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Volume 5, Issue 2

January/February 2017

A Word from the Dietitian...

January National Food Days

National Oatmeal Month
National Soup Month
1/1– Black Eyed Pea Day
1/4– Spaghetti Day
1/6– Bean Day
1/9– Apricot Day
1/19– Popcorn Day
1/21– Granola Bar Day
1/28– Blueberry Pancake Day
1/29– Corn Chip Day

February National Food Days

National Hot Breakfast Month
National Potato Lovers Month
2/1– Dark Chocolate Day
2/2– Tater Tot Day
2/4– Homemade Soup Day
2/5– Frozen Yogurt Day
2/8– Potato Lover's Day
2/12– PB&J Day
2/16– Almond Day
2/20– Muffin Day
2/21– Biscuits & Gravy Day
2/26– Pistachio Day
2/27– Strawberry Day
2/27– Chili Day

Taken from www.foodimentary.com

If you would like to learn about the USDA's lunch and breakfast requirements, please visit www.traytalk.org.

Did you make a New Year's resolution? According to the Oxford Dictionary, a resolution is "a firm decision to do or not to do something." It doesn't have to be a big decision. Nothing says that New Year's is the only time you can make resolutions, either.

What if you made a new resolution each month, week, or

day? Here are some suggestions for resolutions:

- Try a new food at home or in the cafeteria.
- Eat breakfast.
- Help with the grocery shopping- pick out a fruit or vegetable you have never tried before.
- Try a new sport, exercise, or activity.
- Help with cooking a meal at home.

- Find a new recipe you would like to try.
- Get creative and don't watch TV for an entire day.
- Wear a step-counter and see how many steps you can walk in a day.

You can make resolutions anytime. Make them fun! 🍌

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Does your Plate Look Like MyPlate?

Have you seen the MyPlate icon? Yes, it's colorful, but did you know it's more than just a pretty picture?

Use MyPlate as a tool to help you plan healthy meals and snacks. Here a few tips about healthy eating we can learn from MyPlate:

- Choose a variety of healthy foods and beverages from each food group.
- Try to make half of your plate or tray fruits and vegetables.
- Eat and drink the right amount for you.
- The more colorful your plate is, the more nutrients your meal probably contains!
- Focus on whole fruits.
- Eat a variety of vegetables– red/orange, dark green, legumes, and starchy.
- Make at least half of your grains whole grains.
- Move to low-fat and fat-free dairy.





Eating whole grains reduces the risks of many diseases including heart disease, cancer, diabetes, and obesity.

Healthier Habits



Healthier Habits

Serving-Up Whole Grains in a Cafeteria Near You

Did you know that almost all grains offered as part of a school lunch, breakfast, or a la carte snack are whole grain-rich? This means at least 50% of the grain in each item is a whole grain.

Whole grains are a great addition to any meal, not just school meals. Whole grains contain many disease-fighting vitamins and minerals similar to fruits and vegetables. They also contain B vitamins, iron, and fiber. Whole grains reduce risks of many diseases including heart disease, cancer and diabetes. A diet rich in whole grains also has been shown to lower the risk of obesity and stroke.

Okay, you may be thinking that sounds great, but what kinds of foods are whole grains? Whole grain food items include: brown rice, oatmeal, cereal, popcorn, rolled oats, quinoa, whole wheat bread, whole wheat crackers, whole wheat pasta, and whole wheat tortillas. Your family may already be buying and eating some of these items; if not, I challenge you to pick up at least one new whole grain product to try the next time you are in the grocery store.



How to Recognize a Whole Grain

There are many different advertising techniques that can confuse you when you are trying to pick out whole grains. For example, if a grain item says it is “wheat,” “multi-grain,” “stone ground,” “100% wheat,” “cracked wheat,” or “bran” it is probably not whole grain. Also, just because the bread you buy is “brown” that doesn’t make it a whole grain either. The only way to really tell if something is whole grain is to look at the ingredient list.

The list of ingredients can be found near the nutrition facts panel on the packaging of a food item. A whole grain will have the word “whole” as part of the *first* ingredient. Examples would be “whole wheat,” “whole corn,” oats, or other “whole” grains. If the loaf of bread or other grain product lists something like “wheat flour”, or “enriched flour “ as the first ingredient then that product is not made with whole grains.

www.choosemyplate.gov

Baked Oatmeal

Ingredients

1½ cups quick cooking oats
¼ cup packed brown sugar
½ teaspoon ground cinnamon
1 teaspoon baking powder
¼ teaspoon salt
1 egg
½ cup plus 1 tablespoon milk
⅓ cup maple syrup
1 tablespoon melted butter

Source: eatright.org

Directions

1. Preheat the oven to 350°F.
2. In a large bowl, mix together the quick cooking oats, brown sugar, cinnamon, baking powder and salt. Mix until well combined and set aside.
3. In a separate bowl, beat the egg. Whisk in milk, maple syrup and melted butter. Pour the wet ingredients into the oat bowl and stir to combine.
4. Lightly spray an 8-by-8-inch glass baking dish (or comparable dish) with cooking spray and pour the oatmeal mixture in.
5. Bake for 30 minutes until set and golden brown. Enjoy as is or serve with more milk, brown sugar, fruit and chopped nuts.

