

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



### March Your Way to a Healthy Day

**Begin your day with breakfast, and you're off to a great start!**

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

- ~ Cooking Clubs    ~ Boys' Clubs    ~ Newsletters
- ~ Health Fairs      ~ Girls' Clubs    ~ Career Fairs

### **Tasty Topics:**

Making time for breakfast in the morning may be difficult, but it's an important step to start your day healthy. Eating breakfast gives your body the energy it needs to get going in the morning, and it is a good opportunity get healthy nutrients from foods like whole grains, fruit, and low-fat dairy products. If you don't have time to sit down and eat breakfast in the morning, try keeping foods on hand that you can grab on the way out the door and eat on the go such as granola or cereal bars, whole pieces of fruit, low-fat yogurt, low-fat cheese sticks, bags of trail mix, or peanut butter crackers.

#### **Nutrition in the News**

In February, First Lady Michelle Obama visited Philadelphia to promote her new health initiative, *Let's Move!* The goal of *Let's Move!* is to solve the epidemic of childhood obesity in a generation by helping children become more physically active, providing healthier foods in schools, and making healthy, affordable foods available in communities. During her visit to Philadelphia, the First Lady mentioned that she will work with food suppliers to reduce the amount of sugar, fat, and sodium and increase the amount of whole grains, fruits, and vegetables served in school lunches and breakfasts. Another goal of the initiative is to reauthorize the Child Nutrition Act, which provides funding for the National School Lunch and School Breakfast Programs. For more information on the *Let's Move!* initiative, visit [www.letsmove.gov](http://www.letsmove.gov)

**Q:** How do you start your day with a smile?

**A:** By eating Grin-ola for breakfast!

#### **Laugh Out Loud (LOL)**

**Q:** What kind of eggs does a confused chicken lay?

**A:** Scrambled eggs!

**Q:** What does a termite eat for breakfast?

**A:** Oak-meal!

#### **Monthly Mentions**

- **Nutrition Tip:** Leftovers from the night before can make an easy and nutritious breakfast- just pop them in the microwave and you're ready to go.
- **Fruit & Vegetable:** For carrot and apricot recipes, visit our website: <http://drexel.edu/nutritioneducation/>.
- **Now In Season:** Broccoli, carrots, collard greens, mushrooms, kiwi, leeks, lettuce, passion fruit, persimmons, pineapples, tangerines, turnips, and winter squash
- **Professional Development Opportunity:** **FoodMASTER** sponsors: Using Food to Teach Math and Science. For 3<sup>rd</sup> through 5<sup>th</sup> grade teachers. Friday, March 19<sup>th</sup>, 4:00 p.m. – 7:30 p.m. and Saturday, March 20<sup>th</sup>, 4:00 p.m. – 7:30 p.m. For registration information, contact Jana Hovland at [hovlandj@ecu.edu](mailto:hovlandj@ecu.edu)



#### **Nutrition Education in Action**

Nutrition Educator, Kerri Link teaches about MyPyramid to students at Bok High School.

Questions or Comments?  
Email:

[nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)  
**EAT.RIGHT.NOW.**

Nutrition Education Program  
Drexel University  
Or call us at: 215.895.2422

Name ..... Date .....

# WHAT'S FOR BREAKFAST?



Eat right all day long! Read about healthy breakfast foods in the chart below. Then answer the questions.

Food	Serving Suggestion	Why it's Good for You
<b>Whole-Grain Bread</b>	Toast and top with peanut butter, low-fat cream cheese or fruit spread.	Whole-grain breads contain carbohydrates. Carbohydrates give you energy.
<b>Oatmeal</b>	Sweeten with raisins and a teaspoon of honey. Or, add sliced banana and low-fat milk.	Oatmeal is rich in fiber. Fiber helps your body digest food and keeps you feeling full.
<b>Fresh Fruit</b>	Peel oranges and slice apples so they are easier to eat on the go.	Fruit is a good source of fiber. Plus, oranges are packed with vitamin C, which is needed for healthy teeth and gums.
<b>Eggs</b>	Eat them scrambled or hard-boiled. Try an omelette stuffed with fresh vegetables like spinach and tomato.	Eggs have a lot of protein. Your body needs protein to build and maintain muscle.
<b>Milk and Cheese</b>	Sprinkle nuts or seeds on low-fat yogurt. Or, try sliced cheddar cheese with apples.	Milk, yogurt and cheese contain calcium. Calcium helps your bones stay strong.

- Name one food from the chart that you would like to eat for breakfast.  
\_\_\_\_\_
- Explain why this food is a good choice.  
\_\_\_\_\_
- True or false: Oatmeal contains fiber. \_\_\_\_\_
- Name two ways that fiber helps your body. \_\_\_\_\_  
\_\_\_\_\_
- Which of the foods above helps keep your teeth and gums healthy? \_\_\_\_\_

**BONUS:** Studies show that eating breakfast helps kids do better in school. What do you think might be the reason for this? Write your answer on the back of this page.

Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION ASSISTANCE PROGRAM (SNAP), the PA's Supplemental Nutrition Assistance Program (SNAP). For more information, call 1-800-692-7482 or 215-430-0556. This institution is an equal opportunity provider and employer.

