



# Trentyn's Tiger Tidbits

Nutrition News for a Healthy You.

## DID YOU KNOW?

1. Oils make up the smallest slice of the food pyramid. Children should have fewer than 2 table-spoons each day of foods such as oil based dressings, butter, margarine, and mayonnaise.
2. Fiber helps the digestive system stay healthy. Eat plenty of high fiber foods: raspberries, blackberries, figs, papayas, skin on potatoes, apples, pears, peaches, nectarines, whole wheat breads
3. Food labeled “all natural” aren’t necessarily nutritious. For example, all natural soda is still high in calories and sugar, and all-natural granola or cookies can be high in fat. Check labels on all foods—including all natural ones—for vitamins and minerals as well as their sugar, salt, and fat content.
4. Research shows that 80 percent of obese teenagers become obese adults. Eating habits form early and are harder to change as people grow older. The good news is that even small changes can make a difference. For example you might cut back on sodas, drink more water, and add 10 to 15 minutes of exercise to your daily routine.

## Food Safety

Is it okay to eat soup that you left out overnight? How long can you keep milk in the fridge? Here are some tips for eating safely:

- Avoid letting foods sit at room temperature longer than two hours-especially those containing dairy products, eggs, and meat. That includes dishes served cold ( tuna salad, deviled eggs) and hot (soup, casseroles).
- Check expiration dates. Eat food on or before its “used by” date. Foods marked with a “sell by” date can last from five days after the date for milk (if refrigerated properly) to several weeks for eggs.
- Be sure leftovers are eaten within four days.
- “When in doubt, throw it out.” If something doesn’t look or smell right, it may be spoiled, regardless of date.

Texarkana Independent School District  
Beth Carson, RDLD, Child Nutrition Director

## WHY SNACK?

Most kids like snacks. That is great! Think of snacks as mini-meals that help provide nutrients and food energy you need to grow, play, and learn.

Children have small stomachs. So that means they probably eat less at meal times. Smart snacks can help them eat and drink enough during the day. In fact, most young children do best when they eat four to six times a day.

If a child misses fruit or juice for breakfast. Snack time is a great time to get that missed serving of fruits or vegetables. Snacks should be timed carefully as to not upset meal times. Snacks should be a least 2 hours before meal time. That way children will be hungry for lunch or supper.

Skip the urge to snack to quiet tears, calm a child, or reward behavior. That can lead to emotional overeating later on.

Keep snacks small. If a child is still hungry, he or she can ask for more. Let them decide what is enough. Don’t encourage eating until the plate is clean.

Go easy on drinks with added sugars. Choose low fat or fat free milk, 100% juice, or water as snack drinks. Soft drinks and fruit drinks can crowd out foods a child needs to grow and stay healthy.

Adults should remember they are role models and snack wisely themselves. Children watch and learn from adults and sometimes older children or teens. Choose food group foods as a snack and cut back on candy and potato chips. Be a great role model!

Quick snacks: 100% fruit juice, milk, whole grain crackers or tortilla chips, cheese, fresh fruit, raw vegetables, toast with peanut butter, raisins, graham crackers or animal cookies, muffins, or small pastries made with whole grains.

**WHY EXERCISE MATTERS:** Regular exercise is good for your body and mind.

**Keep in shape.** Being active builds strong muscles and keeps the heart and lungs healthy—which increases endurance. This is especially important for kids who play sports.

**Stay Healthy.** Exercise helps tweens and teens fight off colds and other minor bugs. Being active also promotes sound sleep.

**Feel Good.** Physical activity releases hormones called endorphins. When you are dealing with everyday stress or going through a tough time, sticking to a workout routine can help you feel better.

**Improve thinking.** Exercise sends more blood to the brain, which can help you concentrate and do better in school. Taking a brisk walk or dancing for a half hour before studying may help.

**Be with friends.** Exercise is more fun in groups. Playing touch football after school or roller skating on the weekends is a great way to be active and enjoy time with friends. Hiking, swimming, or canoeing with a buddy gives you time to talk about everyday life or future plans.

### Leprechaun Milkshake

4 Cups milk  
½ Cup or one large pistachio pudding mix package  
4 Scoops vanilla ice cream  
Add ingredients together in blender and mix

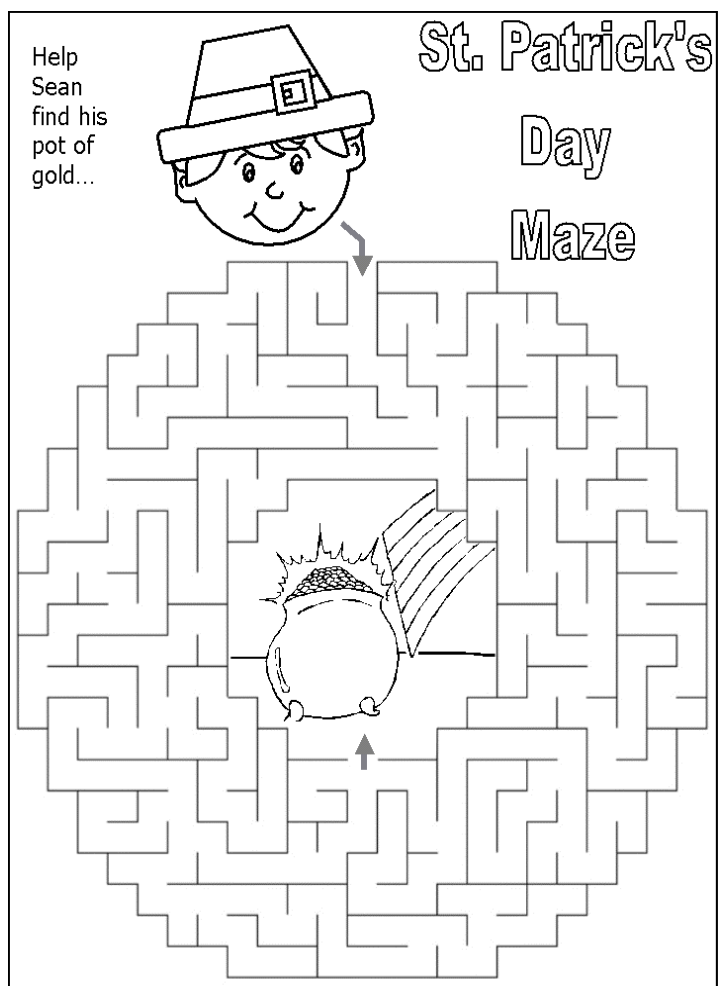
### Go green for St. Patrick's day!

Serve fresh broccoli florets or celery sticks with guacamole for dipping.

### Rainbow Gold

1 quart vanilla nonfat frozen yogurt, divided among three bowls  
Yellow, red, and blue food coloring  
4 parfait glasses

One at a time, blend the three bowls of frozen yogurt with one food coloring in a blender just until yogurt is tinted and soft. Place a layer of yellow yogurt in each parfait glass. Then add a layer of blue, and finally a layer of red.



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Trentyn's Tiger Tidbits is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.