



GET CREATIVE WITH YOUR FOOD!



VEGETARIAN MONTH

Did you know? October is National Vegetarian Month—whether you are a vegetarian or not, there are many ways to integrate healthy vegetarian choices into your diet (grilled veggies, soups, salads, whole grain cereals, breads, beans, seeds & nuts) Make yourself a colorful salad comprised of a variety of all types of veggies, as well as chick peas and other beans. Or maybe a tuna melt?

Did you know that National Vegetarian Month is kicked off on October 1st by World Vegetarian Day. In response, Ithaca Dining Services is encouraging consumers to sample delicious vegetarian dishes that will be available this month in resident dining. In addition, Ithaca Dining Services is also providing recipes for healthy, mouth-watering vegetarian meal ideas.

National Vegetarian Month encourages us all to eat our vegetables and fruits. Countless studies have proven that a diet filled with fruits and vegetables is good for our health. Vegetarians, have taken this path either for their health, or from a conviction that they should not eat, and therefore, not kill animals.

A vegetarian, by definition, eats no meat. That includes fish and other forms of seafood. Bottom line is, a vegetarian eats no animal. Their diet consists of plants...fruits and vegetables. They are ethically and morally opposed to killing animals for food. They are also against poor treatment of animals at farms and slaughterhouses.

There are plenty of groups and organizations that support the vegetarian effort. If you are considering becoming a vegetarian, a quick web search, or a look up in your local phone directory should produce a group near you. While you are online, check out the wide range of sites offering vegetarian recipes. Try something new, you don't have to be a vegetarian to try vegetarian offerings.

How to get creative with your Food

Do you ever find yourself bored with the same food choices that you make on a daily basis? Do you find yourself in a rut even while trying to create more exciting dishes that will be more satisfying than the same old meals?

Find creative ways to combine your foods to create a more varied selection, as well as healthier combinations of foods (i.e. tuna melt, yogurt parfaits, etc.) We will also provide you with some new, exciting recipes to alternate into your typical diet. Here are also some ways to make your less healthy foods healthier.

Freshen it up—Try adding fresh veggies to your pizza to get in that one extra food group. Green & red peppers, broccoli, olives, tomatoes ... are always great choices!

Stop the pile up—Instead of piling your plate high with those chicken tenders, cut them up and add them to your fresh salad.

Dessert lovers—Opt for frozen yogurt or sherbet instead of regular ice cream or custard. You can top your desserts with fresh fruits or lower fat/ sugar toppings if they are a must.





Get Creative Recipes

Healthy, creative snacking options: Simple!

- *Add bananas to your cereal
- *Low fat granola or another high fiber cereal to your yogurt
- *Peanut butter and apple, or whole wheat bread
- *Add veggies to your sandwiches/ subs

Fall Harvest Sautee

1/4 cup toasted pine nuts, 2 gloves minced garlic, 1/2 cup basil leaves, 1/4 cup parsley, 1/4 cup olive oil, 1tbsp lemon juice, 1 tsp salt, 1tbsp olive oil, 1cup corn, 2 medium carrots sliced, 1 medium yellow squash sliced, 1cup cooked black beans, 1 can diced tomatoes

Directions:

- In a food processor or blender, process pine nuts, garlic, basil, parsley, first listed olive oil, lemon juice, and salt. Set pesto aside.
- In large skillet, heat second listed oil over medium heat. Add vegetables and sauté for 8-10 minutes or until vegetables are tender-crisp.
- Add reserved pesto and stir to coat vegetables.
- Serve vegetables with a hot, cooked grain.

Makes 6 Servings

TIP OF THE MONTH

When entering the dining hall/ grocery store make sure you take time to browse your options. By doing so, you are very likely to come across some ideas of combining your foods to make new and exciting creations! So instead of heading directly to that hot line or sub station, examine your options for each meal- you may be very surprised with the unique selections you may be able to create! This will certainly help to prevent getting bored with the same old plates, and by getting a variety of nutrients, you will have more energy to conquer your day!

Exercise Tips



Get Creative with your Exercise!

Spice it up

There are always ways to spice up your exercise routine! If you are getting bored with your workout and it is resulting in a lack of motivation to continue physical activity, there are always new activities that you can try. For example, try a new group activity class such as pilates, kickboxing, tai chi, or yoga. Bring a friend along to keep you motivated.

If you prefer working out alone, try switching up your normal activity by doing other exercises such as swimming, bike riding, stairmaster, the rowing machine, or the cross trainer. If you don't have time to make it to the gym, there are always activities that you can incorporate into your daily routine.

If you work in an office, make the point to get up and take a lap around the building every half hour (if possible). You may also engage in outdoor leisure activity such as gardening, raking leaves, mowing the lawn, or going on walks with the family.

