

Healthy Kids

A publication of Nutrition Management Services Company 2071 Kimberton Rd., Box 725, Kimberton, PA 19442

A nutrition newsletter for our schools...

Welcome to *Healthy Kids*!! This is a newsletter offered to schools served by *Nutrition Management Services Company*. Eat right! Stay healthy...



ARE HAPPY MEALS HEALTHY?

Happy Meals at *McDonalds* are one step closer to being healthy. After being barraged by bad publicity for serving unhealthy meals, McDonald's is making some changes. The portion of fries will be cut in half and include apple slices. Low-fat milk will be offered in lieu of sugary sodas. This will reduce the Happy Meal's calories by 20 percent and slash sodium which is a move in the right direction. As parents, use discretion and take your kids only occasionally to fast food restaurants. Help your kids develop good food habits today!

WHAT TO FEED MY BABY AT 9 MONTHS?

Around 9 months, two things enable your baby to eat more grown-up foods. First, your baby has a lot of experience chewing even without many teeth at this age. Second, your baby develops what's called a "pincer grasp" and is able to pick up small objects between the thumb and index finger. These are two of the signals that your baby is ready for a wider variety of solid foods.

Between 9 and 12 months, the food choices are more complex. Nutrition isn't the only issue now, safety is important, too. In general, 'mushy' foods or foods that dissolve easily in the mouth like plain crackers are best.

And, make sure the baby is sitting upright while eating and that he or she is being watched.

(See Right for More information)

SAFE AND UNSAFE FOODS

From 9 to 12 months...

SAFE FOODS

- Dry and unsweetened Breakfast cereals (without nuts or chunks)
- Plain crackers and cookies (without nuts or chunks)
- Plain bread
- Pancakes or waffles (with syrup optional)
- Cooked noodles
- Soft canned fruit, cut into small pieces (peaches or pears)
- Cheese wedges, cottage cheese or yogurt
- Chopped pieces of cooked soft vegetables (carrots or potatoes)
- Small, bite-size pieces of cooked tender meat or chicken

UNSAFE FOODS

(which might cause choking)

- Potato chips and popcorn
- Unripe, dried or unpeeled fruit
- Raw or undercooked vegetables
- Hotdogs or lunch meats not chopped up
- Peanut butter on a spoon
- Candy and gum

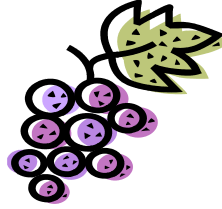


DID YOU KNOW?

If left alone, a grapevine will spread 50 feet or more!

GLITTERY GRAPES

- 1 package (3 oz.) of your favorite gelatin
- ½ cup boiling water
- ½ cup ice cubes
- 12 small clusters California seedless grapes



Divide gelatin equally into 2 bowls. Take 1 bowl and dissolve gelatin in ½ cup of boiling water. Add ice cubes and stir until ice melts. Dip grape clusters in liquid gelatin mixture and shake off excess moisture.

Wash and dry your hands. Using your fingers sprinkle remaining gelatin powder over grapes. Place on a plate. Makes 8 to 12 glittery clusters.

* Use strawberry or cherry flavor for red grapes and lime or blueberry flavor for green grapes.

FOR YOU SPORT ENTHUSIASTS...

Here's what **milk**, **cheese** and **yogurt** have to offer.

- **Vitamin A** helps maintain normal *vision* and *skin*.
- **Vitamin D** in fortified milk promotes the utilization of calcium in the body and optimizes the *strengthening of bones*.
- **Calcium** helps build strong *bones* and *teeth*.
- **Protein** builds and repairs *muscles*.
- **Riboflavin** helps convert food into *energy*.
- **Vitamin B12** helps build red blood cells that carry oxygen to the *muscles*.
- **Phosphorus** strengthens bones and generates *energy* in the body's cells.

Health experts are finding overall nutrient intake suffers when the diet lacks foods from the **Milk Group**. Did you notice what the nutrients in these foods help our body with – repairing muscle, producing energy, building strength? Besides good health, these foods seem critical for you to do well in sports.



Hope you enjoyed this newsletter!

Kim Crouse, MS, RD, LDN

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DIETING CAN STOP YOU FROM GROWING

Dieting can stop you from growing to your full height. Your body needs calories and other nutrients to grow and develop fully. There are ways to not get more calories than you need.

- Steer away from fad diets that promise quick and easy weight loss.
- Drink low-fat or skim milk.
- Skip the special sauce on your burger or the mayonnaise on your sandwich. Use low-calorie dressing on your salad.
- Choose fresh fruits rather than packaged snack foods.
- Save fried foods and desserts for a treat once or twice a week.
- Exercise!