

Healthy Eating Tip:

In this world of supersized portions, teaching your kids about serving sizes by comparing them to everyday objects can help prevent them from eating more than they need, and maintain a healthy weight. It's a good tool for you to use, too!

2¹/₂ ounces meat: size/thickness of a deck of cards

Medium piece of fruit: a tennis ball

1 ounce of cheese: 4 stacked dice

1/2 cup ice cream: tennis ball

¹/₂ cup rice, pasta,

mashed potatoes or about the size of a fist

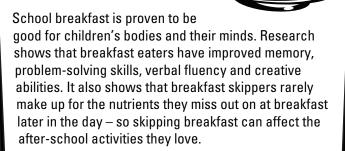
broccoli

1 tsp peanut butter: the tip of your thumb

1 ounce of nuts: one handful

Source: 'Seven Ways to Size Up Your Servings,' National Dairy Council®, 1996

School Breakfast: The Facts



Shamrock Milk Mixer

Mix up this Shamrock Milk Mixer for some green on St. Patrick's Day!

1 chocolate-mint sandwich cookie, crushed 1 cup low-fat milk

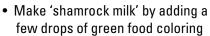
2 tablespoons pistachio instant pudding mix 1 drop green food coloring.

Place cookie in a small plastic bag and crush it with a rolling pin or your hands. Pour milk into a tall glass. Add pudding mix and stir with a fork until dissolved. Stir in green food coloring. Stir in crushed cookie. Enjoy!

Makes 1 serving

Source: Recipe created by Elizabeth Ward, MS, RD for 3-A-Day™ of Dairy, www.3aday.org

Family Fun Quick Tips for St. Patrick's Day



- Dance the Irish Jig with your kids
- Serve Irish oatmeal made with milk
- Read Jamie O' Rourke and the Big Potato and Fin
 M'Coul: The Giant of Knockmany Hill by Tomie De Paola
- Serve fresh, green fruits, like green apple slices, kiwifruit slices and green grapes, with green yogurt for dipping

Kids' Corner: Power Up with School Breakfast Superheroes



Join your kids at school for National School Breakfast Week, March 8-12 and Power up with the School Breakfast Superheroes – Mr. Breakfast, Yogurl, Eggbot, Crunch, The Fruit Avenger and The Sandwich Sensi! Learn more about these superheroes and find fun activities for kids at www.schoolbreakfast.org.

