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May National Food Days

5/5 Enchilada Day

5/9 Shrimp Day

5/13 Hummus Day

5/15 Chocolate Chip Day

5/21 Strawberries and Crème Day

5/27 Grape Popsicle Day

Taken from foodimentary.com

For more
information
about school
meals visit
www.traytalk.org

A Word from the Dietitian...

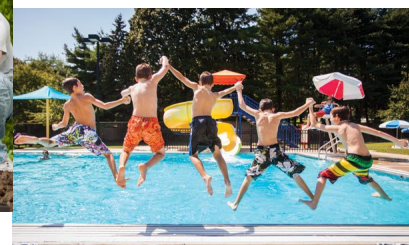
Another school year is coming to a close and summer is just around the corner. Summer is an exciting time! I encourage you to take advantage of more daylight hours and warmer weather. Instead of spending your precious free time inside in front of the TV- try going for a walk, riding a bike, playing catch in the backyard, or

taking a dip in the pool for a refreshing swim! Summer and warmer weather also means garden season. Consider planting your own garden or partnering with a neighbor to plant one. Fresh fruits and vegetables are delicious and full of lots of nutrients! Plus, the satisfaction of being able to eat something that you grew from a small seed or

plant is hard to resist. If gardening isn't for you, take advantage of the produce from gardeners in your area. Visit your local farmers' markets and make the trip as a family! It has been a pleasure to work with your school corporation this year! I wish you all a happy, healthy, active summer, see you in August!

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Fuel Your Day, Eat Breakfast!

We often hear it said that breakfast is the most important meal of the day. What makes breakfast so important? Studies show that people who eat breakfast are less likely to be overweight, especially children and teens.

Also, those that eat breakfast do better in school, find it easier to concentrate, and have more energy. Take advantage of your school's breakfast program to fuel the day from the start.



Dietary Guidelines for Americans, 2010

www.healthychildren.org

Tray Talk: Meat & Meat Alternates

Meat & meat alternates provide the majority of the protein in school lunches.

According to USDA requirements, minimum amounts of meat & meat alternates must be met for each lunch and for the week. This ensures school meals are providing proper amounts of protein for students. Common meat and meat alternates on the school menu include meat, poultry, fish, cheese, yogurt, dry beans and peas, whole eggs, peanut butter or other nut or seed butters, and nuts and seeds.



Choose Fat-Free or Low-Fat (1%) Milk



Milk offered in the school must be either fat-free unflavored, low-fat (1%) unflavored, or fat-free flavored (chocolate or strawberry). Consuming milk and other dairy products is important for healthy bones, especially in children and adolescents. It is important to choose fat-free or low-fat dairy products to limit saturated fat and cholesterol intake. High fat dairy products include whole milk and cheeses. Eating higher fat foods make it difficult to avoid consuming more calories than needed, which can lead to weight gain. Strive to consume 3 cups or equivalent of dairy products each day.

For more information on what counts as a cup in the dairy group visit www.choosemyplate.gov.

Smart SNACKing

Snacks play an important role in our food day. They allow for us to go comfortably from one meal to the next. Think of snacks as mini-meals that contribute nutrient-rich foods. You can fit snack calories into your personal healthy eating plan without over-spending your day's calorie budget.

Check out some examples...

Happy Snacking!

- peanut butter & apple slices
- crackers, cheese & fruit juice
- milk & cereal
- peanut butter & toast
- hummus & fresh vegetables
- fruit smoothie
- hard-cooked egg & fruit
- popcorn
- chips & salsa
- yogurt parfait
- trail mix



For more healthy eating tips, visit www.eatright.org.