

Celebrate World School Milk Day (WSMD) on Wednesday, September 30!

What is it? It's an international, annual event that celebrates the importance of school milk in children's diets. The Food and Agriculture Organization (FAO) of the United Nations actively supports and promotes it.

Who celebrates? Countries throughout the world! In the past, over 40 countries representing every continent celebrated, including Germany, India, Argentina, Australia, Canada, Ethiopia, China, Iceland, Finland, Croatia, Indonesia and Oman.

Why celebrate World School Milk Day? It's a way to focus on helping children make healthy beverage choices and to bring our world closer together, thereby raising children's global awareness.

What's more, both flavored and white milk provide calcium and eight other essential nutrients that growing children need. Research shows that children who drink milk at school are more likely to meet their daily nutrient needs. According to Dietitians of Canada, milk provides 15 of the 50 nutrients needed for good health throughout life.

Celebrate "**World School Milk Day**" by preparing the following recipe!!

Orange Dreamsicle Recipe

- 1 ½ Cup of Ice
- ½ Cup of Milk
- 2 tsp Vanilla Extract
- ½ Cup of Orange juice
- 1 vanilla bean scraped

Blend all ingredients until smooth, serve, and enjoy!!

Sources: www.schoolmilk.nl.ca

Brought to you by the PEI Healthy Eating Alliance <http://www.healthyeatingpei.ca>

Healthy Eating Tips from the PEI Healthy Eating Alliance for **October 2010**

Lets have a Healthy Treat!

Halloween is a time for "treats", but no one says it has to be unhealthy treats. Use the School Nutrition Policy to make healthy choices. Make this year a healthier Halloween for students and adults alike! Consider giving items on this list instead of foods and beverages that are high in calories, fat, sugar or salt (sodium).

Healthy Treats for Halloween Parties & Treat Bags

✓ *Please check with your child's school regarding specific allergy policies and guidelines as many items may contain nuts.*

- 100% fruit juice boxes
- Bottled water (try making a spooky bottle label)
- White or chocolate milk
- Smoothies
- Fresh fruit or vegetables (trays, kabobs, etc.)
- Pumpkin Hummus with vegetables (recipe below)
- Fruit cups (pieces or unsweetened puree like applesauce)
- 100% fruit bars or shapes (e.g. Fruit to Go Bars, Squiggles)
- Small packages of raisins
- Berries parfaits (e.g. layer berries, yogurt, and cereal in a small cup)
- Yogurt tubes (try these frozen)
- Milk puddings (low fat types are preferred)
- Cheese strings or small cheese cubes with crackers
- Oatmeal to Go (Maple Brown Sugar, Oats and Honey, Cinnamon Roll).
- Homestyle Oatmeal BearPaws®
- All Bran Snack Bites®
- Mini Chef® crackers
- Baked Chips (Doritos, Lays Original, BBQ or Sour Cream and Cheddar)
- Graham Crackers
- Fruit cookies (fig, apple or date)
- President's Choice Rich and Chewy® (Raisin)
- Quaker Chewy Granola Bars
- Chips Ahoy or Oreo Thinsations®
- Original Bits and Bites®
- President's Choice® Arrowroot cookies
- Halloween treats do not have to be edible.
- Mini muffins (try pumpkin raisin recipe below)
- Plain Popcorn (Orange colored for Halloween is now available)
- Cereal Bars (not dipped in chocolate or yogurt)

Try these ideas as an alternative to food treats:

- Activities and Halloween games
- Coloring sheets and crayons
- Craft in a bag
- Halloween cups
- Pencils, colored chalk or fun shaped erasers
- Plastic rings or hair accessories
- Rubber spiders, worms or creepy figures
- Stickers or temporary tattoos

Healthy Eating Tips from the PEI Healthy Eating Alliance for **November 2010**

Nutrients, Nutrients, Nutrients!

Nutrients are found in all foods we eat. Carbohydrates, protein, and fat give us energy, and vitamins and minerals boost the immune system, and support normal growth and development. Each food group offers a variety of nutrients, but all nutrients are not found in one food group. Therefore, it is important to eat a variety of foods from Eating Well With Canada's Food Guide to ensure that you get the recommended types and amounts of nutrients that you need for optimal health.

The following table shows the nutrients that are most common in each food group:

Vegetables and Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
Vitamin A	Fibre	Calcium	Iron
Vitamin C	Thiamin	Vitamin D	Protein
Fibre	Riboflavin	Vitamin B12	
Vitamin B6	Niacin		
	Folate		
	B Vitamins		

Eating balanced meals and snacks are great ways to get these important nutrients. Remember, a balanced meal includes foods from at least three of the four food groups, and a balanced snack includes foods from two of the four food groups.

