

Nutrition



May 2012

Niblets

Is eating fruit but not vegetables okay?



Each fruit and vegetable offers a unique combination of nutrition. For those who like fruit, be sure to choose a variety of fruits and go easy on fruit juices. Choose fresh, frozen, canned or dried. The same thing goes for vegetables. Try different types of vegetables and it does not matter if they are raw, roasted, steamed or microwaved. Some tips for eating more include the following:

- Help your parents pick out the vegetables for dinner.
- Use cut-up vegetables with dip as a snack.
- Vary the choices to keep it interesting.
- With your parent's permission, help wash, peel and slice vegetables.

Source → www.eatright.org

Food Focus – Peaches

Peaches are a member of the rose family and are a good source of Vitamin C. They were first cultivated in China where they are revered as a symbol of longevity.

Peach Facts:

- There are over 700 varieties of peaches - some Chinese varieties are even flat like hockey pucks!
- Peaches were once known as Persian apples.

Celebrate Mother's Day by breakfast in bed



Want to do something special for Mother's Day this year? Consider surprising her with a healthy and tasty breakfast in bed. Just remember to let her sleep in a bit!

Spread fruit preserves (i.e. jelly/jam) on whole-grain toast or add granola on breakfast yogurt. Another fun idea is to cook pancakes and make mom a "breakfast face" with fruit.