

SOUTH EUCLID LYNDHURST

AVI FRESH NEWSLETTER

POT OF FOOD AT THE END OF THE RAINBOW

CELEBRATING MEDITERRANEAN CUISINE

Greece is located in southern Europe and extends into the Mediterranean Sea. Olives are the most important crop in Greece, allowing the country to be the third largest olive oil producer in the world. Not surprisingly, olive oil is a popular ingredient in most Mediterranean dishes. With that said, our students will be dining on a Mediterranean favorite... Pasta with sun dried tomatoes, feta cheese and fresh baby spinach. Now that's a pot of gold!

EAT MORE COLOR: GREEN

During the month of March, we will be promoting the importance of eating green fruits and vegetables such as spinach, zucchini and kiwi. Eating more green fruits and vegetables helps build strong teeth and is just in time for St. Patrick's Day! Nothing says lucky like a dish of spinach and cheese lasagna or beef fajitas with green peppers. Have your student bring home the take home recipes so you can celebrate St. Patrick's Day and strong teeth all month long.

ERIN GO BRAGH!

TRADITIONAL IRISH FARE TO BRING A LITTLE LUCK TO OUR STUDENTS

In celebration of St. Patrick's Day, we will be offering a traditional Irish dish of Shepherd's pie which is also known as cottage pie. The term cottage pie is known to have been in use in 1791, when the potato was being introduced as an edible crop affordable for the poor and cottage meaning a modest dwelling for rural workers. Cottage pie or shepherd's pie is a meat pie with a crust of mashed potato. The term "shepherd's pie" did not appear until 1877, and since then it has been used synonymously with "cottage pie", regardless of whether the principal ingredient was beef or mutton. Eyes will be smilin' and bellies will be full across South Euclid Lyndhurst campus. Don't forget to wear your green!!!



LEARN



What drink - water or sports drink - is best for getting and staying hydrated during exercise?

It depends on what sport and how long you're playing. If you're active for less than an hour, water should be adequate.

The natural choice for hydration is water. It hydrates better than any other liquid, both before and during exercise. You need to drink 4-6 ounces of water for every 15-20 minutes of exercise.

For sustained activities longer than an hour, sports drinks are appropriate. Sports drinks don't hydrate better than water, but you are more likely to drink larger volumes, which leads to better hydration. The typical sweet-tart taste combination doesn't quench thirst, so you will keep drinking a sports drink long after water has lost its appeal. You can get a carbohydrate boost from sports drinks, in addition to the electrolytes which may be lost

from perspiration, but these drinks tend to offer lower calories than juice or soft drinks.

Juice may be nutritious, but it isn't the best choice for hydration. Juice is a food in its own right and it's uncommon for a person to drink sufficient quantities to keep hydrated. Juice has carbohydrates, vitamins, minerals and electrolytes, but it isn't a great thirst quencher.

The acids used to carbonate and flavor soft drinks will damage your teeth and may even weaken your bones. Soft drinks are devoid of any real nutritional content. The carbohydrates will provide a quick energy boost. In the long run, they aren't good for you. Avoid drinks with caffeine, which will lessen the degree of hydration.

As you use up readily available stores of electrolytes and carbohydrates, you need to start replacing them, and a sports drink is an easy way to do that. It helps prevent a drop in energy from a lack of readily available glucose.

Use caution in warmer weather!

In warmer weather, you'll sweat more and it's important to prevent dehydration with fluid replacement. However, over hydrating can cause problems as well. Too much water can dilute the sodium in the bloodstream and is associated with collapse during exertion. The American College of Sports Medicine recommends drinking 17 oz. of fluid two hours before exercise. During exercise, athletes need to drink early and often to replace fluids lost from perspiration.



For more facts and information please visit AVInutriSOURCE.com

Did you know your brain uses 20% of your oxygen levels? Going outside and getting some fresh air will allow your brain to stay healthy and work at its optimum level.

