

THE TIGER TABLE

CAPE GIRARDEAU D63
WELLNESS NEWSLETTER!



GREETINGS!

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Hey Folks!

Usually I *ease* into more direct newsletter messages because I don't want to scare anyone away, but I guess it's appropriate since Halloween is coming up... For some reason drastic weight loss trends and erratic eating behaviors have been brought to my attention multiple times over the past month, and naturally I have thoughts.

Stay tuned!



WHAT'S IN THIS MONTH'S ISSUE:

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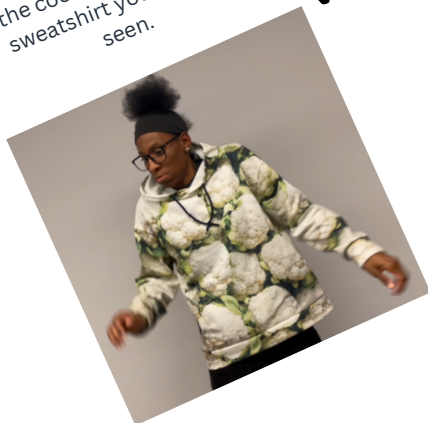
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Psst! Is this or is this not
the coolest cauliflower
sweatshirt you've ever
seen.



SEPTEMBER RECAP

<-- Remember me?

I'm the dietitian - the food guru. I specialize in (aka obsess over) all things health and wellness based. I'm here to take the complications out of the equation and hopefully encourage, motivate, and challenge you on your own journey towards better health. Because who wouldn't want that?! My personal and professional agenda centers around plant foods - because **we all need them** but most of us aren't eating them (or at least not very much)!

In September, we talked about **routine** and how we are all in some type of routine but maybe not the kind that is actually serving us well. A simple tweak in our daily activities can have a large ripple effect.



FOOD AS MEDICINE

Okay, so I'm not here to point fingers, but it has come to my attention that there is a (diabetes) medication that is being used for weight loss.

I'll come back to that in a minute.

I listened to a podcast recently called Understanding Food As Medicine with doctor and chef, Robert E. Graham, MD ([↑ click that link... it's a good one!](#)). Since the beginning of human existence we have been eating food. REAL FOOD. Mostly plants! And when people died, it wasn't from chronic diseases, it was from things like an infection. Now we have these wonderful things called antibiotics and antibacterial soap and toothpaste that are literally saving lives, yet we're **actively killing ourselves** with largely preventable chronic diseases.

*Type 2 Diabetes

*Heart disease

*High blood pressure (aka the SILENT killer)

*several cancers

The good thing is that most chronic diseases can be prevented or even reversed by two factors:

- What we **put into our bodies** (food, tobacco, alcohol)
- How we **move our bodies** (from the chair to the car to the couch vs. physical activity)

Now, you may be wondering how my brain went from weight loss trends and erratic eating to chronic disease prevention.

BECAUSE IT IS ALL CONNECTED!

There are NO quick fixes or short cuts or "just take this pill or this shot" to health and wellness. Living in a holistic way - one that is beneficial to your mind, body, community, and planet - will take some intentionality, and dare I say - WORK. You can't jip the system.

*FUN FACT: According to The Beet, when you switch to a plant-based diet (standard way of eating and not a temporary trend) for optimal health and wellbeing, your body starts seeing results almost instantly.
[Read more about it HERE!](#)*

THE CHOICE IS YOURS

So take whatever weight loss medication you want, count every single calorie that you consume or burn, do that 30 day juice cleanse or whatever, but let me know if you're feeling whole and healthy and happy six months from now.

Is it a sustainable way to live?

Is it good for your mind and body?

How about your community or the planet?

NO?!

Maybe try going in a different direction.

Rant over. Thanks for sticking it out with me.

Check out what fun celebrations are coming up, and let's be a little kinder to ourselves and our world, shall we?!

UP AHEAD: FUN OCTOBER CELEBRATIONS



3 - National Fruit At Work Day - see who can bring in the most interesting and delicious fruit!

4 - National Pumpkin Seed Day - Did you know that these little guys have anywhere from 6-8 grams of protein per ounce?! Pair that with a fruit or vegetable and you have yourself one powerful snack, my friends.

5 - National Do Something Nice Day - This is definitely one worth celebrating

7 - National Chocolate Covered Pretzel Day - I don't know about you, but the salty-sweet combination of this delectable snack is highly underrated in my professional opinion

9 - National Kick Butt Day - You know that thing that you've been putting off? Get. It. Done!

13 - National Train Your Brain Day - Read a book. Do a puzzle. Challenge yourself. Keep that brain fresh!

14 - National Dessert Day - You CAN have your dessert and eat it too, and I suggest you do that from time to time.

16 - World Food Day - statistically, **poor nutrition** causes **45% of deaths** in **children** under the age of 5. Click the link for how you can be a part of the solution.

**** Please check out underlined text for some fantastic additional information !****

Tiger Taste Buds 😊

Sheet Pan Cashew Tofu

Guys... I just need you to hear me out on this one.

This Sheet Pan Cashew Tofu is probably the best, easiest, **most tasty** plant-based recipe that I have made in months! I ate it for lunch every day last week - it's that good. I know, you saw tofu and either rolled your eyes or cringed, but I'm telling you - It. Is. GOOD! I even convinced my meat-eating, fitness obsessed brother to try this, and he said the same thing!! I dare you. I dare you to try this one. Right now. Add the ingredients to your grocery order.

I've even linked every ingredient to the Walmart website!

Now, you could use like a bottled sesame or teriyaki sauce if you want this to be subpar and gross. It's totally up to you.

When you try it, PLEASE send me an email, and let me know! Okay, on to the recipe!

Yield: 1 sheet pan of food 🍽️

Total Time: 40 minutes or something

Ingredients

SAUCE

- 6 Tbsps. soy sauce
- 1/4 cup maple syrup or honey
- 1 Tbsps. rice vinegar
- 2 Tbsps. sesame oil
- 1 Tbsp. minced garlic
- 1 tsp powdered ginger or 2 tsp grated ginger

FOOD

- 1 red bell pepper, chopped
- 2 cups (or more.. much more) broccoli, chopped
- 1 block super firm tofu, ripped into bite sized pieces*
- 1 cup unsalted cashews



Instructions:

1. Preheat oven to 425°F.
 2. In a small bowl or mason jar, whisk together soy sauce, maple syrup, vinegar, oil, garlic, and ginger.
 3. Add broccoli, bell peppers, tofu, and half of the sauce to an unlined baking sheet and toss to coat.
 4. Bake for 15 minutes.
 5. Remove from oven, add cashews and remaining sauce, and toss to coat. Return to the oven for 15 minutes. Remove from the oven, toss again, and return to the oven for 5 more minutes.
 6. Take your fork straight to the pan and consume immediately. 😊 Best served with rice.
- *I personally found that cutting the tofu in half lengthwise and then ripping it into bite-sized pieces with your hands just makes it look better. And the jagged edges makes it soak up the sauce really well. You can also use extra firm tofu as well, just not silken* If you think of this ahead of time, you can marinate the tofu in the sauce beforehand for extra flavor absorption!