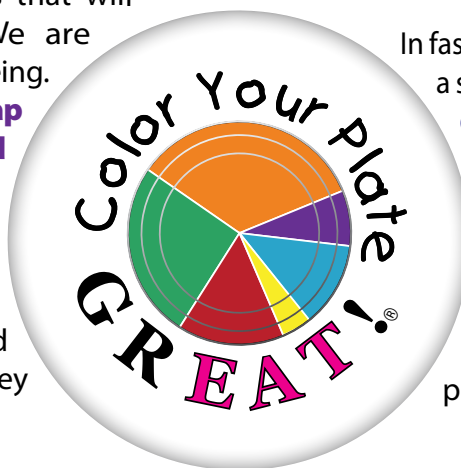


Welcome Back!

School
Nutrition
Program
August 2010

As another school year begins, travel with us each month as we focus on topics that will positively impact your family. We are partners in your child's well-being. **Together, we can bridge the gap between knowing and doing and set your child on the path to success.** These newsletters will provide fact-based information, which will empower you to be proactive about nutrition, exercise, and lifestyle habits. Let's begin our journey together for wellness sake!



Color Coordinate

In fashion, great outfits are designed around a specific color palette. **In nutrition, your diet should reflect various colors too!** The more colorful your plate, the more healthy nutrients you consume. Design your plate around the season's hottest colors – deep oranges, rich reds, dark greens, bright yellows, and vibrant purples!

Knock-knock...
Who's there?
Stew.
Stew, who?
Stew early
to go to bed!

Without Breakfast, It's a Slug Fest

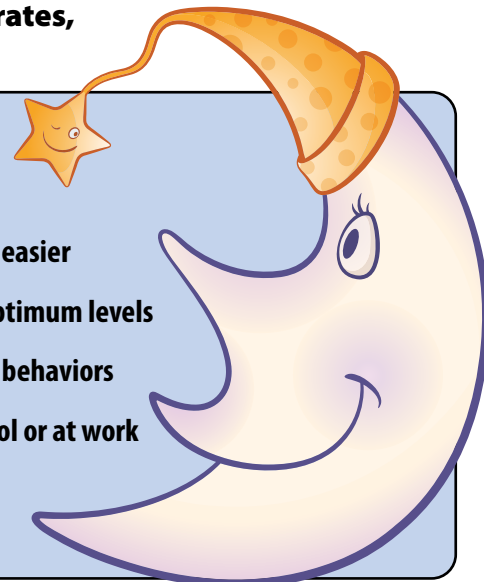
Research proves that breakfast provides many benefits. One of which is reduced fatigue. A common complaint, for adults and kids alike, is they are not hungry early in the morning. The good news is that breakfast is still beneficial when consumed several hours after waking. For example, children may not be hungry before getting on the bus, but they are ready to eat breakfast once they arrive at school. **Win the morning slug fest with low-fat milk products, lean protein sources, and complex carbohydrates, such as whole wheat toast.**



Time for Lights Out

Food is fuel for your body. It operates best when you make good nutritional choices. However, giving your body plenty of sleep further improves your body's overall health. Sleep allows your body to renew itself and process the day's learning. Adults and children who maintain a regular sleep schedule and get enough sleep are better able to:

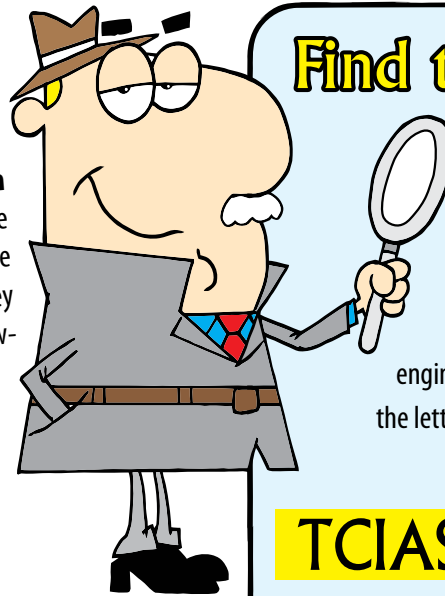
- Think more clearly
- Recall information easier
- Perform tasks at optimum levels
- Reduce overeating behaviors
- Stay awake in school or at work
- Fight off infections



Believable But Bogus

A clean plate is a happy plate.

Cleaning your plate is a common strategy that can lead to over eating in children and adults. According to a study by the American Journal of Clinical Nutrition, **adults tend to eat 30% more and children consume 25% more when given larger portions.** Therefore, we ignore our hunger cues and judge how much to consume based on the portion size given. Interestingly, when the kids served themselves, they selected smaller portion sizes and ate less. Beginning the routine of allowing your kids to serve themselves, recognizing satiety cues, and selecting smaller portions is the start of a truly happy plate.



Find the Phyto

Phytochemicals are found in plants and have protective qualities for the cells in our bodies.

Use an internet search engine to help you unscramble the letters to reveal the powerful phytochemical.

TCIASOOREND

Clues:

- May lower risk for cardiovascular disease, cancer, and eye diseases
- May increase lung health and protect against asthma
- Found in carrots, sweet potatoes, spinach, and tomatoes

Answer: Carotenoids

Recipe Rescue: PERFECT POPSICLE

Ingredients:

2 cups ice cream

½ cup crushed pineapple, packed in syrup

1 can OJ-pineapple juice concentrate, thawed

Rescue with:

*2 cups light vanilla yogurt

½ cup crushed pineapple, packed in juice

1 can OJ-pineapple juice concentrate, thawed

Directions: Drain pineapple well. Mix all ingredients. Spoon into 6 paper cups. Cover with plastic wrap. Poke hole in wrap with popsicle stick. Freeze until solid. *Found in refrigerated section.



For more information, please contact us or visit our website.

<http://www.hcbe.net/nutrition/>

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