



April 2018

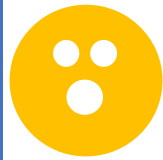
## Power up with Fat

This month, Ms. Toots and the Fearless Foodies visited our school to explore the fat in food. There are 3 main type of fat we eat – saturated, unsaturated, and trans fat.

Types of fat



**Unsaturated Fat:** Found in fish (salmon, tuna) and plants (nuts, seeds, avocado). This fat protects the heart.



**Saturated Fat:** Found in higher fat animal foods (cheese, butter, beef, and pork products) and coconut. Large amounts are not good for the heart.



**Trans Fat (aka, "partially hydrogenated fats"):** Found in some snack foods, fried foods, and desserts. Any amount is bad for the heart. Choose products that do NOT have trans fat.



## Avocado

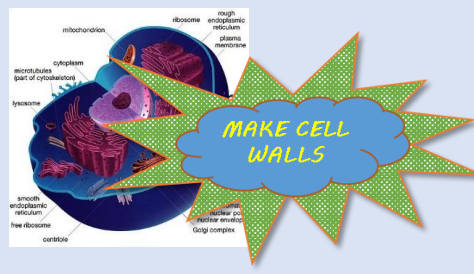
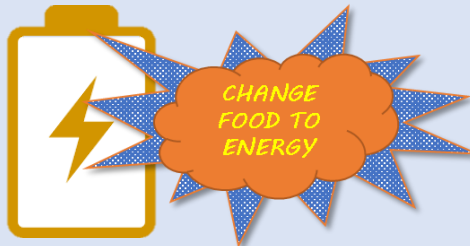
### Roll-Ups



- ✓ 1 medium ripe avocado
  - ✓ 2 tablespoons chopped fresh cilantro
  - ✓ 1 teaspoon lime juice
  - ✓ salt to taste
  - ✓ 2 (9-inch) round tortillas
1. In a small bowl, mash the avocado. Stir in the cilantro and lime juice. Season to taste with salt.
  2. Divide avocado mixture between the 2 tortillas. Spread, leaving a small border around the edges. Roll the tortillas up tightly, then cut off the edges and slice into 1" rolls.
  3. Serve immediately or refrigerate until ready to serve.

*Add turkey, chicken, tuna and/or bell pepper slices to increase the protein and color of this dish*

## The fat we eat helps our body...



*Fearless Foodies is brought to you by the Waltham School Nutrition Department and Healthy Waltham. The goal is to introduce children in grades k-5 to new foods in a fun and exciting way.*

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