

March is National Nutrition Month®

The American Dietetic Association's theme for National Nutrition Month® 2011 is "Eat Right With Color."

The American Dietetic Association is encouraging us to include a colorful variety of fruits, vegetables, whole grains, proteins, and dairy on our plates every day.

As parents, we are encouraged to take time to make sure our children are getting all of the nutrients they need to grow and thrive.

Here are some tips to help your kids "Eat Right with Color:"

- Serve whole grain cereal for breakfast, whole wheat bread sandwiches for lunch, whole grain crackers for snacks & whole wheat pasta for dinner.
- Eat more fruits and vegetables with every meal.
- Give your child 2-3 servings of dairy every day—low fat milk, yogurt and cheese.
- Getting protein with meals and snacks can help your child feel satisfied after eating. Include eggs, beans, lean meats, peanut butter, and nuts.

Adapted from www.eatright.org

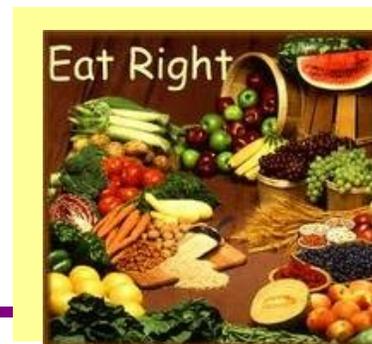
Ways to add fruits & vegetables to your diet:

1. **Know your needs.** The MyPyramid guidelines recommend a minimum of 2 cups of fruit and 2 1/2 cups of vegetables for adults. For more information, visit www.fruitsandveggiesmatter.gov
2. **Set a goal.** If you aren't getting many fruits & veggies now, start by eating one extra fruit or vegetable per day. When you are used to that, add another and then another!
3. **Be sneaky.** Try adding finely grated carrots or zucchini or finely chopped broccoli to pasta sauce, meatloaf or chili.
4. **Try something new.** It's easy to get bored always eating the same thing. Try new fruits & veggies you haven't had before (the internet is full of recipes for how to use them!)
5. **Blend in.** A fruit or fruit & veggie smoothie is a great way to get fruits & veggies in. Try one for breakfast or after dinner.
6. **Be a big dipper.** Dip vegetables into hummus, bean dip, spiced yogurt or a bit of ranch dressing. For fruits try peanut butter with banana or apples.
7. **Spread it on.** Mash avocado and add diced tomato and onion and use it as a dip or sandwich spread.
8. **Start off right.** For breakfast, try an omelet with onions, peppers and mushrooms and top with salsa. Or if you prefer cereal or

oatmeal, top it with berries or dried fruit.

9. **Drink up.** A 6-ounce glass of V-8 juice gives you a full serving of veggies and contains far fewer calories than sweetened beverages such as soda.
10. **Give them the heat treatment.** Cut up whatever veggies you have on hand—onions, carrots, zucchini, asparagus, turnips—add some olive oil and roast at 350° until done. Grilling is another way to bring out a great flavor in veggies (and fruits!)
11. **Improve on nature.** Add flavor to veggies with spices, chopped nuts, balsamic vinegar, olive oil or grated Parmesan cheese.
12. **Get help from Willy Wonka.** Try any type of fruit dipped in dark chocolate.

Adapted from *Harvard Health Publications Focus on Nutrition, Part 3*



Simple Fruit Smoothie

3/4 cup plain yogurt

1/2 cup berries (fresh or frozen)

1/2 ripe banana

1/2 cup pineapple juice

Put all ingredients in a blender and blend to combine.

Makes 1 serving.

Optional: add 1 Tablespoon ground flaxseed for healthy omega-3 fats.

Add veggies! You can add veggies to fruit smoothies for some extra nutrition.

Try carrots, celery, spinach or kale.



Smoothies are a great way to use fruits that are beginning to get too ripe. When you have fresh fruit that is getting ripe faster than you can eat it, cut it up into chunks and freeze it in baggies. When you want a smoothie, add some of the frozen fruits along with other fresh fruits, yogurt, and juice.



The American Dietetic Association has a new website to help you feed your family healthier. Visit www.kidseatright.org for tips on shopping smart, cooking healthy and eating right.

ALERT *ALERT*ALERT*ALERT

The new Idaho Authorized Signer program is coming **APRIL 1, 2011** to the Idaho WIC Program. In addition to you, this will allow someone else to shop at the grocery store and go to the WIC appointments.

This person will need to be with you to sign the Idaho WIC ID Folder and the Rights and Responsibilities form at the same time you do. He/she will also receive training on how to use the WIC checks.

WIC Newsletter

MARCH/APRIL 2011



WIC is an equal opportunity program. If you have been discriminated against due to race, nationality, sex or handicap, write immediately to the Secretary of Agriculture.