

Eat.Right.Now.

Nutrition Education for a Healthier Future



June is National Dairy Month!!

Ask your Nutrition Educator to introduce you to one of our services below!

- ~ Classroom Lessons
- ~ [Food Tastings](#)
- ~ [Health Fairs](#)
- ~ [Posters](#)
- ~ [Cooking Classes](#)
- ~ [Bulletin Boards](#)
- ~ Fruit Markets
- ~ Newsletters

Hot Topic:

What are Functional Foods?

Has anyone tried the new Diet Coke Plus yet? Diet Coke Plus is Coca Cola's new product attempt to create a beverage with greater health value, or a functional food. Functional foods are one of the fastest growing segments of the food industry, especially among affluent baby boomers, according to the Center for Science in the Public Interest. Food manufacturers are enhancing traditional foods by adding concentrated levels of various nutrients (that have been identified to fight specific diseases) and claiming their products offer healthy benefits. However, not only do the products have little scientific backing, they also are not always as effective as they claim. Many of the nutrients used to enhance the products can be found naturally in fruits, vegetables, nuts, and whole grains, which are effective sources. To find out more about the sources and benefits of nutrients found naturally in foods, take a look at our website <http://www.drexel.edu/nutritioneducation>.

June is National Dairy Month - Do you know your calcium requirement?

Get summer started off on the right foot with nutrient rich dairy foods. Calcium plays a major role in almost every cell in the body. Besides needing calcium for your teeth and bones, it also affects muscle contraction, nerve transmission, blood coagulation, hormone secretion and enzyme activation. Check out our website <http://www.drexel.edu/nutritioneducation> to find out how much calcium you need. You will also find a list of foods that are high in calcium.

Thought for the Month

"Let food be thy medicine and medicine be thy food." Hippocrates

Monthly Mentions

- **Nutrition Tip:** You can only add calcium to your bones until the age of 30! Start adding now! Don't like milk? Try orange juice that is fortified with calcium.
- **Fruit/Vegetable:** Strawberries and Zucchini are the featured foods this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation>
- [Email us](#) your contact information, so that we can reach you in September! Please send any other feedback that you would like to share.

Meet Our Nutrition Educators at Work

- Our featured educator this month is [Karletta Poland](#). See what she is doing at Clemente Middle School.

Please use the attached activity in your classroom- don't forget to enter this information on your cost-share form (from your Nutrition Educator). [Click here](#) for the answers to the activity below.

EAT.RIGHT.NOW. Nutrition Education Program at Drexel University
Questions? Email: nutritioncenter@drexel.edu Phone: 215.895.2422

This is a great activity to do at the end of the year. Have your students find all the calcium rich food items.

WHERE'S THE DAIRY?

Visit WWW.3ADAY.ORG for more fun ways to eat milk, cheese and yogurt every day!

THERE ARE 22 DAIRY FOODS HIDDEN IN THIS PICTURE. CAN YOU FIND THEM ALL?

BE A "DAIRY DETECTIVE"

Color in all the milk, cheese and yogurt you can find. Score bonus points if you know what eating three servings of these dairy foods everyday can do for you.

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KEY

- Swiss Cheese Slice
- Frozen Yogurt Pops
- Glass of Milk
- American Cheese Slice
- String Cheese
- Milk Bottle
- Yogurt cups
- Milk Gallon
- Cheese Wheels
- Cheese Cube

"MOOS" YOU CAN USE

Eating 3-A-Day of Dairy is as easy as breakfast, lunch and dinner! Start your day off with a bowl of your favorite cereal with a cup of milk, munch sticks of string cheese at lunch and for a snack, have a cup of lowfat yogurt. Yum!

MILK IT!

Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, have mom help you mix up lowfat milk with fat free pudding and add your favorite fruits for an extra kick!

DID YOU KNOW?

Being strong isn't just about having big muscles ... you gotta have strong bones, too! Two out of three kids aren't getting the calcium they need to help build stronger bones and better bodies. How many servings of lowfat milk, cheese or yogurt did you eat today?

3-A-Day Milk Cheese Yogurt For stronger bones

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