



FEATURED ITEM

Chicken & Turkey Sausage Jambalaya

Nutrition Facts

Serv. Size: 3/4 cup

Servings per case: 85

Amount Per Serving

Calories 180

Fat Cal. 50

% DV*

Total Fat 6g

9%

Sat. Fat 1g

5%

TransFat 0g

Cholest. 75mg

25%

Sodium 360mg

15%

Potassium 630mg

18%

Total Carb. 17g

6%

Fiber 4g

16%

Sugars 4g

Protein 19g

Vitamin A 10%

* Vitamin C 30%

Calcium 8%

* Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium		2,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

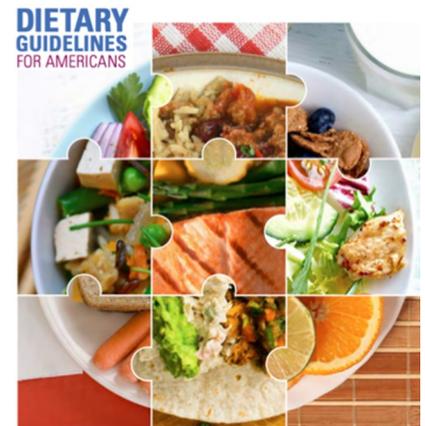
Fat 9 * Carbohydrate 4 * Protein 4

The Dietary Guidelines for Americans

What we eat is very important for our health. It affects how we feel, whether or not we get sick, and how long we live. There are a lot of ideas out there about what makes a diet “healthy”, but not all of them are true or based on science. All of this information and misinformation can make it hard to figure out what a healthy diet really is.

Back in 1990, the federal government passed a law which said that every 5 years, the U.S Departments of Agriculture (USDA) and Health and Human Services (HHS) have to research and publish the Dietary Guidelines for Americans (DGAs). The DGAs have nutrition and diet information and guidelines for the general public based on the latest science.

The DGAs are the foundation of all federal nutrition programs, as well as what most doctors, dietitians and health professionals rely on. They aren’t based on fad diets or diet myths, but on hard science. Every five years, USDA and HHS gather top nutrition experts from around the country to review all of the research on diets and health to come up with recommendations for the public.



The latest DGAs were just released in 2020 and will go through 2025. In the new DGAs there are four main guidelines:

Follow a healthy dietary pattern at every life stage. The new DGAs include specific guidelines for infants and toddlers, pregnant and lactating women, and children and adults over 2.

Customize and enjoy nutrient-dense food and beverages. The DGAs isn’t a list of good and bad foods, it’s a framework that can be customized to meet individual needs, preferences and cultures.

Focus on nutrient-dense foods and beverages, and stay within calorie limits. Nutrient-dense foods provide vitamins, minerals and other health-promoting components. These are foods like fruits and vegetables, whole grains, dairy and lean or plant-based protein.

Limit foods and beverages higher in added sugars, saturated fat and sodium. A healthy dietary pattern doesn’t have much room for extra added sugars, saturated fat or sodium, so food and beverages high in these components should be limited.

Adapted from the USDA and HHS Dietary Guidelines for Americans and contributed by the Washington State Department of Health.

NEW TO THE MENU

The Mainline menu will see Chicken and Turkey sausage stew, also known as Jambalaya. Also new HALAL and MAD meals coming soon.

For the HALAL menu there will be 3 new meal selections:

Halal Fried Egg Patty Meal Halal Lasagna Meal Halal Beef Filling Meal (Fajita)

For the MAD menu there will be 2 new meal selections, plus the return of a previous meal:

Vegan Sweet & Sour Meal Vegan Lasagna Meal Vegan Zucchini Scramble

All of the above listed items will be available from CI Foods in July 2021.



Fun Food Facts



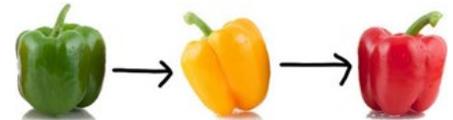
Baby carrots are actually regular carrots that have just been cut down.



According to its creator, Spam was actually named after "spice" and "ham".



Green, yellow, and red bell peppers are actually the exact same vegetable, just at different stages of development.



BREAKFAST CEREALS

-In the U.S., on average two new breakfast cereals are introduced to market shelves each week. The ready-to-eat cereal industry was \$6.84 billion in retail sales in 2003, and the average American consumes about 15 pounds of this type of cereal each year.

-Battle Creek, Michigan is the Cereal Capital of the World. It is home to Kellogg, Post and Ralston Purina cereal plants.

-By the way, '*Granola*' (baked wheat, oats and corn nuggets) was developed in 1877 by Dr. John Harvey Kellogg (before he formed the cereal company with his brother). He originally called his cereal '*Granula*', but was sued for use of the name, and they compromised on the name '*Granola*'.

Menu Product Development and Item Selection

Correctional Industries Technical Services - CITS Food Product Research & Development Lab:

As all were aware, the impacts of COVID 19 suspended the product development program. Moving forward the focus has returned to development of new concept items for consideration of adding to the menus. More to come soon.