

# news

freshpick  
for better health  
by sodexo



*Chef Remmi Smith is Sodexo's first ever "Student Ambassador for Nutrition and Health" and is host of a health based TV cooking show, "Cook Time with Remmi™." In her new role, Remmi will have the opportunity to positively impact the lives of students in Sodexo-served school districts across the country by speaking directly to the students through specially produced videos, nutrition education materials and in-person appearances. Remmi is also the Teen Mentor for Thrive14, an educational site for entrepreneurs, and has been selected as a "Top 20 to Watch" for the Foundation for Advancing Alcohol Responsibility.*

## Celery Crunch Away Your Cravings

Celery has become a fan favorite among many people who try to lose weight or try to follow a healthy lifestyle. Although it is somewhat bland in flavor, celery is certainly a healthy choice. It has many different uses and can satisfy your craving to crunch and can be eaten with a healthy dip.

Two simple sticks of celery can fill a chunk of recommended daily values, especially since it is such an easy and convenient snack to prepare and eat. Two sticks of celery can provide you with eight percent of the daily value for Vitamin A and can give you 4 percent of your daily Vitamin C recommendation. Celery's biggest contribution is Vitamin K, and a two-stalk serving provides about 30 percent of your recommended daily value. Celery is also a source of folate and provides 8 percent of the recommended daily value.

## Nutritious Notes

Two stalks of celery provide about 208 mg of potassium. Double that serving size to four sticks and your potassium intake will be the equivalent of a small banana. It has been rumored that celery is a "negative-calorie" food. This rumor is fueled by the fact that you burn more calories from the process of eating celery, than the actual amount of calories that are in celery. However, the actual number is not significant enough to be considered a weight loss miracle food.

Source: <http://www.livestrong.com/article/531265-nutrition-for-celery-sticks/>

**Fresh Pick** is a nutrition-education program of Sodexo and is designed to further the awareness of the many benefits of eating fruits, vegetables and whole grains among students, parents, guardians, faculty, staff and the entire community. Each month as part of the program, we will feature a specific fruit, vegetable or whole grain in a variety of engaging collateral and classroom materials as well as on our menus and dining specials.

We hope you enjoy this month's Fresh Pick!

## DID YOU KNOW?

- In 30 A.D., Aulus Cornelius Celsus wrote about the use of celery seeds to ease pain.
- George Taylor, a Scotsman, introduced celery to America in 1856 when he brought it to Kalamazoo, Mich.
- Celeryville City is located in Ohio and was settled by celery farmers from Kalamazoo, Mich.



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