

**November**

## Fun Facts

### Healthy Food Choices and Your Kids



One of the best ways to help your kids make nutritious food choices is to *focus on what to eat instead of what not to eat*. Teach your kids to choose nutrient-rich foods like these. Nutrient-rich foods provide high amounts of beneficial nutrients compared to the calories they provide and include:

- Brightly colored fruits, vegetables, 100% fruit juices
- Whole-grain foods
- Low-fat and fat-free milk, cheese and yogurt
- Lean meats, skinless poultry, fish, eggs, beans and nuts

### Did You Know...?

A nutritious snack of a smoothie made with berries and low-fat yogurt actually has more fat and calories than a diet soda and baked chips; however, it is far better for you because it has many beneficial nutrients that kids need for growth and health. The reason why? It's a snack of nutrient-rich, Five-Food-Group foods.

### Kids' Corner:



*Thanksgiving on Plymouth Plantation*  
by Diane Stanley and Holly Berry (Illustrator)  
Join the Time-Traveling Twins at Plymouth Plantation in 1621 and find out what it was really like to be a pilgrim.

*The Peterkin's Thanksgiving*  
by Elizabeth Spur  
Celebrate a Victorian Thanksgiving with Mr. and Mrs. Peterkin and a cast of silly characters! This year, the beautiful turkey is stuck in the dumbwaiter!

### Turkey Tetrazzini with Cheddar and Parmesan



Turn left-over Thanksgiving turkey into a completely new meal with this easy, delicious and nutrient-rich casserole.

- 4 cups (12 ounces) whole-wheat ziti or penne pasta cooked according to package directions
- 2 tablespoons butter
- 1/4 cup flour
- 3 cups low-fat milk
- 1 1/2 cups fat-free chicken broth
- 2 cups sliced, white button mushrooms
- 1/3 cup grated Parmesan cheese
- 2 cups diced, cooked turkey breast (1/2 inch dice)
- 1/3 cup frozen peas
- 1/2 cup shredded, reduced-fat Cheddar cheese
- 1/2 teaspoon pepper (optional)

Preheat oven to 350 degrees F. Spray a shallow, 2- to 3-quart baking dish with cooking spray; set aside. In a large saucepan over medium heat, melt butter and stir in flour. Cook, stirring constantly; about 2 minutes. Whisk in milk, chicken broth and pepper (optional); bring mixture to a boil. Stir in mushrooms, reduce heat and cook, stirring frequently, about 10 minutes or until mixture thickens and mushrooms are softened. Stir in Parmesan cheese, pasta, turkey and peas. Spoon into the prepared dish. Sprinkle Cheddar cheese on top. Cover loosely with foil. Bake about 45 minutes or until bubbling at edges and heated through.

Makes 6 servings

Source: 3-A-Day™ of Dairy

### Nutrient-Rich Foods and Your Budget



In today's trouble economic times, nutrient-rich foods, such as milk, are an economic and nutritional bargain. Per serving, they are relatively inexpensive and provide a powerful nutrient package. Check labels to find choices that provide beneficial vitamins and minerals, but are moderate in calories.