AVInutriSOURCE.com



Change your "whole" view point when shopping.
Make a conscious effort to look for foods made with 100% whole grains and stick to the habit.

