

Nutrition News

September 2017

Arbor Management, Inc.

Featured Vegetable:

The POTATO

Potatoes are a great source of **Energy!** Providing our bodies with the fuel (carbohydrates) that help us perform at our best all day long.

Did you know...

- Potatoes provide more **Potassium** than a banana!
- Potatoes help skin & hair because they are packed with **Vitamin C**
- 1 potato = 45% of daily requirements**
- The skin is packed with **Fiber** so try and skip the peeling!

SEPTEMBER

Food Celebrations :

- September 4th– Macadamia Nut Day
- September 5th– Cheese Pizza Day
- September 7th– Acorn Squash Day
- September 13th– Peanut Day
- September 14th– Eat a Hoagie Day
- September 15th– Linguine Day
- September 16th– Guacamole Day
- September 21st– Banana Festival Day
- September 23rd– Pot Pie Day
- September 26th– Pancake Day



Fallin' into Family Fun Activities

Fall is a great time to be active!
Ideas to keep your family moving :

- Go on a Nature Scavenger Hunt in your Neighborhood (<https://www.nwf.org/kids/family-fun/outdoor-activities/backyard-savenger-hunt.aspx>)
- Pick Apples at a Local Orchard
- Rake the leaves in your yard and make a leaf maze or a huge pile and JUMP in it!
- Go on a Family Bike Ride



Easy Potato & Corn Soup

Serves: 8 (8 oz bowl)

Calories per Serving: 233



Ingredients:

- 6 medium potatoes, cubed (peeling optional)
- 6 celery stalks, chopped
- 4 carrots, chopped
- 1 medium onion, chopped
- 6-8 cups low-sodium chicken or veggie broth
- 2 15 oz. cans of corn, drained

*Salt and Pepper to taste

Instructions:

1. In a large pot, place the potatoes, celery, carrots, onions.
2. Pour in enough broth (6-8 cups) to cover the vegetables.
1. Bring to a boil.
2. Mix in the corn.
3. Reduce heat to low-medium, and cook 20 minutes or until potatoes are tender.
4. Serve and Enjoy!

Optional: Top it with bacon crumbles or diced ham.



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