



Maschio's Food Services

"Healthy Meals Grow Healthy Kids"

April 2010

Did you know?

April is National Garden Month, National Oral Health Month and National Grilled Cheese Month.



You've probably heard a lot about the importance of children's growing bones. But calcium is also important for your child's healthy mouth.

- Calcium, a mineral, helps keep the teeth, gums, and jawbones strong and healthy.
- Milk and other dairy foods, like cheese and yogurt, are excellent sources of calcium and also help develop strong teeth and reduce cavity risk.
- One 8-ounce glass of milk has about 300 milligrams of calcium.
- Other healthy foods with calcium are dark green, leafy vegetables; orange juice with calcium added; and soy milk with calcium added.
- Kids, aged 4-8 years & 9-18 years need 800 mg and 1,300 mg of calcium/day respectively.

Source: National Institute of Child Health and Human Development



A COMPLETE LUNCH INCLUDES:
 PROTEIN
 GRAINS
 FRUIT
 VEGETABLE
 MILK
Take all 5!

Keep your children smiling with good oral health by...

- Encouraging your children to eat regular nutritious meals and avoid frequent between-meal snacking
- Limiting intake of sugary foods and sugary drinks
- Including a variety of foods from the basic food groups, including fruits, vegetables, grains, milk and dairy products; and meat, nuts, and seeds
- Regular brushing and flossing all contribute to your child's dental health

Source: American Dental Association

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Fill in the Blanks

The potato was the first _____ to be "grown" in space.

_____ is a mineral important for your strong bones and teeth.

_____, a citrus fruit, is a primary source of vitamin C for most Americans.

Saying and eating _____ everyday may help your smile.

Answers : Vegetable, Calcium, Orange, cheese

Orange Ginger Sauce

Try this fast and easy topping on fish or chicken dishes. Prep time: 10 minutes; Serves: 2; Serving size: 2 tablespoons

Ingredients:

- 1/4 c. orange juice
- 2 tsp. ginger juice or 1/2 tsp. ground ginger
- 1 tbsp. fresh cilantro, chopped
- 1/2 tsp. Asian sesame oil

Directions:

1. Place all of the ingredients in a small saucepan and mix well.
2. Bring the sauce to a boil just before serving.

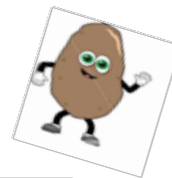
Nutritional analysis

(per serving): 26 calories, 0 g protein, 1 g fat, 1 mg sodium, 4 mg calcium

www.kidshealth.org

Fruit and Vegetable of the Month:

Orange



Potato



Healthy Facts:

- Oranges and Orange Juice are highly valued for Vitamin C and good sources of folate, calcium, potassium, thiamin, niacin and magnesium.
- Potatoes are rich source of fiber, potassium and vitamin C.

Source: Centers for Disease Prevention and Control

What's wrong with sugary snacks, anyway?



- Sugary snacks taste so good-but they aren't so good for your teeth or your body.
- Choose pudding, frozen yogurt or cut-up fruit instead of hard candies and jellybeans.

Source: National Institute of Dental and Craniofacial Research