

SEPTEMBER 2016

BACK TO SCHOOL NUTRITION

How to Ace Your Child 's Breakfast,
Lunch, and Snacks throughout the
School Year



Back to School Nutrition: Kick-start Your Day with Breakfast!

There's a good reason breakfast has long been known as the most important meal of the day. Eating breakfast each morning sets your body up for a successful day, giving you the energy and focus to do well in school and activities.

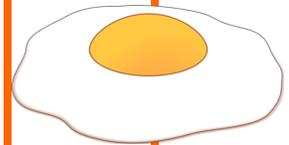


Studies have shown the **risks** associated with kids skipping breakfast include:

- Higher rates of overweight and obesity
- Decreased consumption of fruits and vegetables
- Increased consumption of sugary beverages
- Increased consumption of fast food

Benefits of eating breakfast include:

- Decreased likelihood of overeating at other meals or snacks
- Boost your metabolism and energy levels
- Improve memory and performance in school



Quick and Easy Breakfast Ideas

- Whole wheat toast with peanut butter and banana
- Yogurt (Greek or low-fat) parfait layered with berries and granola
- Oatmeal topped with fruit and nuts
- Banana Bread Overnight Oats (recipe on back)
- Breakfast Burrito (recipe on back)
- Fruit and yogurt smoothies (Peach Crisp smoothie recipe on back)
- Whole wheat English muffin topped with part-skim melted mozzarella cheese, sliced hard-boiled egg, and a slice of tomato
- Whole wheat frozen waffle topped with low-fat cream cheese and strawberries

Recipe Box: Breakfast

These recipes make for a delicious and healthy start to your child's morning. Each is full of fiber and provide long-lasting energy. In addition to great nutritional benefits, these recipes can be made ahead of time for easy morning grab-and-go.

Peach Crisp Smoothie (makes 1)

1 large peeled peach, sliced (or 1 cup frozen)

1/4 cup oats

1/2 cup milk or almond milk

1/2 cup vanilla Greek yogurt

1/4 teaspoon cinnamon

1/4 cup ice cubes

Directions:

1. Combine all ingredients in a blender and blend until desired consistency.

Tip: Substitute peaches for whatever frozen or fresh fruit is in season or on hand.

Banana Bread Overnight Oats (makes 2)

1 1/2 ripe bananas, mashed

2/3 cup old-fashioned oats

1/2 cup non-fat, plain Greek yogurt

1 1/2 tbsp chia seeds

2/3 cup milk (any kind)

1/2 tsp cinnamon

2 tbsp chopped pecans

Side Note: You can switch out the

mashed banana and pecans with a variety of ingredients like peanut butter, apple chunks, strawberries, blueberries, pumpkin, granola, almonds, walnuts, etc)

Directions:

1. Mix together mashed banana, oats, yogurt, chia seeds, milk and cinnamon in a medium bowl.
2. Divide into two 1-cup mason jars, cover, and refrigerate overnight. Top with chopped pecans.

Breakfast Burritos (makes 2)

1/2 cup chopped bell peppers

1 tsp olive oil

3 slightly whipped eggs

1 tbsp water

2 (8 in) whole wheat tortillas

If freezing: After cooking, wrap burritos separately in plastic wrap and then in with aluminum foil before placing in freezer.

Directions:

1. In a skillet, heat oil over medium heat. Cook peppers until soft, then remove and put in a bowl on the side.
2. Pour in eggs and water into skillet, stir gently to cook thoroughly without scrambling, like an unfolded omelet.
3. Take cooked egg out of pan and cut in half, placing one half on each tortilla.
4. Divide peppers between each egg tortilla. Roll into burrito.

10 Tips for Healthy Snacking

Snacks are an important part of a growing child's diet, helping them to maintain a healthy weight and get all the vitamins and minerals they need throughout the day. These tips can help you provide healthy snacks that will keep them full and energized in between meals.