Strawberry Salad

Salad

1 cup of fresh spinach

2 Cups of lettuce, torn into bite size pieces

Slice fresh strawberries

Sesame Seeds (optional if allergies!)

- In a salad bowl, toss spinach and lettuce until combined. Add strawberries. Sprinkle with sesame seeds.

Dressing

2 tbsp olive oil

2 tbsp of vinegar

1 tbsp of granulated sugar

Pince of paprika

- In a salad bowl, toss spinach and lettuce until combined. Add strawberries. Sprinkle with sesame seeds.

Source: the good food book for families by Brenda Bradshaw, & Cheryl Mutch, MD 2008
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Serving up Mixed Dishes

Many foods we eat everyday can be placed in one of the 4 food groups as indicated in *Eating Well with Canada's Food Guide*. It is easy to see that one apple is one serving of vegetables and fruit. However, when it comes to mixed foods such as lasagna, casseroles, soups, and stews it can be more difficult to understand where mixed foods fit.

Where foods fit?

First, consider what the main ingredients are in the recipe. Take for example lasagna. The main ingredients are whole wheat pasta, vegetables, tomato sauce, ground beef, and cheese.

Estimate the volume of each ingredient, for example there might be one cup of pasta on your plate which would be two food guide servings of grain products (½ cup of pasta is one serving). Similarly if there is 2 cups of vegetables in the recipe and the recipe served 4, then each serving has 1/2 cup of vegetables which equals 1 serving of vegetables and fruit. Continue with this for all the ingredients referring to *Eating Well with Canada's Food Guide* for the serving sizes of the different ingredients.

For more help with counting food group servings:

There is also a new resource available through the Dietitians of Canada. It is on their website www.dietitians.ca/eatwell. All you have to do is register for the free service called *Recipe Analyzer* and you're on your way to analyzing all your favorite recipes. It even allows you to store your recipes in the online recipe box!

Here is an example of a recipe that has been entered into **Recipe Analyzer**.

Texan Zucchini

Number of Servings: 4

Preparation Time: 5 minutes

Cooking Time: 20 to 30 minutes

- 2 Cups (500 ml) squash, summer, zucchini, raw
- 1 Cup (250 ml) corn, sweet, canned, brine pack, drained solids
- 1 Cup (250 ml) sauce, salsa, ready-to-serve
- 2 Tbsp (30 ml) cheese, parmesan, grated
- Bring ½ Cup (125 ml) water to boil. Add zucchini and corn. Cook 5-7 minutes.
- Drain and add salsa and parmesan.
- Reduce heat and simmer for 15-20 minutes.

Food Guide Servings (per one serving of recipe)

Below you'll see the number of Food Guide Servings for one serving of the recipe. Compare these numbers to the number of Food Guide Servings recommended for your age and sex in Canada's Food Guide.

Vegetables and Fruit 1.5, 0 Grain Products, Milk and Alternatives 0.1, Meat and Alternatives 0

Sources: Dietitian's of Canada- www.dietitians.ca, *Eating Well with Canada's Food Guide Resource for educators and communicators*.

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New Year, New Foods!

It may be a scary for children to try something new because they have become comfortable with the familiar foods that they eat. Here are some tips to help your child learn to like new and healthy foods.

- Be patient; children may not like a new food on the first try. Try, try again. It may take ten to twenty tries before they begin to like the new food.
- Be a positive role model; do not expect children to try new foods if you don't!
- Eat together; they will see you eating the food and become curious.
- Encourage children to help with snack and/or meal preparations. They may be more excited to eat the food that they helped to prepare.
- Try using food with different shapes and colors (e.g. star fruit, purple cabbage, guacamole), or use cookie cutters to create a variety of shapes.
- Serve new foods one at a time with familiar foods.
- Introduce new foods on a regular basis. For example make Friday night "new food night".

