



NUTRITION NEWS!

MODULE 7

WHAT'S UP...

CHILE PROJECT GOALS

- ✓ Families will eat more fruit, vegetables, and foods made with whole grains
- ✓ Families will eat less sugar and high-fat foods
- ✓ Families will be more physically active
- ✓ Families will watch less TV

DON'T FORGET...

Look for **CHILE** shelf labels this month at your local **CHILE** participating grocery store. While there, pick up recipe cards for meals and snacks to make at home using cucumber, strawberry or brown rice!



Bring your child along with you to the store to find **strawberries** and **cucumbers** in the produce section and **brown** or **wild rice**. In the frozen section, look for **strawberries** without added sugar.

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This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-432-6217.

Over the past few weeks, your child has been tasting **strawberry**, **cucumber** and **brown rice** in classroom activities, meals, and snacks offered by the Head Start. Over the next few weeks, try adding strawberries, cucumbers, and brown (or wild) rice into meals and snacks at home. The more you and your family try new foods together, the more likely that your child will be willing to try new foods in the future.

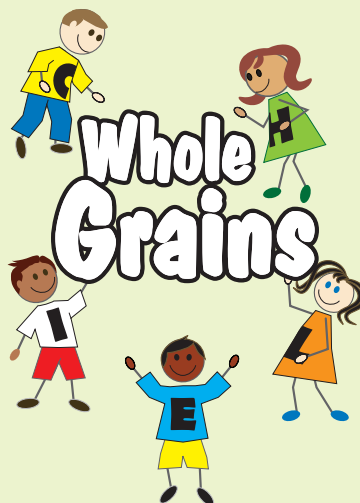


In this newsletter, we have ideas and recipes using strawberries, cucumbers and brown rice. Remember to always cut all foods into small pieces **no larger than ½ inch** to prevent choking in young children.



Look for the **CHILE** shelf label in front of strawberries, brown rice, and cucumbers at your local CHILE participating grocery store!

WHOLE GRAIN HOOPLA?



Have you been hearing or reading a lot about whole grains lately? Do you wonder what all the fuss is about? Whole grains are different from refined grains in that they have more fiber and nutrients and are healthier for your family.

Half of the grains you and your family eat should be whole grains. This includes foods such as bread, rice, cereals and pastas. Eating brown or wild rice is a great way to get more whole grains into your family's diet.

Many people think that brown rice has more flavor than white rice. Remember that the change will be much easier for your children if you make the change yourself during mealtimes.

SHOPPING FOR BROWN RICE AND WILD RICE

Brown rice is becoming more common in the grocery store and it is often the same price as white rice. Regular **brown rice** does take longer to cook than white rice, but instant brown rice may be available at your **CHILE** participating grocery store. Brown rice has a shorter shelf life than white rice, but can be kept longer in the freezer.

Wild rice is actually the seed of a native grass, and is often sold together with white rice as "long grain and wild rice". Keep in mind that it is only partly whole grain if the long grain rice is white rice. Look for all wild rice or wild rice mixed with brown rice. The **CHILE** shelf label at your CHILE participating store will help you identify brown or wild rice.





RETHINK YOUR DRINK!



Sodas, fruit drinks that are not 100% juice (such as orangeade and fruit punch), and other drinks with added sugar are not as healthy for your family. These drinks are high in calories but low in vitamins and minerals.

Drinking soda or even too much juice fills up young children's tummies and can keep them from eating foods that are better for them.

Drinking too much soda may lead to overweight, obesity and diabetes, as well as other chronic diseases. Drinking soda and sugar sweetened beverages often leads to painful and expensive cavities in young children's teeth.

Alternatives to sodas and fruit drinks include water, 1% or nonfat milk, and 100% fruit juice. Preschoolers over the age of two need 2 to 3 servings (cups) of lowfat (1%) or nonfat milk or dairy products per day. 100% fruit juice should be limited to 4-6 ounces per day, which is only $\frac{1}{2}$ to $\frac{3}{4}$ cup per day. Water should be offered to children throughout the day. Try flavoring water with fresh fruit or even slices of cucumber!

Remember that changes are easier to make when everyone in your family makes them. It will be easier to limit sodas and other sugar-sweetened drinks for children if everyone in your family does the same.

RECIPE #1: Strawberry Smoothie

This recipe can be made for a snack, breakfast or dessert!

Ingredients:

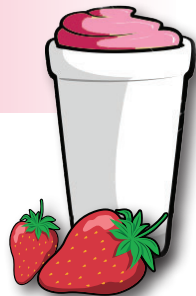
- 3 cups fresh or frozen strawberries (if frozen, NOT packed in sugar)
- 1 6-8oz container NONFAT or LOWFAT plain yogurt
- $\frac{2}{3}$ cup NONFAT or LOWFAT (1%) milk

Directions:

1. Place all ingredients in a blender and blend until smooth.
2. Serve immediately.

Tips:

1. Turn the blender off and stir the fruit if it gets stuck.
2. If you don't have a blender, use a fork or a potato masher.
3. Feel free to add another fruit, such as banana, orange or peach.



(Serves 4-6)

RECIPE #2: Cucumber and Brown Rice Salad

This recipe can be made for a snack, or as a side dish with a larger meal.

Ingredients:

- 2 cups brown rice, cooked (regular or instant)
- 2 cups cucumbers, peeled and diced into pieces no larger than $\frac{1}{2}$ an inch.
- 1 cup tomato, diced and seeded (or use canned diced tomatoes)
- 1 teaspoon dill, dried (or fresh, but then use 2 teaspoons)
- $\frac{1}{4}$ cup lowfat or fat free Italian salad dressing

Directions:

1. Cook the brown rice according to package directions. The time this takes will vary depending if the brown rice is regular or instant.
2. In a bowl, toss together the cucumbers, tomatoes, dill and salad dressing. Add the cooked rice.
3. Chill for one hour and serve.



(Serves 4-6)

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.

Strawberries!

- On average, there are 200 seeds on just one strawberry!
- Strawberries are a great addition to fruit salads or green salads.
- Always yummy on their own or try them sliced on top of cereal or oatmeal.
- Try adding to cottage cheese or low-fat yogurt for a refreshing snack.



C is for Cucumbers!



- Cucumbers are high in vitamin C!
- Use cucumber slices instead of tortilla chips for salsa and low-fat dips.
- Serve slices on your favorite sandwich.
- Add diced cucumber to a green salad, pasta salad, chicken or tuna salad.
- Add cucumber slices to flavor your water.