

Nutrition News You Can Use

October, 2010



Healthy Halloween



Power Up with Breakfast

Breakfast gives you energy to start the day. Get the morning nutrition you need with these quick breakfast ideas:

Make oatmeal with low-fat milk instead of water. Mix in raisins or dried cranberries.

Layer low-fat yogurt with your favorite crunchy cereal and sliced fruit or berries.

Mix up a smoothie made with low-fat milk, frozen berries and a banana.

Add lean ham and low-fat Swiss cheese to a whole-grain English muffin.

Power up with a healthy breakfast and you are off to a great start!

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Tricks to Enjoying Treats...

It's easier than ever to find Halloween treats to make kids happy while providing a health benefit. Grocery store shelves are stocked with kid-friendly favorites containing whole grains, extra vitamin C, 100-percent fruit juice and added fiber.

This year, consider mixing up the candy bowl with some of these items that kids might enjoy, even though they may be good for them.

- * Individual fruit cups
- * Whole-grain cheddar crackers
- * Sugar-free gum
- * Mini rice cereal bars
- * Animal crackers
- * Low-fat pudding cups
- * Cereal bar made with real fruit
- * 100-percent fruit juice boxes

Another option for your trick-or-treaters is non-food items such as Halloween pencils, pens, stickers, tattoos, and spider rings. If you just can't resist handing out candy, give bite-size candy bars.

Parents and kids should agree ahead of time on how much and when candy can be consumed each day. As with any treat, candy can be a part of children's healthful eating plans—in moderation.

www.eatright.org

October is National Breast Cancer Awareness Month!

Smart Eating May Reduce Your Risk for Breast Cancer

The most common cancer among North American women, breast cancer strikes nearly 200,000 annually. October is *National Breast Cancer Awareness Month*, the perfect time to take action and reduce your risk.

Research indicates eating a low-fat diet with plenty of fruits and vegetables may offer protection against breast cancer. The complex composition of fruits, vegetables, and whole grains may lower your breast cancer risk—especially the dietary fiber, beta carotene and vitamin C found in those foods.

So Enjoy a variety of fruits, vegetables, and whole grains daily!

