

THE TIGER TABLE

CAPE GIRARDEAU D63
WELLNESS NEWSLETTER!



THIS ONE'S FOR ME

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Hey Everyone!
Guess what March is.

National Nutrition Month!!!!

aka MY month... and the celebration of all dietitians and nutritionists and really anyone with a deep love for dietary health and wellness. So in this issue, I am going to present thoughts of something that I am very passionate about.

Which, come to think of it, is exactly what I bring every month. So this will basically be the same as any other newsletter...

So get your favorite grocery app ready because we're about to load up on some wholesome foods!

Enjoy!

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FEBRUARY RECAP

In February, we looked at loving ourselves. I always find it so interesting to look at how well we love and take care of others - friends, spouses, kids, parents, plants, animals - in contrast to ourselves. This is **not for shaming purposes!** If we don't notice things, how can we ever change them? So reread the article, if needed, notice where you consistently cut yourself short, and make a change.

You. Are. Worth. It!

WHAT IS WHOLE-FOOD, PLANT BASED?!

I've gotten this question a lot in various forms:

WHAT IS DOES PLANT-BASED
EVEN MEAN?

Why is plant-based important?

Does plant-based = vegan?

CAN YOU SHARE THINGS
THAT AREN'T PLANT-BASED?

The answer is really quite simple. Plant-based means that your meals and snacks (and ideally all other eating occasions) are centered on plant foods.

What are plant foods, you ask? Fruits, vegetables, grains, beans, peas, lentils, nuts, and seeds. Literally anything that we can consume that comes from the ground. This is not something that is new to what I teach or share; I have just been more straightforward with it as of late. Even the MyPlate is plant-based, as in the majority of our food consumption would come from plants.

- **Fruits** - plant
- **Vegetables** - plant
- **Grains** - plant
- **Protein** - can be plant or animal
- **Dairy** (or more appropriately, the **Calcium** group) - can be plant or animal

When I, as a dietitian, encourage people to “eat healthy” it is so ambiguous. But when I say eat *plant-based*, though it is a fairly new term, it's much clearer what would ideally make up the bulk of your energy.



Now, plant-based doesn't necessarily have to mean plant *exclusive*; although I tend to lean that way when it comes to sharing information. It has been shown to be immensely beneficial for personal health and for the planet, and it's easy for you all to add your own animal product of choice to the mix. After all, only 1 in 10 adults eats enough fruits and vegetables. So, to promote a life free of chronic disease, I lean towards whole-food, plant-based.

FUN FACT: : Plant-based foods such as beans, grains, sweet potatoes, lentils, and fruits are found in most local supermarkets at relatively low cost and covered under SNAP benefits.

HOW TO CELEBRATE

Naturally, my first thought is to encourage you to eat more whole, plant foods. Allow them to make up the majority of your plate, and then fill in the rest of the space with plant (or animal) protein as you see fit. And make sure when you add some of these foods, you are not just loading up your plate with lettuce and cucumbers. You still need to eat **enough** food to be satisfied. Don't be afraid of the starches! Calorie density is something that I don't have space to get into in this issue, but it matters! And when I say **whole** plant foods, I mean the ones that are as close to how you would find them growing in nature as possible. Go for whole grapes versus raisins or fruit snacks. Do I do this perfectly all the time? No. I definitely don't. But it is the general format for how I build my plate, my meals, and my grocery list. And don't you dare shame yourself for "falling off the wagon" or having a "cheat day" or whatever.

Do your best. Be flexible. Give yourself grace. 🍷



[click this link](#) for a quick rundown on calorie density

UP AHEAD: FUN MARCH CELEBRATIONS



1-2 - Global Day of Unplugging - power down those devices and spend time with yourself or your people!

3 - National Soup It Forward Day - the only thing better than eating soup is sharing it with others. Make a pot for an army and invite people in!

Chickpea & Wild Rice Soup BONUS RECIPE

7 - National Cereal Day - cereal can be a wholesome breakfast even into adult years. Check out Rip's Big Bowl for some inspiration

11 - National Oatmeal Nut Waffles Day - yum!

13 - National Registered Dietitian Nutritionist Day! - aka my day! feel free to sponsor my lunch ;)

19 - National Back Yard Day - Get outside!!!



23 - National Chia Day

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

Tiger Taste Buds 😊

Creamy Peanut Ramen

I get the feeling that not everyone is quite the soup fanatic that I am. I don't understand it, but I've heard talk (particularly among men) that soup is not a "real meal."

They're dead wrong, but freedom of speech and all that jazz allows people to say whatever nonsense they want. All that to say, this recipe is not a soup.

However, it is a one pot meal. I refuse to cook any other way these days.

Yield: 1 large pot of food 🍳

Total Time: 30 minutes or something

Ingredients

Peanut Sauce

- 1/3 cup peanut butter
- 1 Tbsp soy sauce or miso paste
- 2 deglet or medjool dates
- 1 Tbsp. lime juice
- 1 Tbsp. rice vinegar
- 1" nub fresh ginger
- 3 garlic cloves
- 1 green onion
- 4-6 Tbsp. water
- crushed red pepper flakes, optional



Bowl

- rice ramen
- frozen broccoli
- frozen shelled edamame
- frozen bell pepper
- shredded carrots
- sesame seeds (optional)
- Sriracha (optional)



Instructions:

1. Peanut sauce - add everything to a blender and blend until smooth. This one keeps very well in the fridge so make a double batch!
2. Prepare the bowl - bring an oversized pot of water to a boil and throw in 1-2 ramen noodle blocks. Allow these to cook for about 5 minutes, using a fork to break them apart once they start to soften.
3. Then add some frozen broccoli, bell peppers, and shelled edamame to the water with the ramen noodles. Let this simmer a couple minutes longer, and then strain it out and transfer to a bowl.
4. Toss with peanut sauce and shredded carrots. Sprinkle on some sesame seeds and enjoy!

Taken directly from Well Your World because the recipe was absolutely perfect as is.
