



## Sneak Healthy Foods into Your Snacks

SNACKS don't have to be unhealthy chips and sweets. In fact, they can add important nutrients and fiber to your diet, as the American Institute for Cancer Research (AICR) advises for lower cancer risk.



Turn your snacking into a healthy habit with cancer-protective foods. A mid-morning and mid-afternoon snack can help you eat 4–5 cups of vegetables and fruits daily. Healthy snacks that also contain fiber-rich whole grains and protein can give you lasting energy.

### STEER CLEAR OF UNHEALTHY SNACKS

Unfortunately, the most common and convenient snacks tend to be highly processed. Chips, candy and even many types of crackers are filled with added sugar, salt and saturated fat. The combination of these ingredients is designed to make us crave more and overeat. This can ultimately lead to weight gain and increase risk of chronic diseases.

Yet with a little creativity, it's easy to whip up some nutritious and tasty snacks. "Aim for 1–3 small snacks per day if you are going more than 5 hours between meals or find you are ravenous at meal times," says Sonja Goedkoop, MSPH, RDN.

Make sure healthy snacks **replace** less healthy foods and beverages instead of adding to your current eating habits,

### Crunchy Snacks

1. Air-popped popcorn with a drizzle of olive oil and sprinkle of Parmesan cheese
2. A rice cake with 1 Tbsp. peanut butter and ½ sliced banana
3. Carrot and celery sticks or whole wheat pita bread wedges. Enjoy

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## DID YOU KNOW...

- February is National Children's Dental Health Month.
- If you don't floss, you miss cleaning 35% of the tooth's surface.
- Reports show that American students miss 51 million hours of school every year because of oral health problems.
- Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease.
- Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women.
- Research shows that 91% of adults snack at least once a day and almost 50% of Americans replace meals with snacks at least 3–4 times a week.

American Dental Association,  
National Education Association,  
American Heart Association, Forbes,

### Quotable Quotes

“You don't have to brush all your teeth, just the ones you want to keep.”

## Sneak Healthy Foods into Your Snacks

— Continued from front page

them with 2 Tbsp. of hummus (chick pea dip found in the deli section) or low-fat cottage cheese.

4. Scant handful of almonds or cashews
5. Fresh raw veggies (celery, bell peppers, carrots, cauliflower, broccoli, snap peas). Dip them into low-fat cottage cheese mixed with 1 Tbsp. salsa or horseradish, fresh dill and black pepper.

### Savory Snacks

1. Steamed edamame (green soybeans found in the freezer section)
2. Hardboiled egg or hummus deviled egg (slice egg in half, mix yolk with 2 tsp. hummus and refill each egg half with mixture)
3. One-quarter avocado spread on 1 slice of whole-grain toast. Top it with a squeeze of lime juice or a sprinkle of salt.
4. A cheese stick or slice of reduced-fat cheddar with a sliced apple

### Sweet Snacks

1. Frozen grapes or mango chunks with ½ cup low-fat cottage cheese
2. Half-cup raspberries mixed into nonfat Greek yogurt and sprinkled with 1 Tbsp. mini dark chocolate chips
3. Half-cup fruit (peaches, pears or mandarin oranges) canned in 100 percent juice. Enjoy it with 2 graham crackers.
4. 1 medium fresh fruit cut up and mixed with ½ cup plain nonfat Greek yogurt or blended with ice cubes into a smoothie

— Sonja Goedkoop, MSPH, RDN

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### MORE IDEAS FOR HEALTHY SNACKING

#### Crunchy Apple Pie Wraps

Toss together thinly sliced apple, toasted, chopped walnuts, a touch of maple syrup and a sprinkle of cinnamon. Place mixture on the center of a small whole wheat tortilla and roll into a cone shape to eat.

#### Moroccan Trail Mix

Mix together roasted almonds, chopped dried apricots, golden raisins, broken whole wheat crackers and a sprinkle of cinnamon and serve it in small paper cups or plastic snack bags.

#### Nutty Banana Bites

Spread nut, soy or seed butter over a whole grain flour tortilla, just shy of the edge. Place a whole, peeled banana length-wise on top of the tortilla near the edge closest to you. Roll the banana up completely in the tortilla. Cut the roll crosswise into rounds.

#### Stix in Blankets

Cut thin veggie sticks from celery, carrot, cucumber, jicama and bell pepper. Lay out thin slices of deli ham, turkey or roast beef. Let kids choose veggies to wrap into their “protein blanket.”

#### Granola Apple Stacks

Core an apple and lay it on its side and cut apple crosswise into thin, ¼ inch, slices. Let the children spread their apple slices with nut, seed or soy butter and sprinkle with low-sugar granola, pressing down lightly so that it sticks. Stack with a second apple slice.

— Adapted from: *Weightwatchers.com*, *RachaelRayMag.com*, *Parents.com*

## KIDS' HEALTH & SAFETY

# Healthy Teeth and Gums for Little Ones

**TEETH** are among our most important possessions. Taking care of teeth by protecting and cleaning them from the very beginning will make a difference in how they grow and how healthy they are. Tooth decay is preventable!

### PROTECTING TEETH

- Don't allow babies to use a bottle for an extended period of time during the day or after they have fallen asleep. The sugars can lead to tooth decay.
- Breast fed babies should be detached from the nipple when the feeding is finished.
- Babies should stop using a bottle by the time they are 1 year old.
- Don't put anything sweet on a baby's pacifier.
- Lift your child's top lip once a month to look for early signs of tooth decay, which looks like white chalky lines or brown spots near the gum line.
- Healthy snacks and drinks are important for children, avoid added sugar. Offer plenty of water.

