



Pro Kinship for Kids

Kinship Link

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Tips to Build a Healthy Salad

Pack more nutrition into your day with a colorful, nutrient-dense salad. Keep basic ingredients on hand at home for a quick addition to any meal. Encourage kids to eat more vegetables by setting out ingredients to make their own salad creations.

Whether you're at home or find yourself at a salad bar while eating out, mix and match ingredients to explore new creations. Assemble your salad by selecting one or more ingredients from the groups listed below. The number of items chosen and the amounts may vary, depending on whether the salad is eaten as the main dish or a side dish to go with a meal. Consider flavor, texture, and color. Add a small amount of salad dressing and enjoy!

Step One: Build Your Base

Select one or more of these leafy green vegetables as the base of your salad.

- Arugula
- Kale
- Raddichio
- Boston Bibb Lettuce
- Iceberg Lettuce
- Red Leaf Lettuce
- Escarole
- Mixed Greens
- Romaine

- Green Leaf Lettuce
- Napa Cabbage
- Spinach

Step Two: Boost the Nutrients with Extra Vegetables and Fruit

Adding extra vegetables to a salad helps add to the texture and flavor, as well as boost the nutrients. Be creative by chopping, dicing, shredding, or slicing a variety of different colored veggies, such as:

- ♦ Artichoke Hearts
- ♦ Broccoli
- ♦ Corn
- ♦ Radishes
- ♦ Water Chestnuts
- ♦ Beets
- ♦ Cauliflower
- ♦ Cucumber
- ♦ Red Cabbage
- ♦ Zucchini
- ♦ Bell Pepper
- ♦ Carrot
- ♦ Mushrooms
- ♦ Snap or Snow Peas
- ♦ Bok Choy
- ♦ Celery
- ♦ Onions
- ♦ Tomatoes

Fruits may also work well in salads and add a little sweetness to the combination. Examples include:

- ♦ Apple
- ♦ Mandarin Oranges
- ♦ Fresh Berries

- ♦ Melon
- ♦ Dried Cherries
- ♦ Pear
- ♦ Raisins
- ♦ Grapes

Step Three: Consider Adding Protein to Make it a Main Dish

Adding some type of protein food to your salad can make it a hearty main course.

Cooked Meat, Poultry, and Seafood:

Beef, Boiled Egg, Chicken, Ham, Salmon, Shrimp, Tuna, Turkey

Vegetarian options for Protein include:

Black Beans, Chickpeas, Edamame, Kidney Beans, Navy Beans, Tofu

Step Four: Dress Your Salad

Dress your salad with a small amount of dressing. For options lower in saturated fat, consider oil and vinegar, or yogurt-based dressings instead of traditional creamy options. Salsa can also be a fun way to top a salad.

Garnish with a snip of fresh herbs, such as cilantro, parsley, or basil, if desired.

Tips to Build a Healthy Salad continued

Sprinkle on Extras (Optional)

These tasty toppings carry a larger amount of calories in a small portion size. Use them sparingly to top off a salad. You can also get creative by adding grains to your salad. These foods can help balance out your meal. Plus, they add additional flavors and texture to your salad.

Cooked Grains

- * Bulgur
- * Farro
- * Quinoa
- * Wheat Berries

Unsalted Seeds and Nuts

- * Almonds

- * Cashews
- * Peanuts
- * Pecans
- * Pistachios
- * Pumpkin Seeds
- * Sunflower Seeds
- * Walnuts

Cheese

- * Blue
- * Cheddar
- * Feta
- * Mozzarella
- * Parmesan

Other

- * Avocado
- * Bacon Bits

- * Croutons
- * Olives
- * Tortilla Strips

Combination Ideas

- Romaine Lettuce, corn, salsa, chopped avocado, grilled chicken, and lime juice
- Chickpeas, diced cucumber, tomato, onion, with an herb vinaigrette
- Arugula, sliced red pear, walnuts, blue cheese, and honey Dijon dressing
- Mixed Greens, roasted beets, oranges, and pistachios

The Functions of Foods

We are going to learn the role of nutrients and how they can impact various processes throughout the body. Nutrients are chemical substances required by the body and are classified as either macronutrients (proteins, carbs, fat) or micronutrients (vitamins and minerals). Nutrients help our bodies function, both physically and mentally, supporting our overall life. Macronutrients are the body's primary source of energy and micronutrients are needed to run all physiological processes, like calcium builds and maintains healthy bones, and iron transports oxygen throughout the body. A well-balanced diet includes both macro and micronutrients, because they work together to keep all processes of the body running. A severe lack of one or more nutrients is a deficiency, which prevents the body from performing its regular processes and increases the risk of diseases like diabetes, cancer, and heart disease. Signs of a deficiency can be weight changes, fatigue, depression, headaches, tingling fingertips, lack of concentration, irregular heart rhythm, muscle weakness, and reduced ability to fight infections. To prevent nutritional deficiencies, eat a

well-balanced diet with a wide variety of minimally processed foods from all major food groups. Eating a well-balanced diet will keep your body functioning properly and running like a well-oiled machine.

Calcium - A primary mineral for healthy bones and teeth, calcium also play a role in blood clotting, muscle contraction, and regulating normal heart rhythms and nerve functions. Sources: milk, yogurt, cheese, ice cream, leafy greens, winter squash, edamame, tofu, and almonds

Vitamin D - Required for the body to absorb calcium, vitamin D helps keep bones strong and reduces the risk of osteoporosis and fractures. It also has been shown to reduce cancer cell growth and inflammation. Certain climates and sun protection make it hard for the body to produce vitamin D, so it is important to get it in your diet often. Sources: salmon, tuna, sardines, fortified orange juice, fortified milk, and fortified cereals

Protein - This essential macronutrient contributes to structural and

mechanical function by forming muscle, building and repairing tissue, and providing energy as necessary. Sources: beans, lentils, lean meat, poultry, fish, eggs, tofu, and edamame

Iron - Iron is required in a smaller amount than other minerals, but it is a crucial nutrient for maintaining healthy blood, and transferring oxygen from the lungs to all parts of the body. Sources: beef, pork, poultry, eggs, oysters, beans, spinach, lentils, canned light tuna, potatoes with skin, sesame seeds

Carbohydrates - The body's primary source of energy. Carbs also effect blood sugar and weight, and support immune function. Focus on fiber-rich whole grain sources and limit refined carbs and added sugars. Sources: brown rice, quinoa, oatmeal, barley, farro, popcorn, sweet potatoes, bananas, wheat, blueberries, corn, bread, carrots, beets, potatoes, cereal, pasta

Fat - This macronutrient is stored in the body to support cellular structure and function, regulate temperature, and protect organs. Sources: avocado, salmon, almonds, seeds, oil (olive, canola, soybean, corn, sesame)