

September

Fun Facts



Study Shows Children Benefit from Flavored Milk

A new University of Vermont study confirms that parents can feel good about their children drinking flavored milk. The study of approximately 7,500 children and teens found that both flavored and plain milk drinkers:

- **Get more nutrients**, including vitamin A, calcium, potassium, phosphorous and magnesium than non-milk drinkers. Both flavored milk and plain milk provide the same amount of calcium and eight essential nutrients in each 8-ounce serving.
- **Have a lower or comparable body mass index (BMI)**, a measure of body fatness, than non-milk drinkers
- **Don't consume any more "added sugar"** than non-milk drinkers.

Source: Murphy MM, Douglass JS, Johnson RK, Spence LA. *Journal of the American Dietetic Association*, 108:631-639, 2008.

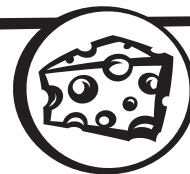
Out-of-the-Ordinary After-school Snacks

Serve these kid-tested favorites for something new and different:



- **Rice Bowls** – Heat left-over rice topped with veggies and shredded cheese in a microwave-safe bowl.
- **Snack Casseroles** - Bake casseroles, like Marvelicious Mac and Cheese, in paper-lined muffin cups, then freeze and reheat for snacks.
- **Milk Mixers** - Mix 2- 3 tablespoons of kids' favorite-flavor instant pudding mix in 8 ounces of low-fat milk. Combine different flavors like, coconut and chocolate.
- **Salad in a Bag** - Toss greens, cut vegetables and shredded cheese in a zipper-lock, sandwich bag with low-fat dressing and croutons. Eat out of the bag with a fork.

Marvelicious Mac and Cheese



Add extra color and nutrition to this comfort food. Sauté chopped red pepper and broccoli florets in the butter before adding the flour.

- 2 1/2 cups fat-free milk
- 2 cups uncooked elbow macaroni (7 ounces)
- 1 tablespoon butter
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon dry mustard
- 2 cups shredded, reduced-fat sharp Cheddar cheese

Preheat oven to 375 degrees F. Cook macaroni according to package directions. While the macaroni cooks, heat milk and butter in a medium saucepan over medium heat. Gradually whisk in flour, salt and dry mustard and simmer for 1 minute, whisking occasionally.

Remove from heat; stir in 2 cups of cheese until melted. Add drained macaroni to saucepan and toss with cheese sauce. Transfer mixture to an 8- or 9-inch square baking dish. Bake uncovered in until hot and bubbly, about 20 minutes. Let stand 5 minutes before serving.

Source: 3-A-Day™ of Dairy

Kid's Corner

Puzzling Nutrition

Keep kids' minds moving with these fun, paper-and-pencil nutrition puzzles



- Milk Your Mind
- Have Fun and Food Activity
- Crack the Secret Code
- Crossword Craziiness
- Scramble for Good Health

Fueled for Fun

Calling all parents! Step back a few years. Get ready....choose your player. Get set...choose as many nutrient-rich foods as you can to get your player to the track on time. Go...run the race and find out if you fueled enough for your player to be a top runner. Then...tell your kids how awesome you are, and have them play Fueled for Fun, too.

Find Fueled for Fun at
www.NutritionExplorations.org > Kids > Activities.