



NEWS PARENTS CAN USE

Session 4

Bone-Building Calcium

Tropical Smoothies

Nutrition In Me! Club Makes Smoothies

Bone-Building Tropical Smoothies

Smoothies were today's recipe. They use foods from the fruit and dairy groups.

Tropical Smoothie

Makes (4) one-cup servings.



- 1 cup calcium-fortified orange juice
- 1 cup nonfat or low-fat vanilla yogurt
- 1 cup frozen unsweetened strawberries
- 1 ripe banana

Directions:

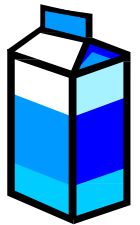
1. Put juice and yogurt in blender.
2. Add strawberries.
3. Peel the bananas, break into pieces and add to blender.
4. Blend mixture on high speed for 45 seconds or until creamy and smooth.
5. Serve and enjoy!
6. Store leftovers in jar in refrigerator

Options:

1. Use any fruit you have on hand, fresh, frozen or canned will all work.
2. Use any flavor of juice or yogurt.

Get Your Calcium-Rich Foods

MyPlate says children 2 to 8 years old need two cups of milk, yogurt, or other calcium-rich foods every day. Everyone aged 9 years and older, including adults, need three cups per day. Getting plenty of calcium builds strong bones and teeth, helps prevent broken bones now and osteoporosis later in life. Calcium also helps control blood pressure and helps reduce colon cancer risk.



If your child doesn't drink milk, then serve other calcium-rich foods such as calcium-fortified orange juice, dark leafy greens like kale, or tofu or dried beans. Limit soft drinks and juice drinks—they don't have calcium.

Families On

The Move!

Want strong bones? Then be physically active. It takes calcium plus activity to make strong bones. Keep activity in mind when deciding which toys to buy. Choose "active" toys such as skates, bicycles, a basketball with hoop, stilts, balls, hula hoops, pogo stick or badminton set.



Parent's Corner

Eat Well....

Teach your children to listen to their body's "hungry" and "full" signals. Eat only when hungry and stop as soon as feeling satisfied or full.

Be Well.....

Make play, rather than food, the focus of get-togethers or outings. Invite friends and family over for a Sunday afternoon of active games. Instead of people bringing a potluck dish, have them bring "potluck" activity equipment: balls, Frisbees, lawn darts or a croquet set. Keep the food simple, such as make-ahead casseroles, so the adults can enjoy the games too.



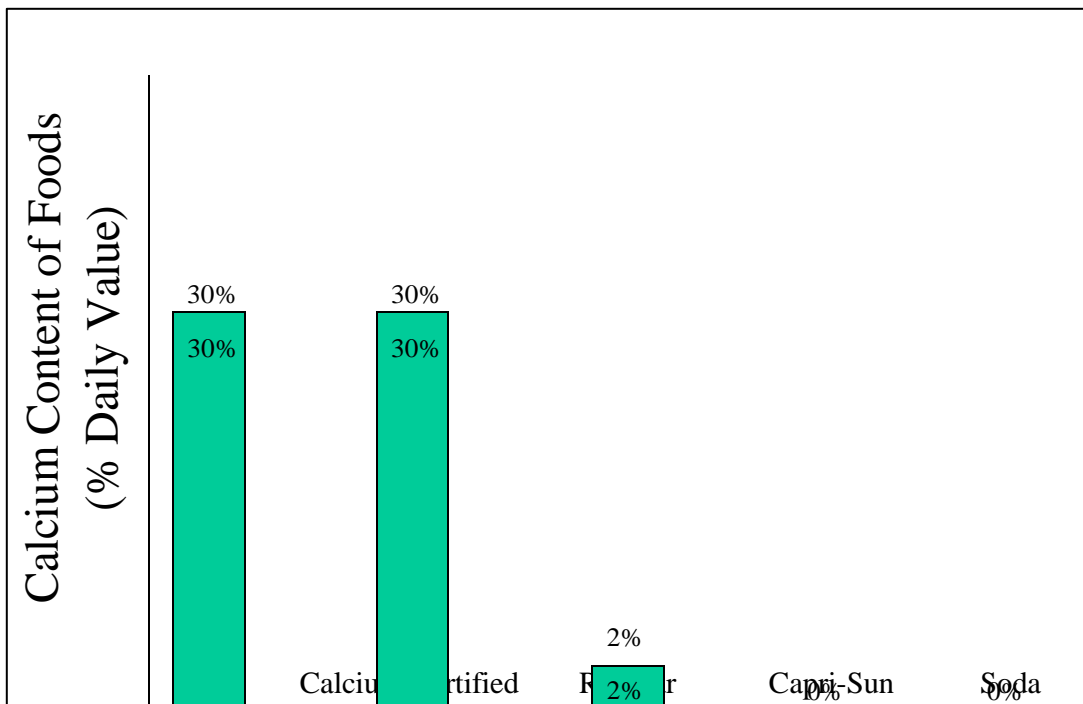
Just Do It!

Be a Label-Looker with your child. Find the "calcium" on the Nutrition Facts Panel. One cup of milk has about 30% of the amount needed in a day. The goal is to get 100% calcium from all the foods eaten in a day. How many cups of milk would it take to get 100%?

Find "saturated fat" on the label too. Compare the amount of saturated fat in whole milk and in 2%, 1% and Non-fat milk. Cut down on saturated fat because it can clog arteries. Choose nonfat or 1% milk and yogurt. Choose reduced-fat cheeses.



Feed their heads. Fuel their bodies. Fill their hearts.



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). 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: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157 ext 6264, jlevenson@wsu.edu at least two weeks prior to the event.

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