



# Nutrition News

Fall 2009

Spring ISD Child Nutrition

## Fall Back to Good Health



### Preventing the Flu with Good Nutrition



The seasonal flu and H1N1 seem to be the hot topic this fall. Parents and teachers remind their students to wash their hands and not to eat after their friends. If it were possible, we might all stay locked away in our house!

Here are some tips to help your children's body fight off the flu, by boosting their immune system:

#### 1) Have an orange a day

Vitamin C helps keep disease-fighting cells active. You can also eat strawberries, cantaloupe, kiwi, & mango.



#### 2) Eat Yogurt

Yogurt contains good bacteria that are good for your GI tract and aid in immunity.

#### 3) Eat nuts

Nuts are a good source of magnesium. Magnesium also helps keep immune cells strong. Put them in yogurt with strawberries!



#### 4) Drink plenty of Milk

Milk contains the important immune fighting ingredients of Vitamin D and copper.

#### 5) Get your Vitamin A

Vitamin A has shown to strengthen your immune system.

Sources of Vitamin A include orange vegetables such as winter squash or carrots.

#### 6) Plan for Protein

Meat, poultry, and beans are all good sources of zinc, which help the body fight infections.

#### 7) Choose GOOD fats

Studies show that diets containing "good fats" such as olive oil, canola oil, and fish, can help the body ward off disease.

#### 8) Eat eggs

Eggs contain selenium that helps prevent bad cells from forming that cause disease.



[www.raisehealthyeaters.com](http://www.raisehealthyeaters.com)

### Recommended Daily Grain Servings

Age	Servings per Day
2-3	3
4-8	4-5
9-13	5-6
14-18	6-7
19-30	6-8
31-50	6-7
51+	5-6

1 serving = 1 slice of whole grain bread OR 1 cup whole grain cereal OR 1/2 cup cooked cereal, pasta, rice, or other grain. [www.eatright.org](http://www.eatright.org)

## What can GRAINS do for you??

All grains start out as whole grains. The "Milling Process" is what strips away different parts of the grain- the dark brown part. When these outer layers are striped away, you lose many of its benefits! Keep reading to find out the many things whole grains can do for you...

### Fiber

Whole grains are loaded with fiber. First and foremost, fiber can fill your kids up holding them over till their lunchtime. It can keep them full through the night so they don't wake you because their tummy is growling. Next, fiber helps with digestive health and regularity. In addition, it

helps keep blood sugar levels in the normal range. If your child has diabetes, it will slow the absorption of carbohydrates in their stomach, decreasing the rise in their blood sugar. Finally, the fiber in whole grains are good for the heart. A certain type of fiber will remove the cholesterol from their body. It will help raise your "good" cholesterol and lower your "bad". It is never too early to work on our cholesterol!

### Antioxidants

Experts once thought whole grains didn't offer anything more than fiber, but studies now show that whole grains offer vitamins, minerals, and antioxidants. Antioxidants clear out free radicals that could

cause heart disease, cancer, and even diabetes. Whole grains are full of vitamins and minerals to give your children energy to run and play.

### How to include WHOLE grains into your diet:

Choose brown rice, whole grain pasta, wheat tortillas, wheat bread (hot dog buns, hamburger buns), whole grain cereals (choose cereal with the most fiber- at least 3 grams or more), and oatmeal.

[www.quakeroatmeal.com](http://www.quakeroatmeal.com)

[www.eatright.org](http://www.eatright.org)



## Recipe Corner

### Baked Butternut Squash

- 1 Butternut Squash
- Brown Sugar
- Salt
- Margarine



- 1) Cut 1 butternut squash in half (you don't need to peel).
- 2) Sprinkle salt & brown sugar onto each half of the squash.
- 3) Bake in oven at 350 until soft (about 1 hour).
- 4) Scoop squash out of the skin, add a small amount of margarine, and enjoy!