

**Healthy Eating Tips
from the
PEI Healthy Eating Alliance
2005/2006**

Healthy Eating Tips from the PEI Healthy Eating Alliance for **September 2005**

Go Bonkers for Breakfast!

Welcome back! The PEI Healthy Eating Alliance will once again be providing helpful monthly tips on healthy eating throughout the school year.

To start the school year off right it is important to start the day off right with a balanced breakfast. Did you know that September is Breakfast For Learning month? Breakfast provides children with the energy and nutrients necessary to perform their best at school and play. However, preparing a balanced breakfast can be a challenge when mornings are busy. Planning ahead can help breakfast preparation go quickly and smoothly. Here are a few ideas to help you plan ahead:

- Keep the kitchen stocked with a variety of whole grain ready-to-eat cereals, breads, waffles. They form the basis of a healthy breakfast.
- The night before:
 - Put out dishes and non-perishable foods like cereals the night before.
 - Pre-mix pancake batter or scrambled egg mixtures the night before and store in the fridge for the next morning.
 - Keep cut up fruit in the fridge for a breakfast fruit salad or for a smoothie.
 - Pre-mix dry ingredients for muffins the night before. Add liquids and bake in the morning.

Here's a versatile breakfast option. Try it on it's own or with some blueberries and peaches and yogurt.

Muesli Mix

- 4 cups (1L) quick-cooking rolled oats
- ½ cup (125ml) flax seeds
- ½ cup (125ml) wheat germ
- ½ cup (125ml) oat bran
- 1 cup (250ml) dried cranberries

Mix together and store in an airtight container. Makes 14 servings.

Source Dietitians of Canada *Cook Great Food* Cookbook

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **October 2005**

Peanut Safety

Most schools operate as “Voluntary Peanut Aware” areas. This means that peanuts or peanut products are not permitted at school or in certain areas of the school. Children with peanut allergies can have severe reactions when exposed to peanut products. Check your school’s policy on peanut products before preparing lunch and snacks to send with your kids to school. The PEI Healthy Eating Alliance (HEA) has a handout with lots of information about peanut safety called “Voluntary Peanut Aware Schools”. This handout can be found in the HEA’s School Healthy Eating Toolkit (every school has a copy) or contact the Healthy Eating Alliance at 894-2819 for a copy. Here are some peanut safety tips:

- Always read labels. The ingredient list is the best place to find out if the product is peanut safe. Look for words like “arachide”, “ground nuts”, “mixed nuts”, and “peanuts”.
- Be extra careful with store bakery products and bulk foods. It is easy for these products to come in contact with peanuts or peanut products.
- Try hummus, marmite, apple butter, soy nut butter, or peabutter for a peanut-free alternative to peanut butter.

There are plenty of apples around at this time of year. This old favourite is perfect for a peanut safe after school snack or dessert.

Baked Apples

- 6 medium McIntosh apples (unpeeled)
- 1/3 cup (75 ml) packed brown sugar
- 1/2 tsp (2 ml) cinnamon
- 1 tbsp (15 ml) non-hydrogenated margarine

Lightly grease 10" (25 cm) glass pie plate. Core apples. In a small bowl combine brown sugar and cinnamon; spoon into centre of each apple. Top each apple with 1/2 tsp (2 ml) margarine. Add 1/4 cup (50 ml) of water to pie plate. Bake, uncovered, at 350°C (180°F) for 45-55 minutes or until apples are tender. Serve warm with a small scoop of vanilla frozen yogurt, if desired. Makes 6 servings.

Source: Suppertime Survival by Lynn Roblin and Bev Callaghan

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **November 2005**

Healthy Lunch Packing Tips

Scrambling for lunch packing ideas? Here are some tips to help get you started:

- Involve your children in planning their lunches. They will be more likely to eat foods that they've selected.
- Desserts can be nutritious and delicious. Add an oatmeal cookie, banana bread, fruit salad, or a yogurt tube for dessert.
- Include some cheese or crunchy fruit and veggies with lunch to help prevent cavities.
- Aim to include 3 out of the 4 food groups from Canada's Food Guide to Healthy Eating for a balanced lunch (for example, a tuna wrap sandwich with an apple is a lunch with 3 food groups).

