



### Eat Right, Bite by Bite

March is National Nutrition Month® and this year we are celebrating every nutritious bite we take as a step in the right direction. Improving our eating habits is about recognizing small ways we can make changes because these small changes can really add up! We always encourage finding ways of [adding more fruits and veggies](#) to our day, or finding new ways to move even if that means 5-10 minutes of moving for every hour of sitting -[fidgeting counts](#). What are some small, healthy changes you can make this month?

### Try this at Home!

Children are more likely to accept a new vegetable or previously-rejected vegetable if we repeatedly offer it at mealtime or snack time. Recent research show now that if we expose children to multiple types of vegetables, not just one, over and over they are more likely to eat more vegetables than if they were only exposed to one type. How can we do this at home?

1. Choose three vegetables that your child/children neither like or dislike. Vegetables should be cut into bite-size pieces and recognizable (e.g., no 'disguising' broccoli as something else). You can prepare the vegetables any way you want (caramelized -popular with kids, steamed, sautéed, etc.).
2. Offer random combinations of two of the vegetables to your child/children 3 times a week for 5 weeks.
3. Create a "I tried it chart" for younger kids with stickers to track your child/children's progress. Get them involved in the process!

### Parent Power Tips from the SuperKids Nutrition Founder

March is the time to start thinking about spring cleaning, and this year we have some recommendations for how you can "spring clean" your daily routine:

- Get up 15 minutes early and take the time to move your body before the day begins. Stretch, take a walk to the mailbox, or do a few yoga poses or stretches. This may mean getting to bed 15 minutes early, but it will be worth it! [Make exercise a part of your daily routine!](#)
- Replace one cup of coffee a day with tea! Try out one of the [fun homemade teas](#) on our website!
- Add some music to your meal prep! Listening to your favorite tunes and even dancing a bit while you meal prep can make a difficult or boring activity more exciting. Get the whole family engaged!
- Get your family to try a fruit or vegetable they have never tried before, or prepare an old favorite in a new way! Check out our site for a [variety of recipes](#) and meal plans.

Visit us at [SuperKidsNutrition.com](http://SuperKidsNutrition.com), [Instagram](#), [Pinterest](#), [Facebook](#) and [twitter](#) for fun, tasty and good-for-you ideas!



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# SuperKids Nutrition



## Green is Good!

Celebrate St. Patrick's Day and National Nutrition Awareness Month by trying new green foods.

**Directions:** Check off the ways you'll try green foods this month.



- ☐ Add kiwi to a smoothie
- ☐ Try making kale chips
- ☐ Cook baby spinach with soy sauce and garlic
- ☐ Add sliced limes to your water

## Help Jessie Find the Green Foods

Find the green foods in the word search below.

T	J	W	G	I	S	X	O	I	B
K	I	W	Y	X	O	J	S	I	T
A	Y	L	E	R	O	L	H	H	S
V	P	M	O	C	O	K	P	G	P
D	E	P	B	C	Y	C	R	Q	I
P	A	F	L	Z	C	A	L	W	N
V	X	S	C	E	P	O	I	T	A
Y	Z	I	W	E	O	K	R	B	C
O	N	H	Y	P	R	U	Y	B	H
O	D	A	C	O	V	A	E	H	S
APPLE	AVOCADO	BROCCOLI							
GRAPE	KIWI	SPINACH							

## Nutrition & Fitness Tips

MARCH 2024

### The Super Crew's Rainbow

Leprechauns look for a pot of gold under the rainbow. The Super Crew looks for plant-based foods in many colors. Add to the list of colorful foods below. Then circle those you'll try this month. Check the box when you've tried them all!

- ☐ Red: tomatoes, strawberries,
- ☐ Orange: oranges, persimmons,
- ☐ Yellow: quinoa, pineapple,
- ☐ Green: spinach, green apple,
- ☐ Brown: cinnamon, whole grains,
- ☐ Purple: eggplant, grapes,



### Snack Time Scramble

**Directions:** Unscramble the letters to reveal Kira and Marcus' favorite foods and healthy snacks.

\_\_pp \_\_\_\_ with hummus

K \_\_\_\_i\_\_ and strawberries

Cinnamon \_\_t \_\_\_\_

Frozen m \_\_\_\_ng \_\_\_\_

Cocoa powder sprinkled on top of fruit and y \_\_\_\_u \_\_\_\_



- Marcus

- Kira

Answer Key: apples; kiwis; sticks; mango; yogurt



# Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured fruit is **berries**



## Health and Learning Success Go Hand-in-Hand

Getting children to try new foods can be hard. It is normal to offer a new food many times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use *Harvest of the Month* tips and recipes to encourage trying new foods and to find new family favorites.

## Produce Tips

- Choose fresh **blueberries** that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh **raspberries** that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh **blackberries** that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for fresh berries in season to get the best value.

## Healthy Serving Ideas

- Add berries to your cereal for added fiber and flavor.
- Mash berries to make your own jam.
- Top pancakes with fresh blueberries or blackberries.
- Stir your favorite berries into lowfat yogurt for a tasty snack.
- Toss raspberries into a spinach salad.
- Keep a bag of mixed berries in the freezer for smoothies.

## HONEY GINGERED FRUIT SALAD

**Makes 6 servings. 1 cup per serving.**

**Prep time:** 30 minutes

### Ingredients:

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

### Honey Ginger Sauce:

- $\frac{1}{3}$  cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey\*
- $\frac{1}{8}$  teaspoon ground nutmeg
- $\frac{1}{8}$  teaspoon ground ginger

1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

\*Do not give honey to children under the age of one.

### Nutrition information per serving:

Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

Recipe courtesy of BOND of Color.

## Let's Get Physical!

Biking is a great way to be active and healthy. It also helps the environment by lowering air pollution and traffic.

- **At home:** Ride your bike for errands.
- **At work:** Invite coworkers to ride bikes during Bike-to-Work in May.
- **With the family:** Ride to a park after dinner to play a game of tag.

For more information, visit:

[www.bikeleague.org/programs/bikemonth](http://www.bikeleague.org/programs/bikemonth)

## Nutrition Facts

Serving Size:  $\frac{1}{2}$  cup blueberries (74g)  
Calories 42      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%

## How Much Do I Need?

- A  $\frac{1}{2}$  cup of berries is about one cupped handful.
- A  $\frac{1}{2}$  cup of most berries (blueberries, strawberries, blackberries, raspberries) is a good source of vitamin C and fiber.
- Berries are rich in phytochemicals, which come from plants and may help you stay healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. All forms of fruits and vegetables count toward your daily needs – fresh, frozen, canned, dried, and 100% juice! Look at the chart below to find out how much your family needs.

## Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

## What's in Season?

In California, blackberries, blueberries, and raspberries are in peak season in late spring and summer. Frozen berries are available year round. Visit a local farmers' market to ask about the berry season in your area.

Try these other rich sources of phytochemicals: beets, cherries, plums, red or purple cabbage, red or purple grapes, and whole grains.