National Nutrition Month® – Fuel for the Future

This year’s National Nutrition Month® theme, “Fuel for the Future,” refers to choosing foods that are healthy for our bodies and for the environment. In both cases, the long-term outcomes of our practices and behaviors should be considered. A great way to start is by considering what can be done on a personal level.

Ten Tips for Sustainable Nutrition

1. Eat more fruits & vegetables (especially local)!
2. Try beans, tofu, or lentils rather than plant-based “meats.”
3. Try underutilized fish like redfish, hake, & cusk.
4. Know what’s in the fridge before buying more.
5. Shop with a list & use recipes with overlapping ingredients.
6. Avoid dieting! Start with nutrition basics & find a diet pattern you enjoy.
7. Increase nutrients by increasing dietary diversity.
8. Choose seasonal produce for maximum taste & nutrition content.
9. Use reusable bags & bottles, compostable materials, & glass or metal when possible!
10. Focus on health promotion & disease prevention vs. waiting until you need treatment when possible.
Carrot & Chickpea Burgers

Recipe adapted from: https://www.wwf.org.uk/recipes/carrot-chickpea-burgers

Ingredients:

• 3 medium carrots
• 1 15oz can of chickpeas, drained
• 1 egg
• 2/3C breadcrumbs or rolled oats
• 2T dried herbs
• Salt & pepper, to taste
• Olive oil (for cooking)
• Optional: burger buns, tomatoes, avocado, lettuce, onions, pickles, cheese, hummus, or pesto to serve.

Directions:

1. Blend all ingredients (except olive oil) in a food processor until smooth.
2. Form into 8 patties
3. Heat olive oil in a large pan over medium heat.
4. Cook patties in batches, flipping each after 3-4 minutes per side.
5. Serve with burger buns and choice of toppings and enjoy!

FOR MORE INFORMATION, PLEASE CONTACT:
Krista Niezelski, MS, RDN, LD
Campus Dietitian
Krista.Niezelski@Sodexo.com