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Nutrition Take Home Kits English - Module 6

UNM Prevention Research Center

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Orange-Pineapple Smoothie **RECIPE**

Module 6

Ingredients:

- ☐ 1 banana
- ☐ 1-15oz can pineapple chunks (packed in their own juice, not in syrup)
- ☐ 1 cup 100% orange juice (not "orange drink")
- ☐ ¼ cup non-fat (skim) or low-fat (1%) milk
- ☐ 4-5 ice cubes



Directions:

1. Peel the banana. Let your child help you with this step.
2. Place all ingredients into an unplugged blender. Have your child help you with this step.
3. Plug in the blender, turn on, and blend until smooth.
Make sure that your child's hands are not near the blender when it is turned on.

TIP 1: If you don't have a blender, you can use a potato masher. Just leave out the pineapple and mash in an extra banana. Or, use canned pineapple that is already crushed (but still in its own juice). You'll also need to leave out the ice.

TIP 2: Try using a whole peeled orange instead of just the juice. That way, there is more fiber and nutrients that are good for you and your family. Just peel and chop it, then put in the blender along with the other ingredients.



REMEMBER:

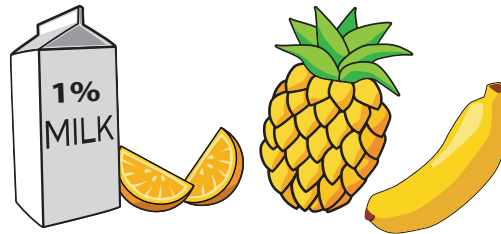
Your children are more likely to try a new food if you try it with them!





SHOPPING LIST

- ☐ 1 banana
- ☐ 1-15 oz can pineapple chunks, canned, packed in their own juice (not in syrup)
- ☐ 100% orange juice (NOT orange drink)
- ☐ Low-fat (1%) or non-fat (skim) milk



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Sweet Potato "Shake & Bake" **RECIPE**

Module 6

Ingredients:

- ☐ 3-4 sweet potatoes
- ☐ 1 Tablespoon olive oil
- ☐ Salt, to taste
- ☐ Dash of nutmeg or cinnamon (optional).



SAFETY TIPS!

Never keep or leave a knife within reach of a young child. Keep young children away from a hot stove and hot pans. Cut sweet potatoes into pieces no larger than ½ inch to prevent choking.



Directions:

1. Preheat the oven to 450 degrees.
2. Scrub and rinse the sweet potatoes. Leave the skin on.
3. Cut each sweet potato into pieces no larger than ½ inch.
4. Place all sweet potato pieces into a zip-top plastic bag.
5. Ask your child to add the olive oil, a few shakes of salt and a dash of nutmeg or cinnamon (if you are using it).
6. "Lock" the bag shut and have your child shake the bag.
7. Open the bag and arrange the sweet potato pieces in a thin layer on a baking sheet.
8. Bake for 15-20 minutes.

TIP 1: Why not turn on some dancing music so you and your child can really "shake" while making this recipe!

TIP 2: If you don't have any plastic bags for the "shaking", that is okay. Just toss everything together in a bowl. The bag just makes it more fun.



REMEMBER:
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SHOPPING LIST

- ☐ 3-4 sweet potatoes
- ☐ Olive oil
- ☐ Cinnamon or nutmeg (optional)
- ☐ Salt
- ☐ Zip-top plastic bags



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Tips for Switching to Low Fat Milk and Cheese...

Module 6

TIPS

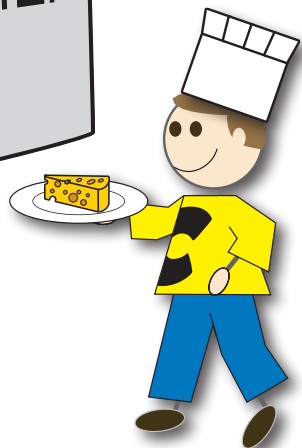
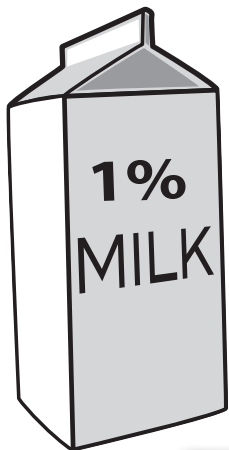
For most people over the age of two, low-fat (1%) or fat-free milk and cheese are recommended. Reduced fat (2%) milk and whole milk have a lot of fat, saturated fat and cholesterol, which most children over the age of 2 and adults don't need. Low-fat and skim milk has just as much of the good stuff (calcium, vitamin D and protein) as whole or 2% milk.