Try this recipe for a fun alternative to traditional sandwiches. Pack the ingredients and let the kids assemble their own sandwiches.

Shrunken Sandwiches

- 12 crackers (whole grains are best)
- 6 slices of cheese (e.g. cheddar, swiss, havarti, marble, etc.)
- 6 small pieces of chicken, turkey, ham, or roast beef

Cut up chicken or roast beef (leftovers work great) into pieces that will fit on crackers. Thinly slice cheese. Stack meat and cheese slices on cracker. Use another cracker to form the top of the sandwich. Makes 6 sandwiches.

Add a banana and milk to make this a complete lunch.

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **December 2005**

Celebrate the Holidays with Activity!

With the holiday season approaching, parties and entertaining are sure to be close behind. During this hectic time of year, it's easy to forget about healthy eating and physical activity. Physical activity is just as important as healthy eating in maintaining a healthy lifestyle. Here are some tips to help the whole family stay active during the holidays:

- Instead of just singing, try dancing along to favourite holiday songs. There's a great song to dance along with on the Healthy Eating Alliance website. Check it out at www.healthyeatingpei.ca.
- Take a walk around the block. Bring the dog as well!
- Build a snowman family on the yard.
- When shoveling, be sure to stretch well and lift with your knees.
- Attend family skates at the local arena.
- Grab a toboggan and/or skis and hit the slopes with the family.

And remember to drink extra water when you're being active - even in the winter. Check out the PEI Active Living Alliance's website at www.edu.pe.ca/activeliving for more great information.

We at the PEI Healthy Eating Alliance love sweets as much as the next person, but we all have to remember to enjoy treats in moderation. Try this super easy fudge.

Super Easy Chocolate Fudge

- 2/3 cup (150ml) evaporated skim milk
- 1 2/3 cup (400ml) sugar
- 2 cups (500ml) marshmallows
- 1 1/2 cup (375ml) semi-sweet chocolate chips
- 1 tsp (5ml) vanilla
- 1/2 cup (125ml) nuts (optional)
- 2-3 drops peppermint extract (optional)

Combine milk and sugar in a saucepan. Heat to boiling. Let boil 5 minutes, stirring constantly. Remove from heat. Add remaining ingredients. Stir until melted. Pour into prepared 8" (20cm) square pan. Let cool and then cut.

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **January 2006**

Start the New Year Off With Wonderful Whole Grains!

You may have heard that not all “carbs” are created equal. Dietitians recommend whole grains because they are a great source of vitamins (including antioxidants) and fibre. A diet rich in whole grains can help reduce the risk of developing high cholesterol, heart disease, diabetes, and some types of cancer. Here are some ideas on introducing whole grains:

- Try whole grain versions of your favourite grain products. Look for whole grain breads, hamburger buns, rolls, English muffins, crackers, pita bread, bagels, pasta, tortillas, cereal, etc.
- Changing to whole grain can be gradual. Try mixing half white rice and half brown rice together after cooking separately (brown rice takes longer to cook than white rice). When baking muffins or cookies, gradually replace part of the white flour with whole wheat flour.

Try this yummy family favorite with whole grain bread to warm up this winter.

Tomato-Dill Grill Cheese Sandwich

- 4 tsp (20 ml) non-hydrogenated margarine
- 4 slices whole grain bread (e.g. whole wheat, multi-grain, oatmeal, etc.)
- 4 slices (1 oz each) dill havarti cheese
- 4 slices tomato

Spread margarine on one side of each slice of bread. On 2 bread slices, margarine side down, layer cheese, tomato slices and another slice of cheese. Top with remaining bread slices, margarine side up. Heat large skillet over medium heat until hot. Add sandwiches; cook 2-3 minutes or until golden brown. Turn; cover and cook an additional 2-3 minutes or until golden brown and cheese is melted. Makes 2 sandwiches.