Here is a recipe to try:

Cheesy Quinoa Pilaf with Spinach

- ❖ *Quinoa is a protein rich grain which is also high in unsaturated fat and lower in carbohydrates than most grains. It may be used in any dish in place of rice or similar grain.*

2 tablespoons and 2 teaspoons lemon juice

2 cup fresh spinach leaves

1 1/3 cup grated cheese (feta, parmesan or goat cheese would be tasty in this recipe)

1 cup quinoa

2 tablespoons olive oil

4 tablespoons raw sunflower seeds

3 cloves garlic, minced

1. Bring a pot of lightly salted water to a boil over high heat. Add the quinoa, and cook until the quinoa is tender, 15 to 20 minutes. Drain in a mesh strainer, and rinse until cold; set aside.
2. Heat the olive oil in a skillet over medium heat, stir in the sunflower seeds, and cook until lightly toasted, about 2 minutes. Stir in the garlic, and cook until the garlic softens and the aroma mellows, about 2 minutes. Stir in the cooled quinoa and spinach; cook and stir until the quinoa is hot, and the spinach has wilted. Stir in the lemon juice, and all but a pinch of the cheese. Stir until the cheese has melted. Serve sprinkled with the remaining cheese.

Serves 4 – 6

Source: *Allrecipes.com, Dietitians of Canada (dietitians.ca)*

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Let's Get Moving with Some Physical Activity!

A healthy lifestyle includes eating right and incorporating physical activity. But how do you eat right to support physical activity? Here are some tips on what to eat to obtain the best results!

- Before an event, a small meal high in carbohydrates, low in fat and moderate protein are best!
- Stay hydrated! Before exercise (2-3 hrs), drink 400-600mL. During exercise, drink 150-350mL every 15-20 minutes, and after exercise replace fluid losses (450-675mL/0.5kg body weight lost during exercise)
- Supplements will not increase performance if the athlete is eating properly. Be sure to follow Canada's Food Guide to Healthy Eating.
- No need for protein powders! The body has an increased need for overall calories including carbohydrate fat and protein, however enough protein can be obtained from a balanced diet.

Looking for a quick snack on the run?

- Chopped veggies and dip
- Pieces of fruit
- Pita bread and hummus
- Crackers and cheese
- Smoothies
- Cereal with milk
- Toast/English muffin and peanut butter
- Fruit cocktail
- Granola bar
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Fish: Let's prepare it so our children ask for it at supper!

- Fish is a fast and healthy meal time option as it can be cooked from frozen in less than 30 minutes.
- Omega-3 (EPA and DHA) and omega-6 are essential fats in our diet. They are important for heart health, as well as brain and eye development. Fish such as char, herring, mackerel, salmon, sardines and trout are good sources of omega 3 fatty acids.
- One serving of fish is 75 g, ½ cup or 2.5 ounces which is similar to the size of a deck of cards.
- Fresh, frozen and canned fish is available in many varieties all year round, making it accessible anytime.

Family Friendly Fish:

- Fish is a quick and easy supper idea that goes well with potatoes or rice and a healthy serving of mixed vegetables.
- Use canned tuna and salmon (packed in water rather than oil) as a sandwich filling, on top of crackers or added to a casserole dish.
- Make a clam chowder or fish chowder using a couple types of fish, maybe salmon, haddock and clams, or shrimp, sole, tilapia, and lobster.
- Try fish and vegetable skewers with scallops, mushrooms and red and green peppers.
- Take a walk by the fish department in a grocery store – kids love to look, learn, and try.
- Fish and seafood can be expensive- keep an eye out for fish on sale while grocery shopping!

Baked Haddock in a Parmesan Cheese Sauce – A Child Approved Fish Dish

Ingredients

½ teaspoon oil
5 haddock fillets
½ cup your favourite pasta sauce
½ tsp fresh crushed garlic
2 tablespoons parmesan cheese, grated
½ tsp basil

Directions

1. Preheat oven to 350°F. Lightly oil a 9x13 inch pan.
2. Pour ½ cup tomato sauce into the bottom of the baking dish.
3. Place fish on top of the pasta sauce.
4. Sprinkle cheese, garlic and basil on the fish.
5. Cover with foil. Bake for 20 - 30 minutes or until fish flakes.
6. Let stand 5 minutes before serving.

Serve with baked or mashed potatoes, broccoli and carrots for a complete and healthy meal.

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Orange and Green Vegetables

Eating Well with Canada's Food Guide recommends eating at least one dark green and one orange vegetables each day. Vegetables are an excellent source of many nutrients. Dark green and orange vegetables are great sources of folate and vitamin A. Folate is a nutrient that has been linked to decreased risk of heart disease, cancer, and neural tube defects. Vitamin A can help with your eye sight, boost your immune system, and keeps your skin, bones, and teeth healthy. Eating a diet with adequate amounts of folate and vitamin A will contribute to your overall health!