TIP 1: CUT UP VEGETABLES AHEAD OF TIME

By cutting up veggies immediately after buying them and storing them in the fridge, kids will be more likely to grab them. Hummus or low calorie dressings are good to keep on hand to serve them with, or make veggie and cheese kabobs, layering cherry tomatoes, cucumber, and bell pepper slices with mozzarella cheese.

TIP 2: GET CREATIVE

Mix dried fruit, unsalted nuts, and popcorn for a homemade trail mix older school age kids will love. Make smoothies in a mason jar using low fat or fat free yogurt and frozen fruit for a quick snack.

TIP 3: GO FOR MILK

Drinking a cup of 1% or skim milk or milk alternative like almond or soy will provide growing bones with calcium and vitamin D and can satisfy for a quick snack.

TIP 4: CRUNCH ON WHOLE GRAINS

Whole wheat breads, popcorn, or whole-oat cereals are great snacks that are low in added sugars, saturated fats, and sodium. Make sure to keep refined grains like processed snack bars, cakes, cookies, and sweetened cereals as occasional treats.

TIP 5: GET YOUR PROTEIN IN

Lean protein foods like low sodium deli meats or unsalted nuts are great snacks will keep kids full between meals. Keep hard-boiled eggs in your refrigerator or unsalted almonds in the pantry.

TIP 6: PORTION SIZE IS KEY

Learning the importance of portion size is an important concept to teach your child, so snacks do not become meal replacements. Portion snack foods like wheat crackers and nuts into snack size bags to keep in the cupboard.

TIP 7: GRAB SOME FRUIT

Fresh, frozen, dried, or canned fruits are the perfect “grab-and-go” snack. Offer whole fruits like apples or bananas and limit the amount of juice your kids drink.

TIP 8: CONVENIENCE FOODS CAN BE HEALTHY CHOICES

Single serving containers of low-fat yogurt, cottage cheese, and string cheese are both filling and easy after school snacks. They also help kids learn portion control.

TIP 9: CHOOSE HEALTHY OVER SWEET

Help your kids avoid eating sweets between meals by keeping healthier foods handy and limiting those items you buy. A good alternative for soda is adding seltzer water to a 1/2 cup of 100% fruit juice.

TIP 10: MAKE HOMEMADE TREATS

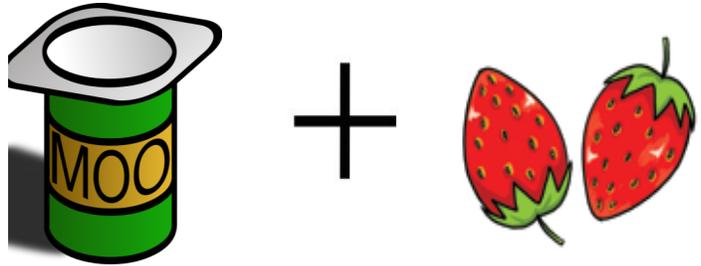
You can reduce the amount of added sugars in recipes by adding dried fruits like cherries or cranberries. Half the amount of butter or shortening in a recipe and substitute unsweetened applesauce or prune puree instead.

SCHOOL-SAFE HEALTHY SNACKS

Nut-free, Dairy-free, Gluten-free: Packing healthy snacks for allergen-free schools

WHAT'S A HEALTHY SNACK?

Snacks are a great way to provide kids with energy in between meals and before activities. A healthy snack is made up of both a carbohydrate source and a protein source. The carbohydrate source, like whole grain breads or fruits, provides quick energy. Adding a protein source helps to maintain fullness and provides long-term energy. Keeping snacks under 200 calories can help to prevent excess intake between balanced mealtimes.



Yogurt, especially Greek, has protein for long-term energy. Adding strawberries provides carbohydrates for quick energy.

**Carbohydrate + Protein =
Short & Long-term Energy**



PACKING HEALTHY, ALLERGEN-FREE SNACKS

According to Food Allergy and Research and Education (FARE), about 1 in 13 kids has a food allergy. More schools are adopting policies restricting foods that are common allergens to limit exposure. With so many different types of food allergies, options for snacks can be limited and it can be difficult to bring in treats that are safe for everyone at school.

