

## OCTOBER NUTRITION NEWSLETTER

### BE MINDFUL OF SWEETS

CHILDREN ARE BORN WITH TASTE BUDS ACCUSTOMED TO SWEET FLAVORS. INTRODUCTION OF SUGARY FOODS BEFORE THE AGE OF TWO INCREASES PREFERENCES FOR THEM AND INCREASES THE PREFERENCE FOR HIGHER AMOUNTS OF SUGAR IN FOODS. THE MORE SWEETS YOU EAT, THE MORE YOU'LL CRAVE. SUGARY FOODS COULD BE A SOURCE OF ARTIFICIAL COLORS WHICH MAY CAUSE BEHAVIORAL CHANGES IN SOME CHILDREN, BUT SUGAR ALONE CAN ALSO SPARK THESE CHANGES. SWEETS OFTEN OFFER FEW NUTRIENTS AND ARE LINKED TO WEIGHT GAIN. CHILDREN 2-18 YEARS OF AGE SHOULD LIMIT ADDED SUGARS TO LESS THAN 25 GRAMS PER DAY. MODERATION IS KEY! VISIT [HTTPS://JILLCASTLE.COM/CHILDHOOD-NUTRITION/9-THINGS-PARENTS-KNOW-SWEETS-KIDS/](https://jillcastle.com/childhood-nutrition/9-things-parents-know-sweets-kids/) TO LEARN MORE.

RICE HAS BEEN GROWN IN THE WETLANDS OF SOUTH FLORIDA FOR OVER 60 YEARS. IT'S GROWN AS A COVER CROP FOLLOWING SUGARCANE PRODUCTION. IT IS USUALLY HARVESTED IN LATE SUMMER THROUGH EARLY FALL. THE FIELDS ARE FLOODED IN EARLY SUMMER TO MANAGE WEEDS AND PEST INSECTS. RICE IS A GOOD SOURCE OF COMPLEX CARBS, FIBER, AND MANGANESE. IT IS A NATURALLY GLUTEN-FREE GRAIN.

### FLORIDA RICE

#### BROCCOLI, CHICKPEA, AND BROWN RICE BOWL

##### INGREDIENTS:

- 1 CUP SHORT-GRAIN BROWN RICE
- 1 HEAD BROCCOLI, CUT INTO FLORETS, STEMS PEELED AND CUT INTO CHUNKS
- 1 TBSP EXTRA-VIRGIN OLIVE OIL
- 2 TBSP DIJON MUSTARD
- 2 TBSP LOW-SODIUM SOY SAUCE
- 1 TSP HOT SAUCE
- PINCH OF SUGAR
- 14 OUNCE CAN CHICKPEAS, DRAINED AND RINSED

1. PLACE BROWN RICE AND 2 1/4 CUPS WATER IN A MEDIUM POT. BRING TO A BOIL, COVER, REDUCE HEAT AND SIMMER FOR 45 MINUTES UNTIL RICE IS TENDER.
2. PREHEAT OVEN TO 400°F.
3. TOSS BROCCOLI WITH OLIVE OIL, SEASON WITH SALT AND PEPPER AND SPREAD EVENLY ON A LARGE BAKING SHEET. PLACE IN THE OVEN AND ROAST FOR 20-30 MINUTES UNTIL TENDER AND BROWNE IN SPOTS.
4. WHILE RICE AND BROCCOLI ARE COOKING, WHISK TOGETHER MUSTARD, SOY SAUCE, HOT SAUCE AND A PINCH OF SUGAR.
5. WHEN RICE AND BROCCOLI ARE FINISHED, TOSS IN A LARGE BOWL WITH CHICKPEAS. DRIZZLE WITH MUSTARD SAUCE AND SERVE.

[HTTPS://WWW.RACHAELHARTLEYNUTRITION.COM/BLOG/2014/01/BROCCOLI-CHICKPEA-AND-BROWN-RICE-BOWL](https://www.rachaelhartleynutrition.com/blog/2014/01/broccoli-chickpea-and-brown-rice-bowl)