



Kinship Link

Volume 17, Issue 9

September 2021

Pro Kinship for Kids

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Smart Tips to Power Up with Breakfast

Breakfast gives you energy to start the day. This is especially important for our kids as they start their school days now. Kids that eat breakfast do much better in school and stay more alert in class. Get the morning nutrition you and your kids need with these quick breakfast ideas.

- ◆ Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- ◆ Layer low-fat plain yogurt with your favorite crunchy whole grain cereal and blueberries.
- ◆ Blend a breakfast smoothie with low-fat milk, frozen strawberries, and a banana.
- ◆ Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side.
- ◆ Top a toaster waffle with low-fat yogurt and peach slices.
- ◆ Stuff a whole wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- ◆ Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- ◆ Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- ◆ Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

- ◇ Corn tortilla with mashed avocado, black beans, salsa, and low-fat shredded Cheddar cheese.

Try to make your breakfast with 2-3 food groups each morning with some protein if possible each day for the best nutritional get up and go for your body. Power up with a healthy breakfast and you're off to a great start.



If your taste buds just don't crave traditional breakfast foods, try these choices:

- ◇ Hummus spread on a whole-grain toasted bagel with cucumber and tomato slices on top.
- ◇ Leftover veggie pizza.
- ◇ Low-fat cottage cheese with fruit.
- ◇ Leftover rice mixed with low-fat yogurt, dried fruit, and nuts. Sprinkle with cinnamon.



Health Tips

1. **Enact Family Meal Time:** Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones, and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking, and use this time to teach them about good nutrition.
2. **Banish Brown Bag Boredom:** Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus, or a low sodium vegetable soup with whole grain crackers, or a salad of mixed greens with low-fat dressing
3. **Slow Down at Mealtime:** Instead of eating on the run, try sitting down and focusing on the food you are about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.
4. **Watch Portion Sizes:** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
5. **Be Active:** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym - take a walk after dinner or put on music and dance at home.
6. **Drink More Water:** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult, or live or work in hot conditions. Water is the forgotten nutrient of our body.



Eating Right with Less Salt

Most Americans are getting too much sodium from the foods they eat. And, the sodium in salt plays a role in high blood pressure, which is also known as hypertension. The current dietary guidelines recommend less than 2,300 milligrams per day of sodium and even less for children younger than age 14.

Here are ways you can eat right with less salt:

Focus on fresh foods - Many foods in their original form, such as fruits, vegetables, fresh meats, poultry, fish, dry beans, eggs, milk, yogurt, and grains like rice are naturally low in sodium. Include these foods more often in meals and snacks.

Eat processed and prepared foods less often - Highly processed and ready-to-eat foods tend to be higher in sodium. Eat these foods only occasionally or in smaller amounts - especially cheesy foods, such as pizza, cured meats such as bacon, sausage, hot dogs, and deli or luncheon meats, and ready-to-eat foods, like canned chili, soups, and "instant" flavored noodles, and rice.

Cook more often at home - Enjoy home-prepared foods where you are in

control of how much salt is added. Use little or no salt when cooking. Even if package instructions say to add salt to the water before boiling, it is not required and can often be omitted. When using canned vegetables with salt added, be sure to drain and rinse the vegetables to reduce the amount of salt.

Try new flavors - Skip the salt and try salt-free seasonings such as herbs, spices, garlic, vinegar, black pepper, or lemon juice. Make your own salt-free seasonings by combining dried herbs and spices.

Read food labels - Read the nutrition facts label and the ingredients list to find packaged and canned foods lower in sodium. Compare the amount of sodium listed and select the product with the lower amount. Look for foods labeled "low sodium", "reduced sodium", or "no salt added".

Use caution with condiments - Foods like soy sauce, ketchup, pickles, olives, salad dressing, and seasoning packets are high in sodium. Try low-sodium soy sauce and ketchup. Sprinkle only a small amount from a seasoning packet, not the entire amount.

Allow your taste buds to adjust -

Like any change, it can take time for your taste buds to adapt to less salt. Foods lower in sodium may taste differently at first, but over time it's possible to acquire a taste for foods that are lower in sodium.

Salt-Free Seasoning Blends

Boost the flavor of foods with salt-free herb and spice blends. Combine ingredients and store in a tightly covered jar. Rub or sprinkle them on food for added flavor.

Mixed herb blend: Mix together 1/4 cup dried parsley flakes, 2 tablespoons dried tarragon, and 1 tablespoon each of dried oregano, dill weed, and celery flakes.

Italian blend: Mix together 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder, and dried oregano, and 2 teaspoons each of thyme, crushed rosemary, and crushed red pepper.

Mexican blend: Mix together 1/4 cup chili powder, 1 tablespoon each of ground cumin, and onion powder, 1 teaspoon each of dried oregano, garlic powder, and ground red pepper, and 1/2 teaspoon cinnamon.