

MARCH / APRIL 2022

HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



This material was partially
funded by USDA's
Supplemental Nutrition
Assistance Program —
SNAP. This institution is an
equal opportunity provider.



This work is supported
by the Expanded Food
and Nutrition Education
Program from the USDA
National Institute of
Food and Agriculture.

Fast break for breakfast

In basketball, a fast break is a play that moves the ball quickly from one end of the court to the other. It helps a team get a fast start on a scoring play. Try making a fast break for breakfast everyday too! Breakfast can help your body get started for a “high-scoring” day.

Breakfast is important. When you get up in the morning, it has been about 12 hours since your last meal. If you don't eat again until lunch, it will be nearly six more hours before any new food energy gets into your system. Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast. Sending a child to school without breakfast is like sending them into a classroom without books.

In Kentucky, more than 80% of schools participate in the School Breakfast Program. The breakfast offered through



CONTINUED ON PAGE 2

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

CONTINUED FROM PAGE 1

the program is designed to provide one-fourth to one-third of a child's daily nutrient requirements including calories, protein, calcium, and other essential nutrients. When you skip breakfast, it's hard to make up the nutrients you miss. If your child does not participate in a breakfast program, have a MyPlate breakfast at home.

Here are some ways to make a good breakfast part of your daily game plan.

- **Invent your own plays:** Who says you can only eat breakfast food in the morning? People in other countries sometimes eat soup for breakfast. You can too. If a bowl of tomato soup and a cheese sandwich sounds good, try it. If you liked last night's chicken, have it for breakfast today. The goal is to eat something to fuel your day.
- **Teamwork is important:** Eat a combination of foods. Try to include a variety of foods in your breakfast. A healthy breakfast includes at least two of the five food groups. Breakfast is a good time to get your vitamin C. Oranges, grapefruit, and 100% fruit juices are all good choices.
- **Get your game set up quickly:** If you're short on time, fix some foods in advance like yogurt and granola so you can eat a satisfying breakfast quickly.

Sources:

- Rosie Allen, Regional Extension Agent for Nutrition Education Program
- https://fns-prod.azureedge.net/sites/default/files/tn/SB_Infographic_81216a.pdf

BASIC BUDGET BITES

Soup smarter

Make use of your leftovers and extra ingredients. Next time you prepare a homemade meal notice what you end up throwing away or not using. Soup is a great way to use up odds and ends like finely chopped broccoli stalks, other leftover vegetables, and leftover beans, peas, and lentils. Simmer ingredients together and add dried herbs and spices such as thyme, rosemary, or whatever you have on hand. You will be surprised how small amounts of leftovers can be put together to make a tasty meal!

Source: Rosie Allen, Regional Extension Agent for Nutrition Education Program

How long will it last?

Check out this resource on how long common fruits and veggies are good until they need to be thrown away. Scan the QR code below or visit <https://tinyurl.com/3k3f6jp2>



PARENT CORNER

Fun ways to get your family physically active

- Play "ABC Jacks." With each jumping jack, say the letter of the alphabet in order.
- Play hopscotch.
- Rake leaves, build a snowman, sweep, or garden.
- Take a walk after dinner and look for a specific shape, like circles or triangles.
- Play volleyball with balloons. Keep a balloon afloat by hitting it back and forth.
- Play "Simon Says."
- Take the toys (or pet) for a walk.
- Race to the nearest tree or other landmark.

Source: USDA Move, Play, Have Fun! https://fns-prod.azureedge.net/sites/default/files/tn/dmp_moveplay.pdf



RECIPE

Classic Egg Salad

If you're a fan of egg salad, try this super-fresh version. Serve this as a sandwich with lettuce and tomato slices, inside a lettuce leaf, or scooped on top of a green salad.

- 2 tablespoons plain low-fat Greek yogurt
- 1 tablespoon oil
- 1 teaspoon mustard
- 1 tablespoon chopped fresh herbs (or 1/2 teaspoon dried) such as parsley, basil, dill, cilantro or the leaves from inside a bunch of celery
- 1/4 teaspoon salt
- 1 celery stalk, finely chopped
- 4 large eggs, hard-cooked and peeled

1. Put the yogurt, oil, mustard, herbs, and salt in a bowl and mix well.
2. Add the celery and mix well.
3. Cut the eggs in half lengthwise and then chop them.
4. Add chopped eggs to the bowl and using a fork or spoon, mix well.
5. Taste and add more seasoning if desired.
6. Serve on whole-grain bread as a sandwich or on top of a salad.
7. Refrigerate up to 1 day.

Makes 4 servings

Serving size: 1/3 cup

Nutrition facts per serving: 110 calories; 8g total fat; 2g saturated fat; 0g trans fat; 185mg cholesterol; 240mg sodium; 1g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 7g protein; 6% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: ChopChop magazine

COOKING WITH KIDS

Microwaved Scrambled Eggs in a Mug

- Nonstick cooking spray
- 2 large eggs
- 2 tablespoons non-fat milk
- 1 tablespoon low-fat cheddar cheese
- 2 tablespoons chopped tomato*
- Pinch of salt and pepper

1. Spray a large (12-ounce) microwave-safe mug with nonstick cooking spray.
2. In a small bowl, whisk together eggs, milk, cheese, tomato, salt, and pepper. Pour mixture into the mug.
3. Microwave the mug on high for 30 seconds; stir. Microwave for 70 to 80 seconds or until eggs are puffed and set.

*Substitute 1 1/2 tablespoons of salsa for the chopped tomato if desired.

Makes 1 serving

Serving size:

1 microwaved egg mug

Nutrition facts per serving: 170 calories; 10g total fat; 3.5g saturated fat; 0g trans fat; 375mg cholesterol; 220mg sodium; 3g total carbohydrate; 0g dietary fiber; 3g total sugars; 0g added sugars; 16g protein; 10% Daily Value of vitamin D; 10% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium

Source (adapted): <https://www.incredibleegg.org/recipes/microwave-coffee-cup-scramble>



FOOD FACTS

Protein

Protein is in every cell in the body. Our bodies need protein from the foods we eat to build and maintain bones, muscles, and skin. It also repairs injured tissues, helps the body fight infection, helps with blood clotting, and helps regulate fluid balance. Protein is found in beans and peas, dairy products, eggs, meats and poultry, nuts and seeds, seafood, and soy products.

Select a wide variety of protein foods to get more of the nutrients your body needs and for health benefits. Meat and poultry choices should be lean or low-fat, like 93% lean ground beef, pork loin, and skinless chicken breasts. Trim or drain fat from meats before



or after cooking and remove poultry skin before eating. Be sure to choose seafood and plant sources of protein in place of some meats and poultry.

Source: <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/protein.cfm>



SMART TIPS

Caffeine... Wake-up call

Caffeine functions as a stimulant in the body. It can make people feel more alert. Caffeine is a substance that is generally recognized as safe by the Food and Drug Administration (FDA). For healthy adults, the FDA states to drink no more than 400 milligrams of caffeine a day. There are no safe limits for children and should be fully avoided in children younger than age 2. Major sources of caffeine include soda, tea, coffee, and sports drinks.

A 12-ounce can of caffeinated soda typically contains 30 to 40 milligrams of caffeine, an 8-ounce cup of green or black tea 30 to 50 milligrams, and an 8-ounce cup of coffee closer to 80 to 100 milligrams. Caffeine in energy drinks can range from 40 to 250 mg per 8 fluid ounces.

Sources: Dietary Guidelines for Americans and FDA Consumer Updates

LOCAL EVENTS

If you are interested in nutrition classes, contact your Extension office.

VISIT US ONLINE AT
[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)