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **February 2006**

Hot Lunch Ideas

February is month #6 of the 2005/2006 school year. That's been 6 months of packing lunches! If you are feeling strapped for lunch ideas, break out the thermos for a change to the everyday brown bag lunch. Here are some tips for packing hot lunches in a thermos (a wide mouthed thermos works best for these suggestions):

- Pour boiling water in thermos for 10 minutes to pre-heat it. Heat foods on top of the stove or in the microwave until hot, then place in the pre-heated thermos. Don't forget a spoon.
- Use leftovers for a quick lunch. Soups, stews, chowders, pastas, meatballs, casseroles, and burritos work great.

Hot burritos and other wraps can be wrapped in tin foil before being put in a thermos for a warm yummy lunch your children will love. The best thing about this burrito is that any combination will work - you decide what you like best!

The Amazing Versatile Burrito

- small flour tortilla (whole grain is best)
- 2 tbsp (30 ml) salsa
- 2 tsp (10 ml) light sour cream (optional)

Fillings:

- bite sized pieces of leftover meat, such as chicken, pork, or beef (optional)
- beans, such as refried, black, or kidney (optional)
- shredded cheese, such as mozzarella, havarti, or cheddar cheese (optional)
- chunks or strips of veggies, such as green or red peppers, tomato, lettuce, etc. (optional)

Place fillings in the centre of tortilla. Fold up bottom and then fold in sides. Heat in microwave until hot. Slice in half and wrap halves in tin foil to keep warm. Keep cold toppings (like lettuce) separate until just before eating.

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **March 2006**

Making Meals and Snacks Fun for Kids

March is Nutrition Month! Kids are more likely to eat their meals and snacks if they are offered a variety of fun foods. But fun foods doesn't have to mean unhealthy foods. Healthy foods can be made fun by adding color and creating neat shapes. Here are some tips on how to help your kids enjoy their healthy meals and snacks:

- Involve your kids in meal planning and preparation. Children can suggest meal ideas, help with setting the table, cooking, and lunch packing.
- Let children have choices, but make sure the choices are equally nutritious (e.g. the choice is between an apple and yogurt).
- Sometimes having a non-traditional food can make meals fun. Pizza for breakfast? Why not!

Try this French Toast recipe for supper or a weekend lunch.

French Toast with Peaches and Syrup

- 8 large eggs
- ½ cup (125 ml) 2% milk
- 8 slices whole wheat bread
- 2 tsp (10 ml) non-hydrogenated margarine
- 1 can (28 oz/796 ml) sliced peaches in juice, drained
- ¾ cup (175 ml) pancake syrup

Beat eggs with milk in a shallow dish. Add bread slices, one at a time, turning to soak completely. In a large nonstick skillet melt margarine over medium heat. Add bread slices and cook, turning once, until golden and set in centre. Serve with peaches and syrup, and a glass of milk. Substitute fresh cantaloupe, mangoes, canned pears, or berries for the peaches.

Source: Suppertime Survival by Lynn Roblin and Bev Callaghan

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **April 2006**

Are all drinks created equal?

There are so many choices when it comes to drinks, but not all drinks are created equal. It's hard to know which drinks are best for you and your children. We know that pop has a lot of sugar (around 8 teaspoons in one 355ml bottle!), but did you know that iced tea and other fruit drinks have just as much sugar? Here are a few things to consider before you buy:

- When buying fruit juice look for the words "100% fruit juice".
- Avoid products with the words "fruit drink", "punch", "cocktail", "beverage", or that end with "-ade" (like lemonade). These products have lots of added sugar and very little fruit.
- 100% fruit juice also contains sugar - this is normal because there is sugar found naturally in fruit. Limit children to one serving of 100% fruit juice a day - that's ½ cup or 125ml.
- Children do not need sports drinks, even if they play a lot of sports! Water will do the trick and it is a lot cheaper.
- Milk is an excellent drink choice and so is chocolate milk. The only difference between the two is that chocolate milk has some added sugar (around the same amount of sugar found in 100% fruit juice).