Top 8 Food Allergens:

Peanut
Tree Nut
Milk
Egg
Wheat
Soy
Fish
Shellfish

SCHOOL-SAFE IDEAS:

These foods are all peanut/nut free and perfect for school-safe healthy and delicious lunches and snacks.

SSB&J: Switch out peanut butter for the sunflower seed butter, spread with jelly on whole wheat bread.

VEGGIE SANDWICH: A different twist on the PB&J, spread hummus or mashed avocado on whole wheat bread and top with tomato, cucumber slices, and fresh spinach.

BREAKFAST FOR LUNCH: Make a yogurt parfait, alternating low-fat yogurt, berries, and chia seeds.

PIZZA TIME! Toast a slice of whole wheat bread and top with pizza sauce, low-fat cheese, and veggies. Broil under a toaster oven, perfect cold for lunch.

STICK IT OUT: Alternate fruits with turkey slices and cheese cubes on skewers.



MORE ALLERGY-FREE SNACK IDEAS



- Wrap black beans, tomato, and lettuce in a corn tortilla
- Make your own homemade trail-mix with rice Chex, dried fruit, and pumpkin seeds
- Fresh fruit like apples, bananas, grapes, or pears.
- Applesauce or fruit cups packed in their own juice.
- Rice crackers topped with sunflower seed butter and apple slices.
- Popcorn
- Corn chips with guacamole or salsa
- Carrots or cucumber sticks dipped into hummus.
- Enjoy Life foods are free of all the top eight allergens and have a variety of snack foods and baked goods.

Honeybee Crispy Treats

This recipe is wheat-free, milk-free, peanut/tree-nut free, and egg-free. Perfect for kid 's birthdays or special occasion treats at school!

Makes 12 servings

Ingredients:

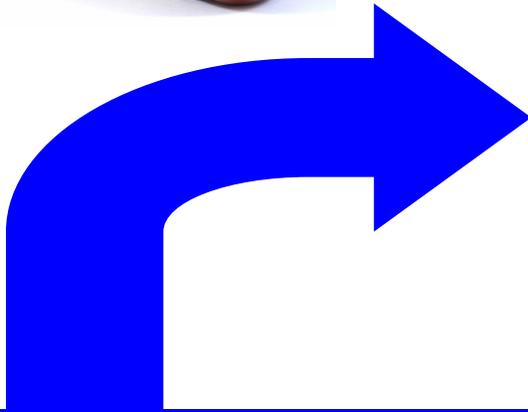
- 3/4 cup sunflower seed butter
- 3/4 cup honey
- 5-6 cups crispy rice cereal
- Non-stick pan spray
- 1/4 cup Enjoy Life Semi-sweet Chocolate Mini Chips



Heat honey and sunflower seed butter in the microwave for 1 minute. Stir and add 30 seconds if needed. Add the cereal gradually, starting with 5 cups and adding more if needed. Press into a sprayed 9x9 pan. Let set in the fridge until cool. Melt chocolate chips in a small bowl in the microwave. Use a spoon to drizzle chocolate over the cooled treat.

ACING THE SCHOOL LUNCH

Lunch is a great time for kids to refuel for the rest of the school day. This guide will help you maximize their nutrition to do their best in class!



HOW CAN I PACK A HEALTHY LUNCH?

HEALTHY LUNCHBOX FORMULA

MAIN + VEGGIE + FRUIT
SNACK + WATER

QUICK TIPS:

- For a well-balanced meal, pack foods from each of the five food groups: Fruits, Vegetables, Grains, Dairy, and Protein.
- Plan lunches for the week before going grocery shopping to have what you need on hand.
- Pack an ice pack in with their lunch to keep foods cold and fresh.
- Invest in a lunchbox with plastic dividers, or use silicone cupcake holders to separate foods.
- ♦ Use cookie cutters to cut sandwiches and cucumber slices into shapes.
- ♦ Prepare foods like grilled chicken or ground turkey ahead of time to keep in the freezer.

