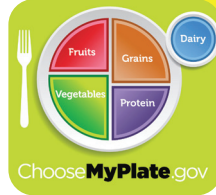


It's your life, Color it Healthy!

School Nutrition Program
September 2011

Try for 5



The new MyPlate icon recommends that half of your plate should be full of fruits and veggies! **This powerful duo provides your body with vitamins, minerals, and fiber, which are needed to reduce the risk of heart-related diseases, strokes, diabetes, and some cancers.** To begin your intake increase, adopt the mantra, **"Try for 5!"**

Make a Meal Deal!

Every family's time is stretched, however a growing body of research suggests numerous benefits of simply sitting down to meal time as a family. **In fact, due to these results, doctors are emphasizing the value of family meals to their patients.** While dinner is the traditional family meal time, breakfast maybe best for your family. **So make a meal deal with your family - schedule time together each week!**



Kids who eat regularly with their parents are more likely to:

- ★ Eat more fruits and vegetables
- ★ Increase intake of calcium-rich foods
- ★ Consume more vitamins and nutrients
- ★ Eat less junk food
- ★ Reduce their risk of smoking, drug, and alcohol use
- ★ Reduce their risk of eating disorders



Q: What kind of apple is not really an apple?
A: A pineapple!

Get Size Wise!

Did you know that a serving size and a portion size are different? Serving sizes are standard amounts used to determine how much food to eat and to identify how many calories and nutrients are in a food. A portion size is the amount that you choose to eat. Measuring the amount of food and placing it on a plate is a great way to control your portion sizes. The nutrient facts label will also help you gauge proper serving amounts. Familiarizing your family with serving sizes and **understanding portion control makes everyone size wise!**



Believable But Bogus

Eating carrots will improve your eyesight.

There is a connection between eating carrots and maintaining good eyesight. However, unfortunately, no amount of carrot consumption will improve your vision. Carrots are high in beta-carotene, which the body converts into Vitamin A. Vitamin A is important for the retinas of your eyes and deficiencies can even result in night blindness. Broccoli, sweet potatoes, and spinach are also loaded with Vitamin A. Therefore, while carrots cannot improve our vision, their nutrient profile is still important to maintaining good eye health!

Recipe Rescue:

Ingredients:

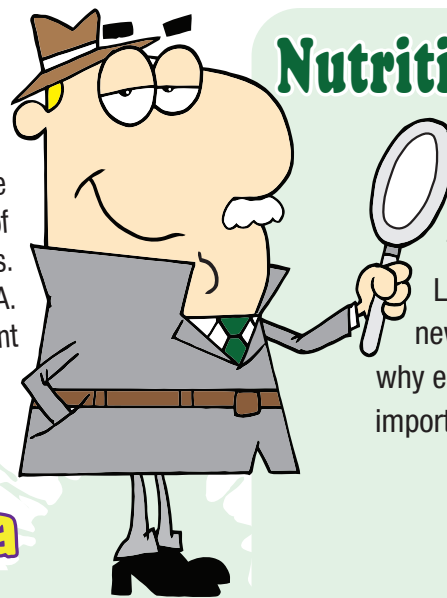
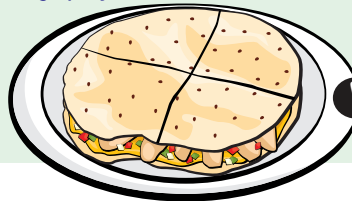
- 2 lbs ground beef, cooked, drained
- 8 oz Monterey Jack cheese, grated
- 8 tortillas, flour
- 1 Tbsp oil

Directions: Chop spinach and drain very well. Lightly coat hot skillet with cooking spray. Place tortilla in skillet. Top with chicken, beans, cheese, spinach, and tomatoes. Sprinkle heavily with cumin. Place another tortilla on top. Flip when golden brown. Cook 2-3 more minutes until crispy. Slice into 4 pieces. Serve hot.

Colorful Quesadilla

Rescue with:

- 1lb chicken, cooked, diced
- 1 can black beans, rinsed, drained
- 4 oz Monterey Jack cheese, grated
- 1 box spinach, frozen, thawed
- 1 cup tomatoes, diced
- Cumin, ground
- 8 tortillas, whole wheat flour
- Cooking spray



Nutrition Mission

Make it your mission to decode the messages below! Look back through the newsletter to remember why each of these words is important to your daily diet.

MINAVITA
HYTEESIG
BEVAGELETS
ITFUSR

Answers:
Vitamin A, eyesight,
vegetables, fruits



VEGETABLE GUIDE

Platamate

healthy
Houston
COUNTY SCHOOLS



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

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

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