Smoothies can be fast, fun, and healthy drink choice. Try one for breakfast on the run or as a filling snack.

Mixed Berry Smoothie

- 1 cup (250 ml) mixed berries
- ½ cup (125 ml) low fat yogurt
- ¼ cup (50 ml) orange juice
- 1 tsp (5 ml) honey

Blend together until smooth. Serves 2.

Source: Food Network (www.foodnetwork.com)

Chocolate Bananarama

- 1 ½ (375 ml) cups cold chocolate milk
- 1 sliced banana

Blend until smooth. Serves 2.

Source: Dairy Farmers of Canada

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **May 2006**

After School Snack Ideas

By the time kids get home from school, their tummies may be grumbling. Snacking is very important for young children because it helps them meet their energy and nutrient needs. Here are some ideas that will make healthy snacking easy:

- Have milk, water, and 100% fruit juice in the refrigerator for a healthy alternative to pop.
- Have a designated “Snack Spot” in the fridge and in the cupboard that is stocked with healthier snack options for kids to grab after school.
- Some choices to keep stocked in the “Snack Spot” include: fresh fruit (e.g. apples, bananas, oranges, kiwis, pears, etc.) and cut up veggies (e.g. carrots, broccoli, green pepper, red pepper, etc.), yogurt and fruit cups, cut up cheese or cheese strings, whole grain crackers, mini muffins, bagel rounds, granola or cereal bars, cereal snack mix, peanut butter (if allowed).
- Children should be encouraged to help prepare snacks with appropriate supervision.

If your kids like pizza then they will love this healthy after school or weekend snack!

Bite Size Pita Pizza

- 4 small whole wheat pita rounds
- 3 tbsp (45 ml) pizza sauce (or pasta sauce)
- ¼ cup (50 ml) grated mozzarella cheese

Spread pizza sauce over pita. Sprinkle grated cheese over pita. Add additional toppings as desired (e.g. mushrooms, onions, green peppers, cooked chicken, etc). Bake in oven at 350°F (180°C) until cheese melts - about 8 minutes. Or warm in microwave for 1 minute. Cut and serve. Serves 1 or 2.

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **June 2006**

Crazy For Color!

Vegetables and fruit come in a rainbow of colors and a variety of shapes. Veggies and fruit are both delicious and very nutritious for growing children and adults. They are jam packed with lots of vitamins and minerals such as vitamin C, vitamin A, potassium, etc that the body needs to grow and function properly. The most colorful vegetables and fruit tend to be the richest in vitamins and minerals. Try to eat more of these colourful foods:

- Orange/Yellow:** oranges, peaches, mangoes, cantaloupe, bananas, pineapple, carrots, squash, pumpkin, corn, yellow beans, yellow peppers
- Green:** kiwi, pears, green grapes, honeydew melon, broccoli, spinach, romaine lettuce, celery, green beans, green peppers
- Red:** apples, strawberries, raspberries, tomatoes, red peppers, radishes
- Purple/Blue:** grapes, blueberries, eggplant
- White:** cauliflower, potatoes, mushrooms, onions

Here's a fun and very colorful snack or dessert made with fruit!

Fruity Salad

Combine a variety of bite sized fruit in a bowl. Use apples, bananas, oranges, grapes, watermelon, peaches, berries, pineapple, cantaloupe, or honeydew melon. Add enough 100% fruit juice (orange, apple, pineapple) to coat all fruit - this will prevent the fruit from turning brown. Cover and refrigerate. Makes a great snack or dessert.

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