



Healthy Habits for the School Year!

It's a great time of year to re-energize nutrition and healthy habits for the whole family! Here are some tips to make healthy eating easier during the school year:



Fuel Your Morning with Breakfast: Studies show eating breakfast is associated with improved memory, better test grades, greater school attendance, and better behavior. Children and adults who skip breakfast may feel tired and have trouble concentrating.

Eggs, unsweetened yogurt, fruit, whole grain toast and cereal (containing less than 7g of sugar per serving) with low fat milk are great choices.

Prep Meals to Save Time: Taking a few extra minutes the night before or on the weekend to plan for lunches and snacks will save you time (and stress!) on school days. Try:

- Washing, chopping, and packing fruits and vegetables into school-size snack bags or containers so they're ready to go when you need them
- Getting kids involved in preparing and packing their lunch – kids who help plan and prepare their lunch are more likely to eat it
- Taking your children shopping and letting them choose some of their favorite foods, like whole grain breads, vegetables, fruits, and yogurts

Snack Smart: Have a nutritious snack ready for after school, such as:

- Apple slices with 1 tbsp peanut butter
- Small handful of nuts and 1 oz cheese
- Carrot sticks with 1 tbsp hummus
- 4 small whole wheat crackers with low fat cream cheese
- Air-popped popcorn



Don't Forget about Activity: It is recommended that children and adolescents do 60 minutes (1 hour) or more of physical activity each day. However, kids spend a big part of their day sitting in the classroom. Here are some tips to help your children spend more time being active and have fun as a family:

- **Limit screen time** to 2 hours each day for children 2 or older
- **Walk to school**, ride bikes after dinner, jump rope, play tag, hula hoop, play on a jungle gym
- **Turn on some music** and have a family dance party
- **Be a good role model** – if you reduce your screen time and move more, your kids will too!



Importance of Family Meals:

Turn off the TV during mealtime – families who eat together and socialize tend to eat healthier

Recipe of the Month

English Muffin Breakfast Pizza



Servings: 1

Total time: 15 minutes

Ingredients:

- 1 100% whole wheat English muffin
- 2 tablespoons pasta sauce
- ¼ cup diced red peppers
- 2 tablespoons chopped baby spinach
- 2 tablespoons grated part skim mozzarella

Preparation:

1. Split English muffin in half.
2. Top each half with 1 tablespoon pasta sauce, red peppers, baby spinach and then sprinkle with mozzarella.
3. Bake in toaster oven (or 350°F oven) for 10 minutes, until cheese is melted and the edges turn golden.
4. Serve immediately.

Tip: Add any combination of your favorite vegetables! Try sliced mushrooms, shredded carrots, zucchini slices, cherry tomatoes, and olives

Nutrition Facts (1 English muffin)
Energy: 250 Cal **Fat:** 7g **Carb:** 30g
Fiber: 7g **Protein:** 11g

Our Dietitians



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Ask Endo-Nutrition Send your questions to mbrownst@montefiore.org and look out for answers in next months issue!