FUELING FOR FINALS

The end of the semester is here and finals are approaching. Choosing healthy food options may not be first on your mind during this stressful time of year. So be sure to practice self-care and make a conscious effort to fuel your body and mind with a balanced diet of quality foods. One approach is to follow the Healthy Eating Plate, created by nutrition experts at the Harvard T.H. Chan School of Public Health and editors at Harvard Health Publications.

Fill 1/2 your plate with fruits and vegetables, 1/4 with whole grains, 1/4 lean protein, and stay hydrated with beverages with little or no sugar. For more information, please visit:

https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/

Good luck with your finals and have a great winter break!

SEASONAL FRUITS & VEGETABLES

By: Kristina Redmond, Dietetic Intern

In New England, the growing season is very short due to the climate. Luckily, there are some hearty fruits and vegetables that you can find fresh, in season. Root vegetables grow well in loose soil in the ground or in garden beds. Some vegetables, including parsnips, actually develop the most flavor when picked after a frost. Here are some ways to incorporate some seasonal fruit and vegetables into your diet:

- Brussels sprouts: Great roasted or shredded into a salad
- Cabbage: Use for a crunchy coleslaw or in a hearty soup
- Collards: Perfect sautéed and simmered in stock until tender
- Kale: Throw it in a smoothie or bake for a crunchy snack
- Leeks: In season alternative to onions
- Parsnip: Root vegetable and perfect for roasting
- Winter squash: Hearty fruit with various varieties, naturally sweet
- Cranberries: Dried fruit and a perfect addition to salads and oatmeal
**MAPLE ROASTED SWEET POTATOES, PEARS, AND ONIONS**

Find more recipes at https://www.mindful.sodexo.com/mindful-meals-recipes/

**INGREDIENTS**

Makes 8 servings

- 6 cups - sweet potatoes, peeled and cubed
- 3 pears – peeled, cored, and chopped
- 2 cups – red onion, chopped
- 1/2 teaspoon – salt
- 1/4 cup – maple syrup

**NUTRITION**

Calories: 180
Carbs: 42g
Protein: 2g
Fat: 0
Cholesterol: 0
Sodium: 87mg
Fiber 5.3g

**DIRECTIONS**

1. Preheat the oven to 350 degrees
2. Place the chopped sweet potatoes, pears, and onions in single layer on baking sheet
3. Sprinkle with salt, drizzle with maple syrup and toss to combine. Roast for 25 minutes.
4. Turn the oven to broil and place baking sheet about 6 inches from heat for 3-5 minutes or until mixture starts to brown.

This monthly nutrition newsletter is a collaboration from Sodexo Dining Services Registered Dietitians supporting colleges and universities in the northeast region.

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