What is a healthy dietary pattern?

- A healthy dietary pattern looks different for everyone due to individual preferences, lifestyles, and backgrounds. Make your plate colorful with fruits, vegetables, grains, protein, and dairy to include various nutrients in your diet.

Nutrition facts vs. myths:

- When searching for information, review the author and date written. For wellness topics, look for authors that are dietitians and doctors. Confirm information with multiple sources to ensure accuracy. Science is constantly evolving, so monitor the date written to determine if newer research is available. The Academy of Nutrition and Dietetics (AND) and the Collegiate and Professional Sports Dietitians Association (CPSDA) are reliable sources of nutrition and dietary information versus Google.

Grocery shopping tips:

- Did you know that shopping for nutrient-dense (healthy) foods can be similarly priced or even cheaper than other options? Review your current shopping to determine how you can incorporate more healthy items in your diet. Plus, when we eat foods high in fiber, protein, vitamins, and minerals that support our bodies, we can lower the risk of future health concerns.

1. Register for stores' loyalty programs to earn rewards.
2. Focus on in-season produce which is typically less expensive. Frozen or canned produce is an alternative.
3. Create a shopping list before heading to the store.
4. To avoid impulse buying, shop online for pickup or delivery.
5. Choose the store brand vs. other more expensive brands.
6. Search for discounted items and coupons via apps like FlashFood, Ibotta, and Fetch. USDA’s Start Simple with MyPlate is an excellent source of information for budgeting, cooking, and eating healthy meals.
Vietnamese Spring Rolls

Ingredients
- 1/2 oz. carrots, julienned
- 1/2 oz. red pepper, julienned
- 1/2 oz. seedless cucumber, julienned
- 2 8” sheets of rice paper
- 1.5 oz. cellophane noodles, cooked
  - follow instructions on package
- 1 Tbsp. mint, chiffonade
- 1 tsp. cilantro, chopped

For crispy tofu
- 8 oz. extra firm tofu, diced 1/2” cubes
- 5 Tbsp. sesame oil
- 2 1/2 Tbsp. sriracha
- 1 Tbsp. low sodium soy sauce
- 1/2 Tbsp. light brown sugar
- 1/4 cup corn starch

Crispy Tofu Prep
1. In a bowl, add sriracha, soy sauce, 1 Tbsp. sesame oil, and brown sugar. Whisk together.
2. Toss tofu in corn starch. Discard excess corn starch.
3. Heat 4 Tbsp. sesame oil in a large skillet over medium heat. Flash fry the tofu, carefully
   flipping all sides to ensure even browning; about 5 minutes.
4. Add sauce, stirring to coat tofu. Cook for 1 minute or until sauce is absorbed, stirring
   frequently. Remove from heat.

Spring Roll Assembly
1. In a large bowl combine carrots, peppers and cucumbers. Toss well.
2. Fill a bowl with warm water. Working with 2 stacked rice papers at a time, soak rice paper in
   water. Turn occasionally, until just pliable but not limp, about 10 to 12 seconds. Transfer to work
   surface.
3. Arrange 1/2 cup of vegetables and 1/3 cup of noodles across the lower edge of the rice paper.
4. In order, top with:
   - cellophane noodles
   - cilantro sprigs
   - 1 Tbsp. mint
   - 5 pieces of crispy tofu
5. Pull bottom of the rice paper over the filling. Fold in the ends and roll like a burrito into a tight
   cylinder.
6. Transfer the roll seam side down and cover with a damp towel. Wrap in plastic wrap.
7. Cut each roll in half on a diagonal. Serve immediately.

Do you have questions or ideas?
Reach out to Tori Martinez, District Registered Dietitian, at victoria.martinez@sodexo.com
You can also learn more at mindful.sodexo.com

NEXT MONTH:
We’ll focus on supporting a sustainable planet with food and nutrition for Earth Week!