

NUTRITION FOR THE SCHOOL DAY AND BEYOND

**Healthy Eating Tip of the Month
September 2017**



FUEL YOUR CHILD'S DAY WITH: BREAKFAST

We've all heard,
"BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY"
Here's Why:



Breakfast foods provide important nutrients that your child needs for development and growth!

NUTRIENT	MAIN BENEFIT(S)
Carbohydrates	Preferred energy source for your child's brain
Protein	Builds and maintains tissue (muscles, organs, immune system)
Fat	Used to build important tissues of the nervous system (ex: brain. nerves)
Calcium	Builds strong, healthy bones and teeth
Fiber	Aids in proper digestion and bowel regularity
Folate	Healthy growth and cell development
Vitamin A	Supports eye health
Vitamin C	Antioxidant used to protect cells and fight infection



Boosts Brain Function!

- * Improves child's attention span and concentration to make the most of the school day!
- * Studies have shown improved academic performance and school attendance



Helps your child maintain a healthy weight

- ◆ Breakfast consumption supports appetite and blood sugar control
- ◆ Boosts metabolism which helps burn calories throughout the day
- ◆ Reduces chances of consuming more calories later in the day

What is in a "balanced breakfast?"

1

WHOLE GRAIN:

Whole-grain cereals/breads/muffins/waffles/bran

2

PROTEIN:

Lean meats, eggs, nuts/nut butters, low-fat or non-fat dairy products

3


FRUIT:

Fresh fruit, canned fruit in lite syrup, dried or frozen fruit, 100% fruit juice





BARRIERS & SOLUTIONS

TO BREAKFAST IN THE MORNING



“I don’t have enough time in the morning to make a nutritious breakfast”



- Prepare for breakfast the night before
 - ⇒ Set out ready-to-serve foods (ex: bagels, non-perishable fruit)
 - ⇒ Prepare breakfast items ahead of time. Cut up fruit, make pancake batter, etc.
- Put breakfast in a “to-go” cup when in a hurry 
 - ⇒ Try a “yogurt parfait” with Greek yogurt, assorted fruit and whole-grain granola!
- Breakfast doesn’t always need to be cooked
 - ⇒ Try a breakfast smoothie! (see page 4 for recipes!)



“My child isn’t hungry in the morning!”




- Keep non-perishable, healthy options in your child’s backpack for easy access once their appetite kicks in!
 - ⇒ Trail mix, high-fiber cereal bar, whole-wheat bagel



“My child doesn’t like breakfast foods”



- Ask your child what they like! The meal doesn’t need to consist of “traditional” breakfast foods
 - ⇒ Peanut butter banana sandwich on whole grain bread
 - ⇒ Left over vegetable pizza with a glass of milk
 - ⇒ Lean turkey wrap on a whole-wheat tortilla
- 

BREAKFAST IDEAS

1 Instant oatmeal with low-fat milk. Top with a banana and raisins.

2 Toast a whole-grain bagel and spread low-fat cream cheese on top. Add fruit for health promoting nutrients and sweetness

3 Toast an English muffin. Add scrambled eggs and a slice of cheese to make a breakfast sandwich.

4 Pour a bowl of whole-grain cereal with low-fat milk. Add fruit on top!

5 Vegetable omelet with a piece of 100% whole-grain toast.

STRAWBERRY BANANA OATMEAL BREAKFAST SMOOTHIE



Yield: 2 servings

INGREDIENTS:

Low-fat milk	1 cup
Fat-free, plain Greek yogurt	½ cup
Strawberries, frozen	2 cups
Bananas	1 ½
Quick oats or old fashioned oats	½ cup
Vanilla extract	½ tsp.
Honey	1 Tbsp.

DIRECTIONS:

Add all ingredients into the blender and blend until smooth.



BREAKFAST MIX TO-GO!

Yield: 3 servings

INGREDIENTS:

Whole grain cereal (squares or O's work best)	1 cup
Dried fruit of your choice (ex: raisins)	¼ cup
Nuts (walnut pieces, slivered almonds etc.)	¼ cup
Whole-grain snack crackers or pretzels	¼ cup

DIRECTIONS:

Measure out ingredients and combine in a large bowl. Add to single-serving bags or reusable "to-go" containers!

ORANGE BANANA BREAKFAST SMOOTHIE

Yield: 1 serving

INGREDIENTS:

Orange juice	1 cup
Nonfat vanilla Greek yogurt	½ cup
Banana (fresh or frozen)	1 banana

DIRECTIONS:

Add all ingredient into the blender and blend until smooth.



10 tips

Nutrition Education Series

MyPlate snack tips for parents



10 tips for healthy snacking

Snacks can help children get the nutrients needed to grow and maintain a healthy weight.

Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-calorie dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.



3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

4 go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



5 nibble on protein foods

Choose lean protein foods such as low-sodium deli meats or unsalted nuts. Wrap sliced, low-sodium deli turkey around an apple wedge. Store hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.



8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a 1/2 cup of 100% fruit juice instead of offering soda.

10 prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

FAMILY DINNER

An Opportunity to Support Your Child's Emotional and Dietary Health

DID YOU KNOW Research shows that



More family dinners throughout the week can positively impact a child's emotional health and life satisfaction

WHY?

- * Allows for open communication between parents and child
- * Opportunity to encourage and acknowledge positive behavior
- * Grows a stronger family bond



Eating dinner as a family and setting household food rules leads to higher dietary quality intake in children

WHY?

- * Allows for parents to model healthy eating behaviors
- * Serving foods prepared at home encourages healthy food consumption
- * Opportunity to introduce a variety of foods

WHY SHOULD I CARE?

- ⇒ Healthy diet behaviors during childhood can reduce the risk of adult obesity
- ⇒ Eating together as a family is an opportunity to develop your child's social and communication skills
- ⇒ Cooking at home can save money and support your family's finances

OPTIMIZE COMMUNICATION DURING DINNER:

- ⇒ Turn off electronics (ex: mobile phones, television)
- ⇒ Encourage your child to set the table
- ⇒ Have your child involved in the kitchen! This makes them feel valued and important.
 - ◆ Ex: Wash fruits and vegetables



BARRIERS & SOLUTIONS TO FAMILY DINNER



“ I don’t have enough time to cook a family meal”



- Dinner doesn’t always need to be gourmet! Think simple if in a time crunch.

Example: Pasta dish, hearty soup

- Cook when you DO have time

Example: On the weekends, cook recipes and freeze until needed

- Do some meal prep ahead of time!

Example: Washing and cutting fruits and vegetables

- Buy partly/already prepared healthy options as a component of the meal

Example: Rotisserie chicken, salad greens

- Make frequently used items in bulk (triple the amount and freeze!)

Example: Ground beef or chicken used in both tacos and a soup!



“My family members don’t like the same foods”



- Let your child choose the meal a couple times during the week
- Allow your child to help with cooking. They will be more excited to eat the meal!
- Try buffet style with at least one option that appeals to everyone



FAMILY FUN RECIPES

GARDEN TURKEY MEATLOAF

Prep time: 10 min.
Cook time: 50-55 min.
Yield: 4 servings

INGREDIENTS:

FOR MEATLOAF:

Assorted vegetables, chopped (examples: mushrooms, red bell peppers, or spinach)	2 cups
99 percent lean ground turkey	12 oz.
Whole-wheat breadcrumbs (or substitute regular breadcrumbs)	½ cup
Fat-free evaporated milk	¼ cup
Ground black pepper	¼ tsp.
Ketchup	2 Tbsp.
Fresh chives, rinsed, dried, and chopped (or 1 tsp. dried)	1 Tbsp.
Fresh parsley, rinsed, dried, and chopped (or 1 tsp. dried)	1 Tbsp.

FOR GLAZE:

Ketchup	1 Tbsp.
Honey	1 Tbsp.
Dijon Mustard	1 Tbsp.

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Steam or lightly sauté the vegetables.
3. Combine vegetables and the meatloaf ingredients in a large bowl. Mix well.
4. Spray a loaf pan with cooking spray and spread mixture evenly in the pan.
5. Combine all ingredients for glaze and brush on top of meatloaf.
6. Bake meatloaf in the oven for 45-50 minutes. Make sure the internal temperature is a minimum of 165 degrees F.
7. Let stand for 5 minutes before serving.

BEAN & BEEF CHILI

Prep time: 10 min.
Cook time: 1 hour 25 min.
Yield: 9 servings

INGREDIENTS:

Lean beef stew meat (trimmed of fat), cut into 1-inch cubes	2 lbs.
Vegetable oil	3 Tbsp.
Water	2 cups
Minced garlic	2 tsp.
Yellow onion, finely chopped	1 large
Flour	1 Tbsp.
Chili powder	2 tsp.
Green pepper, chopped	1 pepper
Tomatoes, chopped	2 lbs.
Oregano	1 Tbsp.
Cumin	1 tsp.
Canned kidney beans, low-sodium	2 cups

DIRECTIONS:

1. Brown meat in a large skillet with half of the vegetable oil. Add water. Simmer covered for 1 hour until meat is tender.
2. Heat remaining vegetable oil in a second skillet. Add garlic and onion and cook over low heat until onion is softened.
3. Add flour and cook for 2 min. Add the garlic-onion-flour mixture to the cooked meat. Then add the remaining ingredients to the meat mixture. Simmer 1/2 hour.