THE MAIN DISH:



Lunchtime entrees should include a source of protein, meats or beans, or healthy fats like nuts or avocado to satisfy your child's appetite and keep them full for the rest of the afternoon.

Easy Entrées:

Homemade Lunch-able: Pack lunchmeats or turkey pepperoni with a cheese stick, whole grain crackers, apple slices, and carrot sticks.

Greek Roll-up: Spread hummus on a whole wheat pita, top with feta and cut up vegetables tossed in Greek dressing. Pack with fruit and a yogurt cup.

Waffle Pizza: Spread nut butters, cream/goat cheese on a whole wheat waffle and top with sliced berries. Pack with veggie sticks and yogurt ranch dip.

Keep it warm: Pack a thermos of protein-rich minestrone soup or turkey chili with cheese and crackers and fresh fruit.

Love your greens: Make a salad with romaine lettuce, black beans, corn, cherry tomatoes, shredded cheese, and tortilla strips made with whole wheat tortillas, topped with yogurt ranch dressing.

Twist up traditional: Spread peanut or almond butter on whole wheat bread and layer apple slices on top. Serve with veggie sticks and cottage cheese.

SIDES ARE IMPORTANT TOO!

For lunchtime sides, focus on these key ideas:

- ◆ Make fruits and vegetables half of the meal.
- ◆ Limit sweets to special occasions like birthdays or holidays.
- ◆ Pack skim or 1% milk or water instead of juice or soda.

IDEAS FOR HEALTHY SIDES:

Fresh Fruits: packed with vitamins and minerals, try apples, bananas, clementines, pears, cut up berries, or kiwi.

Fruit Cups: make sure they are packed in their own juice or in light syrup.

Applesauce: like fruit cups, go for the no or low sugar added versions.

Dried fruits: pack dried apples, banana chips, raisins, apricots, cranberries, or cherries—just remember to keep servings to only 1/4 cup.

Veggie Sticks: Cut up veggies like carrots, cucumbers, celery, broccoli, cauliflower into easy to eat sticks or slices.

Yogurt, cottage cheese, or string cheese: Good sources of calcium and vitamin D for growing bones.

Whole Grains: Pack whole grain crackers, popcorn, brown rice, or quinoa if the main dish does not include any.



More Healthy Lunch Ideas:

No Lettuce Salad: Mix chickpeas, quinoa, dried cranberries, cucumber , and feta cheese with balsamic vinegar and olive oil. Serve with skim milk and grapes.

Sausage Stir-fry: Sliced chicken sausage with sautéed zucchini and peppers over brown rice. Serve with a fruit cup and skim milk.

Spicy Avocado Toast: Toast multigrain bread or a whole wheat bagel thin top with mashed avocado, shredded carrots, tomato slices, red onion, and pepper-jack cheese.

Roast It: Put roasted broccoli, brussel sprouts, corn, and red bell pepper in a thermos with sliced grilled chicken. Serve with yogurt and watermelon.

BROCCOLI AND EDAMAME PASTA SALAD:

Yummy and delicious, this pasta salad combines whole grains, veggies, and protein for a power-packed lunch. Round out the meal with apple slices and a carton of skim milk.

INGREDIENTS:

- 1/2 pound whole wheat spaghetti noodles
- 1/2 cup broccoli florets
- 1/2 cup frozen, defrosted shelled edamame (or peas)
- 1 tablespoon soy sauce
- 1 teaspoon honey
- 1 tablespoon extra virgin olive oil
- 1 tablespoon sesame seeds
- Optional: 1/2 cup chopped and cooked chicken or turkey

INSTRUCTIONS:

1. Cook noodles according to package. During the last minute of the pasta cooking, mix in broccoli. Drain.
2. While pasta is cooking, mix together soy sauce, honey, and olive oil.
3. Toss dressing, edamame, and chicken or turkey with the warm noodles and broccoli, sprinkle with sesame seeds.

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