

NUTRITION KNOWLEDGE

Greater Opportunities of the Permian Basin Head Start

March 2023

March is National Nutrition Month! So we are going to highlight some key healthy eating tips by learning about MyPlate. MyPlate is a free national resource that can be found at: <https://www.myplate.gov>

We will be breaking down how to use MyPlate as a tool to healthy eating simple and easy! Let's look at each food group and its recommendations:

FRUITS and VEGETABLES should make-up half of your plate. Fruits and vegetables can be frozen, canned, fresh, dried, or be a juice. Fruits and veggies are rich in many vitamins and minerals and are low in calories. When choosing your fruits and veggies, try to get a variety of different colors to make sure you are eating the rainbow!

Budget friendly tip: Buy canned or frozen when fresh produce is too expensive and out of season.

WHOLE GRAINS should make-up a quarter of your plate.

Whole grains include oats, rice, whole wheat bread, whole wheat pasta, and tortillas. A whole grain means that the food has the entire kernel compared to refined grains where some parts of the kernel are removed during processing. By eating the entire kernel, you are eating more fiber, more nutrients, and left feeling fuller longer!

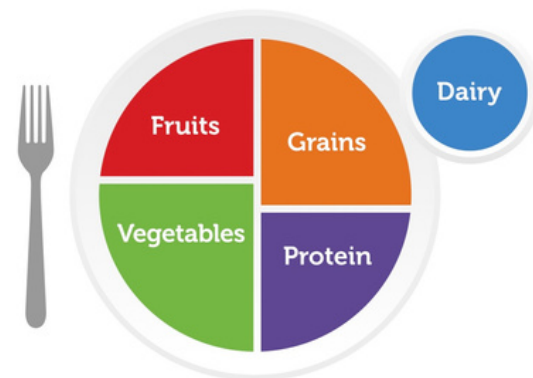
Budget friendly tip: Buy whole, shelf-stable grains like oats and rice in bulk.

PROTEIN should make-up a quarter of your plate. Protein foods are seafood, meat, poultry, lentils, beans, eggs, nuts, seeds, and soy products. Try to avoid the processed options like hot dogs or bacon that are higher in unhealthy fats and sodium.

Budget friendly tip: Try plant-based protein options, like canned black beans which can usually be purchased for less than \$1!

One serving of DAIRY with the meal. Dairy foods include yogurt, milk, and cheese. Opt for low-fat or no-fat varieties when available. Butter, cream cheese, or sour cream will not count as a serving of dairy, because they are not rich-in calcium and have a higher fat content.

Budget friendly tip: Buy the tubs of yogurt rather than the individual cups.



MyPlate.gov

STEAM IN THE KITCHEN: My Plate Relay Race

To teach children about My Plate, try this fun activity that will get them up and moving while also learning about nutrition.

Supplies:

- 5 buckets or bins
- 1 bag per player (ex: plastic grocery bags)
- Variety of food models (5 to 10 for each category)
- Graham crackers
- Pretzel sticks
- Assorted candies



What to do:

1. Label each of your buckets so each corresponds to a category: grains, dairy, meat, fruits, and vegetables.
2. Gather food models, like plastic play food or make your own. To make your own, have children cut out pictures of different foods from a magazine. These pictures can then be used for the game. Try for 5 to 10 foods for each bucket. See the table below for ideas.
3. Place the buckets at the end of a hallway or at the edge of the backyard. Just a place where children can run around.
4. Place the play food models or food picture in a bag.
5. At the starting line, children will pick out one food from the bag, run down to the buckets, put it into the correct bucket, and run back to the starting line.
6. If playing with more than one child, they can either play against each other with each having their own bag of food to sort through. Or they can be on the same team and switch back and forth like a relay team.
7. After all the food has been sorted through, review each food in the bucket with your little ones.

Grains	Fruits	Veggies	Dairy	Meat
<ul style="list-style-type: none">• Rice• Oatmeal• Pasta• Popcorn• Bread	<ul style="list-style-type: none">• Apples• Berries• Bananas• Oranges• Pineapple	<ul style="list-style-type: none">• Tomatoes• Corn• Peppers• Peas• Broccoli	<ul style="list-style-type: none">• Milk• Yogurt• Cheese• Ice cream• Butter	<ul style="list-style-type: none">• Chicken• Bacon• Steak• Turkey• Fish



BLUEBERRY CHEESECAKE CRESCENT ROLLS

By: Lynsey Mura, dietetic student

Ingredients:

2/3 cup blueberries
1 tube Crescent roll dough
3 oz. Cream cheese, softened
2 1/2 tbsp. powdered sugar
1/2 tsp. vanilla extract

*Makes 8 servings



Directions:

1. Wash and dry blueberries.
2. Preheat oven to 375 F.
3. Combine cream cheese, powdered sugar, and vanilla in a small mixing bowl and mix together with an electric mixer.
4. Unroll crescent dough and separate into 8 triangles.
5. On each triangle, spread about 1 tablespoon of the cream cheese mixture at the base of the triangle. Put a handful of blueberries on top.
6. Roll the dough forward all the way to the tip of the triangle.
7. Place on baking sheet and bake for 10 to 13 minutes.

For questions or information, contact your Head Start dietitian, Amy Halfmann at amy@amyhalfmannnutrition.com