

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

December 2016

Palmyra-Eagle Area School District



## BEST BITES

### Stock up on cranberries

Remember to stash extra bags of fresh cranberries in your freezer this month. Although these antioxidant powerhouses are available in supermarkets only during late fall and early winter, they freeze well for up to 12 months. Try serving fresh cranberry sauce with roast chicken—it's a delicious combination any time of the year.

### Winter-weather layering

To help your child stay comfortable during cold-weather activities, encourage him to wear layers. First comes a snug bottom layer made of polyester or wool to move sweat away from his skin. Then, add an insulating layer to retain heat. Top it off with a waterproof outer layer to keep him dry and block the wind.



**DID YOU KNOW?** Fight cold and flu season with the help of the right foods. Yogurt's good bacteria protect our digestive system against germs. The vitamin C in oranges, lemons, and limes can reduce a cold's duration. And then there's chicken soup, a winter favorite that helps the body rid itself of viruses and bacteria.

### Just for fun

**Q:** What do you call a snowman in the summer?

**A:** A puddle!



## Incorporate nutrients—playfully

Calcium, vitamin D, potassium, and fiber are in short supply in many children's diets. Try these strategies to boost your youngster's intake of these important nutrients.

### Breakfast stars

Many breakfast foods are rich in calcium. Help your child write a list of these foods, such as milk, cheese, and fortified orange juice and cereal. Each time he eats one, he can draw a star next to it. How long before he reaches 10 stars? 20 stars? 30 stars?

### Rainy day vitamin D

Vitamin D is made in the skin when it is exposed to sunlight. The vitamin is also in some foods, including tuna, salmon, and egg yolks. On a rainy day when your youngster can't play outside, cook a meal together featuring one of these foods. Tuna salad sandwiches, baked salmon fillets, or scrambled eggs are all easy options.

### Cook once, eat twice

Shorten kitchen time by doubling your favorite healthy recipes and freezing the extra for later. Use these tips.

**Freeze this, not that.** Soups, stews, beans, cooked meats and poultry, mashed potatoes, grated hard cheeses, casseroles, and breads all freeze well. Not so with soft cheeses, baked potatoes, cooked pasta, or moisture-laden raw foods like cucumbers, oranges, lettuce, and watermelon.

**Store.** Wrap frozen foods airtight to maintain freshness.

Get your child involved by having her help package and label them with the contents and date. She could even add her initials so she'll enjoy eating "her" meal!

**Defrost.** For food safety, always defrost items in the refrigerator or a microwave.



### Veggie color wheel

Produce often has potassium. Ask your child to draw a color wheel on a paper plate and glue on pictures of matching fruits and vegetables—for example, bananas in the yellow section and kale in the green. Let him add a spinner (cut a cardboard arrow, and attach it with a brad). Each day, he could spin to pick a fruit or vegetable to try.

### Fiber ABCs

Challenge your youngster to come up with a "fiber food" that starts with each letter of the alphabet. (*Hint:* All plant-based foods have fiber.) He could look for foods like these while you're grocery shopping: apples, barley, carrots, and dates.