Part-skim mozzarella and reduced fat cheese are both lower in fat and good sources of calcium. When choosing lower-fat cheeses, look at the nutrition facts label for types that have 6 grams of fat or less per ounce.

Some people find it easier to slowly change the type of milk they drink. For example, if you are used to drinking whole milk, try 2% at first, then go to 1%, then fat-free. And many find that once they make the change, they don't even like the taste of whole milk anymore!

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TIPS

MILK						
Per 1 cup Serving	Skim (Fat Free)	1% Milk (Low fat)	2% Milk (Reduced fat)	Whole Milk	1% Chocolate Milk	Whole Chocolate Milk
Calories	83	102	122	149	158	208
Fat (g)	0	2.5	5	8	3	8.5
Saturated fat (g)	0	1.5	3	5	2	5
Protein	8	8	8	8	8	8
Calcium (mg)	299	305	293	276	290	280
Vitamin D (IU)	115	117	120	124	108	124

CHEESE						
Per 1 oz Serving	Part Skim Mozzarella	Reduced Fat Cheddar (2%)	Cheddar	Swiss	Pepper Jack	Monterey Jack
Calories	86	90	114	108	110	110
Fat (g)	5	6	9	8	9	9
Saturated fat (g)	3	4	6	5	6	6
Protein	7	7	7	7	7	7
Calcium (mg)	207	200	204	224	200	200

These charts help show the difference in calories and fat for higher fat versus lower fat dairy choices, but also show how amounts of protein, calcium and Vitamin D are all about the same. Chocolate milk has a lot of extra calories from sugar that children don't need.





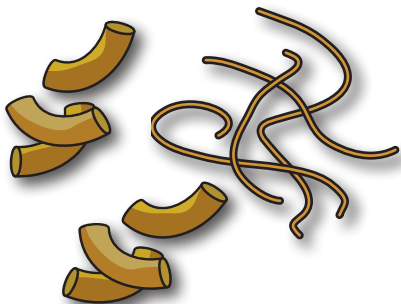
Veggie Pasta

Module 6

RECIPE

Ingredients:

- ☐ 1 box or bag of whole wheat pasta (13 to 16 ounces, try spaghetti or rotini)
- ☐ 1-15 ounce can vegetables (try mixed veggies, green beans, spinach, or carrots)
- ☐ 1 cup spaghetti sauce
- ☐ ½ cup part-skim mozzarella cheese, shredded



Directions:

1. Boil water in a cooking pot.
2. While the water is boiling, rinse and drain the canned vegetables in a strainer, which will remove extra salt. Set aside in a bowl.
3. Add the whole wheat pasta and cook for 10 minutes, or until tender.
4. Drain pasta in the strainer.
5. Return pasta to pot and add vegetables and spaghetti sauce.
6. Cook on medium-low heat until the vegetables are hot.
7. Just before serving, sprinkle with the part-skim mozzarella cheese.

TIP 1: You can use fresh or frozen vegetables instead; just cook them before adding them to the pasta.

Shopping List and Tips for switching to whole wheat pasta
continued on the other side



REMEMBER:

Your children are more likely to try a new food if you try it with them!





SHOPPING LIST

- ☐ Part-skim mozzarella cheese, shredded
- ☐ Whole wheat pasta (whole wheat is the first ingredient on the label)
- ☐ Spaghetti sauce
- ☐ 1-15 oz can vegetables (try mixed veggies, green beans, spinach, or carrots)



TIPS for switching to whole wheat pasta

Whole wheat pastas are made from wheat that includes ALL parts of the grain seed. Whole grain pastas have more of the “good stuff” our bodies need, such as fiber, protein, vitamins and minerals.

When choosing pasta for your family, look for types made from whole grains. Look for “**Whole** Wheat” or “**Whole** Grain” on the pasta bag or box. Also check the list of ingredients and choose pastas that list a whole grain as the first ingredient. Look for the following ingredients: **whole** wheat, **whole** durum, **whole** grain.

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