

Arbor Management, Inc.

Nutrition News

March 2018



Turnip the Beet!

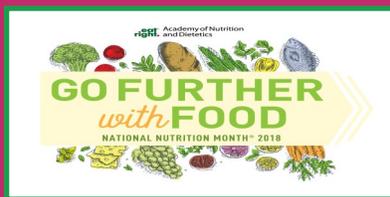
Beets are a root vegetable, meaning the root of the vegetable is edible. The leaves on beets are edible too! Beets are a great source of essential nutrients such as, fiber, manganese, potassium, iron and vitamin C.

Looking to enhance your exercise performance? Eating beets could increase your stamina and improve your oxygen use while exercising. Studies are suggesting that nitrates found in beets enhance your physical performance, especially during intense endurance exercise.



Different types of beets can be distinguished by their color; **dark purple**, **pink**, **yellow** and even **white**. Beets are often served cooked or pickled, but they are delicious when served raw. Use a spiralizer and toss them into a salad or slaw!

National Nutrition Month



- ⇒ Eat a variety of healthful foods. **Eat the Rainbow!**
- ⇒ Buy only what you need or can freeze within a few days.
- ⇒ Be mindful of portion sizes. *Food and Drink.
- ⇒ Practice food safety when preparing foods. **Don't forget to wash your hands!**
- ⇒ **Stay Active!** It improves physical and academic performance.



March 5-9 2018



National School Breakfast Week

Family Activities

It's finally starting to warm up outside. Let's put a little spring in our families' step and plan some activities that involve enjoying the crisp, fresh spring air.

March right into:

- A hike at a nature preserve
- A bike ride around the neighborhood
- A walk at the zoo to see all the new baby animals
- Working on getting the garden ready to plant

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Ingredients:

- * 1-small cooked beet
- * 1-15oz can chickpeas, half drained
- * 2-3 Tbsp lemon zest
- * 1/8 cup lemon juice
- * 2 cloves garlic, minced
- * 2 Tbsp tahini
- * 1/4 cup extra virgin olive oil

Instructions:

1. Peel beets and boil in water for 20 minutes
2. Allow beet to cool, quarter it, and blend in food processor into tiny bits
3. Add remaining ingredients except for olive oil and blend until smooth
4. Drizzle in olive oil as the hummus is mixing.
5. Taste and add salt & pepper as needed. Add more lemon juice or olive oil if needed. (if too thick, add a bit of water)
6. Will keep in the fridge for up to a week



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