Examples of orange vegetables:

- Carrots
- Pumpkins
- Orange colored squash
- Sweet potatoes

Examples of dark green vegetables

- Broccoli
 - Romaine lettuce
 - Spinach
 - Green peas
 - Asparagus
 - Brussel sprouts
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✓ *Orange colored fruit such as apricots, cantaloupe, mango, papayas are also important sources of caratenoids!*

Try this tasty recipe, sweet potatoes are a great source of vitamin A.

Sweet Potato Fries

- 1 lb Sweet potatoes wash, peel and cut into wedges
- 2 tsp Vegetable oil
- 3 tsp Paprika
- 1/8 tsp Garlic powder
- Pinch of Black pepper

Place potatoes in a bowl. Add oil, paprika and garlic powder. Season to taste with pepper. Toss to coat. Transfer to baking sheet. Bake at 375 °F for 25 minutes or until tender and golden brown, turning once.

Source: Dietitians of Canada, Great Food Fast

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Diving into the Waters of Hydration:

Why is water important for our bodies?

Water is an essential nutrient for our bodies, which means we have to get it from what we eat or drink because our bodies cannot make the water we need. We get our fluid through what we eat (20%) and what we drink (80%). Our bodies are made up of 60-70% water. *Dietitians of Canada* recommends that children 1 to 8 years old get 6 cups of fluid per day 9 to 13 years old girls should get between 8-9 cups and boys should get between 10-13 cups. Although for physical activity, hot humid weather and playing more fluid may be needed.

Water is important for our bodies because it helps us regulate our temperature through sweating, it aids in the digestion of food, it carries nutrients through our bodies and helps eliminate waste, it cushions organs and joints and helps us maintain fluid and electrolyte balance. If we don't get enough water each day we become dehydrated which can cause dizziness, loss of appetite, fatigue, and poor mental function and concentration.

How can we make sure to get enough fluid daily?

- Keep water with you to drink throughout the day
- Drink milk, water, or 100% fruit juice with meals and snacks
- Eat the recommended servings of vegetables and fruit each day
- Drink at least 2 cups of milk or milk alternatives per day
- Include additional fluids before, during and after physical activity and play

Add a special twist to your water!

Orange Cucumber Water

6 cups of water

6 thin slices of cucumber

5 thin slices of orange

Mix all ingredients in a pitcher and refrigerate at least 30 minutes before serving.

Sources: www.chow.com/recipes, *Dietitians of Canada* (www.dietitians.ca) and PEN

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Portion Sizes; Bigger is not Always Better

Eating Well with Canada's Food Guide is a great resource and it tells us how many servings we should be getting daily from each food group. So, how do we know what is in a food guide serving? With all the “monster” and “super size” products on the market today providing extra calories and fat, it is no wonder why many of us suffer from portion distortion!

The following examples are all equal to 1 serving from *Eating Well with Canada's Food Guide*:

<p>Vegetables and Fruit</p> <ul style="list-style-type: none"> • ½ cup fresh/frozen/ canned • ½ cup 100% fruit juice • 1 medium sized fruit = tennis ball • 1 cup leafy raw vegetables or salt 	<p>Grain Products</p> <ul style="list-style-type: none"> • 1 slice (35g) of bread • ½ bagel, english muffin, or pita bread = a hockey puck • ½ Cup (125 mL) cooked rice or cooked pasta = a light bulb
<p>Milk and Alternatives</p> <ul style="list-style-type: none"> • 1 Cup (250 mL) milk (any type) • 1 ½ oz (50g) of cheese = two fingers 	<p>Meat and Alternatives</p> <ul style="list-style-type: none"> • 2 ½ oz (75 g) cooked fish or meat = a deck of playing cards • 2 eggs • 2 Tbsp peanut or nut butter = golf ball

English Muffin Pizza Melts

- 6 Whole Wheat English Muffins
- ¾ Cup Pizza or Tomato Sauce
- ¾ Cup lean ground beef
- ½ Cup green pepper chopped
- 1/4th Cup sliced mushrooms
- 1 ½ Cups Shredded part-skim Mozzarella Cheese

1. Cut muffins in half horizontally, place on baking sheet;
2. Spread pizza sauce over muffins;
3. Sprinkle with ground beef, green pepper, and mushrooms;
4. Sprinkle with cheese;
5. Bake in pre-heated oven, 425 F for 15 minutes or until cheese is melted

(Nutrient Analysis per Serving: 246 Calories, 33g Carbohydrates, 14g Protein, 6g Fat)

Sources: Dietitians of Canada (www.dietitians.ca) and PEN

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