



Pro Kinship for Kids

Kinship Link

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20 Ways to Enjoy More Fruits & Vegetables

Building a healthy dinner plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor, and texture plus vitamins, minerals, and dietary fiber. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, and frozen fruit - try strawberries and banana, or mango with pineapple or peach.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms, and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves, or mandarin oranges.
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions, or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green, or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas, or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches, or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast, or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes, or onions with low-fat cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumbers, and tomato as fillings. Add raw or cooked veggies to tacos on whole-grain corn tortillas and whole wheat wraps.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt, or toaster waffle.

13. Top a baked potato with beans and salsa, or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded, or chopped vegetables such as zucchini, spinach, eggplant, and carrots to pasta dishes, casseroles, curries, soups, or stews.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens, and other colorful vegetables. Add chickpeas or edamame. Top with low-fat dressing.
19. Fruit on the grill: Make kabobs with pineapple, peaches, and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

Smart Snacking Tips for All Ages

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from the food groups can help increase variety and reduce sources of empty calories and added sugars. Find the right snack for your eating style and activity level. Keeping snacks to 200 calories or less can be a reasonable goal for most people. Adults and teen who are more active, or eat smaller meals throughout the day may want to aim for 200 to 300 calories per snack.

Make snacking a smart habit by:

- ◆ **Snacking only when you're hungry.** Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- ◆ **Having snacks planned and portioned out ahead of time is a good practice.** Fixing snacks in advance, like washed and cut-up fruits and vegetables air-popped popcorn, and low-fat cheese, can

save time later on.

- ◆ **Practicing food safety.** Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Make snacking simple by choosing different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned, or dried are all good options. Compare labels to limit items high in sodium, saturated fat, and added sugars.

Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein, and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.

Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

Portion sizes for kids are smaller than adults. However, certain foods due to their size pose a choking risk, especially for young children and people with chewing and mouth issues. See below for a list of foods that may cause choking:

- * Hot dogs and sausage links
- * Meat chunks, unless finely chopped and combined
- * Nuts, seeds, and peanut butter
- * Raw apples and pear slices
- * Whole grapes
- * Dried fruit
- * Raw vegetables
- * Whole kernels of corn
- * Popcorn and chips
- * Small candies and chewing gum



We Could Learn a lot from Crayons



Some are sharp, some are pretty, some are dull, some have weird names, and all are different colors... but they all have to learn to live in the same box and get along with each other!!