### CLEANING TEETH

- Start cleaning a baby's teeth as soon as they appear in the mouth. Clean the teeth with a small, soft toothbrush.
- Brush the teeth twice a day - after breakfast and last thing before going to sleep at night. Clean the teeth, gums and tongue.
- Adults should supervise the use of toothpaste and tooth brushing by young children. Children generally do not do a good job until they are 8 to 9 years old.

### TOOTHPASTE

- Using fluoride toothpaste twice a day is a very effective way of reducing tooth decay.
- Teach children to spit out the toothpaste after brushing, swallowing may cause them to get too much fluoride.
- Don't rinse. Fluoride can protect the teeth for some time after brushing if the toothpaste is not rinsed out of the mouth.

### CHILDREN UNDER 18 MONTHS OF AGE

- Children aged 0 to 17 months do not need toothpaste.

- From birth to 18 months of age the permanent front teeth are developing, if children swallow fluoride toothpaste they may get white flecks (fluorosis) on their permanent adult teeth.
- If you live in an area which does not have fluoridated water, ask your dental professional for advice.

### CHILDREN 18 MONTHS – 5 YEARS OF AGE

- Research shows that young children swallow a lot of toothpaste when brushing their teeth. Therefore, it is recommended that they use a low-fluoride toothpaste.
- Use a pea size amount of low-fluoride toothpaste, applied to the brush by an adult.
- Toothpaste should be kept out of children's reach.

### CHILDREN 6 – 18 YEARS AND ADULTS

- For children aged 6 years and over use a pea size amount of regular toothpaste.
- Remind younger children and teens to brush twice a day, as needed.

### TOOTHBRUSHES

- Everyone should have their own toothbrush with a small head and soft bristles.
- Store toothbrushes in a clean, airy place so that they can dry out between uses.
- Replace toothbrushes regularly, when they become 'shaggy' and after illnesses such as colds, the flu or mouth infections.

### FLUORIDE

Fluoride is found naturally in food and water and is added to most water supplies and many oral care products such as mouth rinse and toothpaste.

Fluoride protects both before and after teeth come through to prevent tooth decay.

### DENTAL VISITS

All children should have an oral health check-up by the age of 2 and regular cleanings from a professional.

— *Adapted from: Women's and Children's Health Network*

## Walnut Encrusted Tilapia

<b>Olive oil, divided</b> .....	<b>1 Tbsp</b>	<b>Salt and pepper</b> .....	<b>to taste</b>
<b>Egg</b> .....	<b>1</b>	<b>Walnuts, finely chopped</b> .....	<b>¼ cup</b>
<b>Zest of a Lemon</b> .....	<b>1</b>	<b>Whole wheat bread</b>	
<b>Garlic, finely chopped</b> .....	<b>1 clove</b>	<b>crumbs</b> .....	<b>⅔ cup</b>
<b>Parmesan cheese, shredded</b>	<b>1 Tbsp</b>	<b>Tilapia</b> .....	<b>1 pound</b>

1. Preheat oven to 425°F and coat baking dish with 1 tsp olive oil.
2. Beat egg in mixing bowl and add lemon zest, remaining olive oil, garlic, Parmesan cheese, salt and pepper.
3. Mix walnuts and bread crumbs in a large bowl.
4. Dip fish into egg mixture. Then dredge in crumb-nut mixture, coating both sides well. Place breaded fillets on prepared cooking dish.
5. Bake for 17 minutes (or until inside of filet appears opaque) and serve.

Yield: 8 servings

Meets requirement for meat/meat alternate

— *American Institute for Cancer Research*

## Roasted Parsnip Fries

<b>Parsnips, peeled</b> .....	<b>3</b>	<b>Onion powder</b> .....	<b>¼ tsp</b>
<b>Canola oil</b> .....	<b>1 Tbsp</b>	<b>Black pepper, fine</b> .....	<b>¼ tsp</b>
<b>Salt, coarse kosher</b> .....	<b>¼ tsp</b>	<b>Parsley sprigs, raw,</b>	
<b>Paprika smoked, sweet</b> .....	<b>¼ tsp</b>	<b>(optional)</b> .....	<b>3</b>
<b>Garlic powder</b> .....	<b>¼ tsp</b>		

1. Cut parsnips in half, lay cut-side down and cut lengthwise into strips. Blanch cut strips in boiling, salted water for 3–4 minutes. They should be undercooked and still firm. Drain and spread on a baking sheet to dry. Refrigerate until cool, (can be frozen for later use).
2. Combine spices together in small bowl. When parsnip are cooled set oven to 450°F.
3. Toss chilled parsnips in a bowl with 1 Tbsp of canola oil – coat well. Sprinkle moderately with spice mixture -toss to coat.
4. Spread seasoned parsnips onto baking sheet and roast at 450°F until brown, caramelized, and beginning to crisp on the outside, about 10 minutes. Garnish with extra seasoning mix and parsley if desired.

Yield: 6 servings

Meets requirement for vegetable

## ACTIVITY CORNER

### Games and Skill Building

#### Sardines in a Can

The latest craze is a revised version of an old classic, a sillier hide and seek. There is only one hider, the “sardine” and everyone else must look for her. When each player finds the sardine, he must hide with her. As more kids join, they pack together (like a can of sardines) until one child is left searching. When the final seeker finds the group, they cheer, “Surprise!”



#### Teaching Jumping Jacks

Tell the children, when their legs are spread out and hands are clapped above the head, it’s called “teepee.” When their legs are together and arms and hands at their sides, it’s called “pencil.” Children can learn this skill slowly as they shout out “teepee....pencil....teepee....pencil!”

— *Parents Magazine*

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**Food** Q. What do dentists call their X-rays?  
**Funny** A. Tooth-pics!