KID-FRIENDLY CHICKEN FINGERS:

Prep time: 15 min
Cook time: 30 min.
Yield: 9 servings

INGREDIENTS:

Cooking spray	
Boneless, skinless, chicken breast tenderloins	1 lb.
Cornmeal	1 cup
Garlic Powder	½ tsp.
Ground black pepper	¼ tsp.
Thyme	¼ tsp.
Egg	1 egg
Egg White	1 egg white
Hot sauce	Dash

DIRECTIONS:

1. Preheat oven to 350 degrees F. Spray a baking sheet with cooking spray.
2. In a shallow dish, mix the cornmeal, garlic powder, black pepper, and thyme.
3. In another shallow baking dish, whisk together the egg, egg whites, and hot sauce.
4. Dip a chicken breast strip in the egg mixture, and then drench in the cornmeal mixture and place on baking sheet. Repeat for the rest of the strips.
5. Bake for 30 min or until done (internal temperature of 165 degrees F).

PHYSICAL ACTIVITY

To maintain a healthy weight, it is important for your child to balance calories from food and beverage consumption with age-appropriate physical activity!

MyPlate
Kids'
Place

be a fit kid

10 tips for being active every day



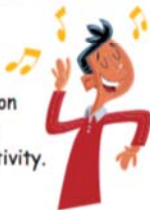
Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



REFERENCES

1. Berge JM, Jin SW, Hannan P, Neumark-Sztainer D. Structural and Interpersonal Characteristics of Family Meals: Associations with Adolescent Body Mass Index and Dietary Patterns. *Journal of the Academy of Nutrition and Dietetics*. 2013;113(6):816-822. doi:10.1016/j.jand.2013.02.004.
2. *Deliciously healthy family meals*. Bethesda ,MD: The National Heart, Lung, and Blood Institute; 2010.
3. Elgar FJ, Craig W, Trites SJ. Family Dinners, Communication, and Mental Health in Canadian Adolescents. *Journal of Adolescent Health*. 2012;52(4):433-438. doi:10.1016/j.jadohealth.2012.07.012.
4. Family Meals – Fast, Healthful! *Nibbles for Health* . https://www.fns.usda.gov/sites/default/files/Nibbles_Newsletter_10.pdf
5. Gavin ML. Breakfast Basics. KidsHealth. <http://kidshealth.org/en/parents/breakfast.html#>. Published July 2015.
6. "How to be a fit kid". ChooseMyPlate.gov. <http://www.eatwellbwell.org/uploads/resources/Be-A-Fit-Kid.pdf>. Published May 2013.
7. Litchfield R. Say "Yes" to Family Meals . Iowa State University Extension and Outreach. <https://store.extension.iastate.edu/Product/pm1842-pdf>. Published March 2015.
8. Marcason W. Delicious Family Dinners for Weeknights. www.eatright.org. <http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/delicious-family-dinners-for-weeknights>. Published August 2014.
9. Moores S. Best Breakfasts for Your School Crew. www.eatright.org. <http://www.eatright.org/resource/food/nutrition/eat-right-at-school/best-breakfasts-for-your-school-crew>. Published January 21, 2014.
10. My Plate snack tips for parents . ChooseMyPlate.gov. <https://www.choosemyplate.gov/ten-tips-snack-tips-for-parents>. Published January 2016.
11. Nepper MJ, Chai W. Associations of the Home Food Environment with Eating Behaviors and Weight Status among Children and Adolescents. *Journal of Nutrition & Food Sciences*. June 2015:1-5. doi: 10.4172/2155-9600.S12-004.
12. O'Neil CE, Byrd-Bredbenner C, Hayes D, Jana L, Klinger SE, Stephenson-Martin S. The Role of Breakfast in Health: Definition and Criteria for a Quality Breakfast. *Journal of the Academy of Nutrition and Dietetics*. 2014;114(12):8-26. doi:10.1016/j.jand.2014.08.022.
13. Power Up with Breakfast. www.eatright.org. <http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast>.
14. Ritchie LD, Welk G, Styne D, Gerstein DE, Crawford PB. Family Environment and Pediatric Overweight: What Is a Parent to Do? *Journal of the American Dietetic Association*. 2005;105(5):70-79. doi:10.1016/j.jada.2005.02.017.

Created by:

Kristin Hullett, Dietetic Intern

Patient Food and Nutrition Services

300 N. Ingalls Street NIB NI8E20

Ann Arbor, MI 48109- 5407

(734) 936-5197



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN