

Happy and Healthy with CPS!

Nutrition Spotlight



Earth Day Feature
with Humane Society's Chef Eddie Garcia

Wednesday 4/20

Plant-Forward? What's That?

An eating pattern that focuses primarily on foods from plants.

Not only includes fruit and vegetables but also nuts, seeds, whole grains, lentils and beans.

Plant-based diets are associated with a lower risk of heart disease!

Plant-astic & Satisfying!

Bulk up your meals with fiber rich fruit, vegetables and whole grains, along with plant-based proteins and unsaturated fats.

Plant based proteins include legumes (soybeans, beans like kidney or pinto, peas, lentils), nuts, seeds and plant-based meat substitutes like Impossible™ products!

Impossible™ Breakfast Burrito demo on 4/20!



Delicious combination of Tofu & Impossible™ Savory Sausage provide plant-based protein.

Sauteéd onion, bell pepper & mushroom contain fiber and antioxidants.

Flavorful turmeric provides color and phytochemicals which may help reduce inflammation.

For more information about the CPS dining program and to view monthly menus visit: www.cps.edu/menus



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