

HyVee. healthybites

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NEW in Nutrition – The NEW Food Label

The Food and Drug Administration (FDA) recently announced that the Nutrition Facts Panel will undergo a major overhaul. The new label makes it easier for you to make informed decisions about food. Expect to see changes in the next two years, but for now visit your local Hy-Vee dietitian to learn more.

Back-to-School Nutrition Basics

August is always a busy time of year for parents and children alike. Somewhere between trying to enjoy the last bit of summer sun and searching the aisles for every item on the back-to-school classroom checklist, nutrition and other healthy habits can get pushed aside. So before the bell rings on the first day of school, your Hy-Vee dietitians are here to provide you and your family with a refresher course in healthy eating!

BUILDING A BETTER AFTER-SCHOOL SNACK

Much like adults, kids go right for the refrigerator or the pantry when coming home after a long day. But, it's up to you to make sure they grab the right food to keep them fueled until dinner time. Great after-school snacks include both a carbohydrate and a protein.

CARBOHYDRATES are the brain's preferred source of fuel, and making half your grains whole provides the body with additional vitamins, minerals and fiber. Making carbohydrates available to snack on is a great way to keep your child's brain fueled and focused for those take-home math problems.

PROTEINS build, maintain and repair tissues in the body such as muscles, which are especially important for active kids. Adding a protein to snack time can keep the kids satisfied until their next meal and fueled for their after-school activities.

Some healthy snack choices include a cheese stick and whole-grain crackers or an apple with nut butter! Stock your refrigerator with water flavored with fresh fruit for your children to grab when they get home!

DON'T FORGET THE POWER OF VEGGIES!

As children head back to school, it's important that vegetables make a regular appearance on their plates. Vegetables pack a nutrient punch with vitamins and minerals like potassium, vitamin C, vitamin A

and fiber. However, children are often known as picky eaters for their refusal to eat certain vegetables. The good news is there are some great strategies you can use to encourage your child to try something new. One of these strategies is the "Rule of 3." Encouraging a child to try a new vegetable three different ways before it goes on the "I don't like it yet" list is a great way to expand their palate. Pairing vegetables with another food group like fruit or dairy will also help increase their vegetable intake at snack time.

GOT [CALCIUM AND VITAMIN D]?

Bone health is important - especially for kids. The body builds a large portion of bone mass during the teen and early twenty years, and ensuring that your children get enough calcium and vitamin D can help set them up with increased bone strength for years to come.

CALCIUM plays a role in metabolism, skeletal structure support, muscle contraction, nerve function, blood clotting, heartbeat regulation and more. It is offered in both dairy and fortified non-dairy milk products, cottage cheese, cheese and yogurt.

VITAMIN D is required in order for our bodies to be able to absorb calcium. Examples of vitamin D sources include fortified milk, fortified orange juice and canned tuna.

KEEPING THE SACK-LUNCH SAFE

The FDA describes the "Danger Zone" for foods to be between 40 and 140 degrees Fahrenheit. At this temperature, harmful bacteria multiplies rapidly. As a rule of thumb...

- Cold foods should stay below 40 degrees F.
- Hot foods should stay above 140 degrees F.

Perishable lunch foods including meats, soft cheeses, yogurt, cut fruits and vegetables and leftovers, should be kept cold. Using an insulated lunch box with ice packs is the best way to keep your food safe.

PRODUCT SPOTLIGHT



CHOBANI GREEK YOGURT SUPER TUBE

- Convenience at its best. Place the tubes in the freezer and use as an ice pack in kids' lunch boxes. By lunch time, they're ready for the best part – to be eaten!
- Rest assured by having this as a lunch box option for your kids. Packed with protein, calcium and only 6 grams of sugar per tube, this product will help your child feel refueled and ready to go for the rest of their school day.



YELLOW-FLESH WATERMELON

- Yellow watermelon is an exciting way to change things up from your traditional watermelon and keeps kids interested in trying new produce. As a nutrition bonus, it still is a good source of vitamin C and potassium.
- Watermelon is rich in electrolytes, and 92% of the melon is water, making it a great addition to battle thirst in the summer heat.



SHARE A SMILE NESTLÉ 8 OZ. WATER BOTTLES

- Such a fun and simple option for kids. To help keep your kids hydrated on-the-go or as they're off to school, this option is sure to get them sharing their smiles.
- To help instill lifelong healthy habits, keep introducing water to kids. This will help cut out empty calories from added sugars, which will also help decrease their chances for cavities.



DIETITIAN PICK OF THE MONTH

Beanitos™

5 REASONS TO CHOOSE BEANITOS™

- 1 High in fiber! Studies have shown that diets high in fiber may help lower LDL cholesterol levels.
- 2 Variety! Beanitos™ are made with black, white and pinto beans that come in several delicious flavors.
- 3 They are gluten-free, MSG-free and corn-free, making them a good option for those with food allergies and sensitivities.
- 4 Beanitos may help you maintain a healthy body weight – foods high in fiber and protein may help reduce appetite.
- 5 Beanitos are a low-glycemic index food, which may contribute to stable blood sugar control.

DIETITIAN RECIPE OF THE MONTH

Beanitos Chips Chicken

 Serves 6

ALL YOU NEED

- 1 egg
- 1 tbsp milk
- 1/4 cup white rice flour
- 1 (6 oz) bag nacho cheese flavored Beanitos chips, crushed
- Salt, pepper and garlic powder, to taste
- 2 pounds chicken breast, pounded thin and cut into 6 portions
- 1/4 cup butter, cut into 1/4-inch cubes

ALL YOU DO

1. Preheat oven to 350 degrees. Spray a 13-by-9-inch baking dish with nonstick cooking spray.
2. Whisk egg and milk together in one bowl. Place white rice flour in separate bowl. Put Beanitos chips, salt, pepper and garlic powder in a separate bowl.
3. Lightly dip chicken in flour and then in egg wash. Dredge chicken in Beanitos chips.
4. Place chicken breasts in prepared baking dish. Sprinkle the butter cubes between and over chicken. Cover with aluminum foil.
5. Bake for 25 to 30 minutes or until internal temperature reaches 165 degrees.

Nutrition Facts per serving: 420 calories, 17g fat, 6g saturated fat, 0g trans fat, 145mg cholesterol, 260mg sodium, 22g carbohydrate, 6g fiber, 0g sugar, 38g protein.

Daily values: 6% vitamin A, 2% vitamin C, 2% calcium, 4% iron.

Source: adapted from beanitos.com

