MARCH IS

NATIONAL

NUTRITION MONTH



### WHAT'S INSIDE?

EAT Greens!

**EAT right. P2** 

Nutrition tips for Preschool children. P3

Bienestar curriculum & Nutrition P4

# EATING greens!!!!

The USDA recommends Americans eat 3 to 5 varieties of vegetables every day. Green vegetables are a great food choice. In fact, the American Heart Association calls green veggies "nutritional super-stars."

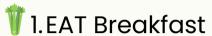


Spinach, Kale, Swiss Chard, Arugula and Escarole are great sources of vitamins, minerals and other nutrients that help our body function properly. In addition, these green veggies taste



https://www.eatright.org

# <u>Health Tips to EAT Right</u>

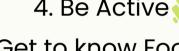






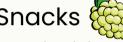








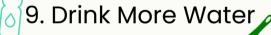




Consult a Registered Dietitian Nutritionist



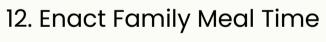








11. Order Out without Ditching Goals



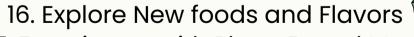


13. Banish Brown Bag Boredom





15. Eat Seafood Twice a Week









19. Slow Down at Mealtime

20. Supplement with Caution



## Nutrition tips for preschool children



School breakfast and lunch are packed with nutrients! Most meals are great to make children's bodies healthy and strong!

(Eat at least 5 fruits and vegetables a day!) Turn the alphabet into a game! "Who can name a vegetable that

starts with the letter

B?" (Broccoli!)



Children learn by touching and feeling the foods, once they are old enough, they can help prepare fruits and vegetables with the supervision of an adult.

FOOD

**EXPLORERS** 

(fruits & veggies)



Choose milk and water more often than juice and sugar-sweetened drinks.

To make drinking water more interesting, choose unsweetened flavored sparkling water or slice fruits (citrus) or vegetables cucumber) and add them to the water for some flavor.



Play a game of "Can you guess what healthy activity I'm doing?" Here are some ideas: Pretend you are peeling carrots, slicing apples, chopping onions, stirring a soup, grocery shopping, washing dishes, setting the table, washing hands.



Encourage children to wash their hands before and after eating.

Show children how to cough/sneeze into their sleeve to avoid spreading germs.

Children need to wash their hands as long as it takes them to sing the Alphabet song once or Happy Birthday twice.

Source: Academy of Nutrition and Dietetics.



## & Nutrition

## The Bienestar/NEEMA Coordinated School Health Program (BN CSHP)

The Program involves 4 School Components in the Bienestar implementation focusing on nutrition and physical activity.



### The BN CSHP is:



- · TEXAS EDUCATION AGENCY (TEA)APPROVED
- RECOGNIZED AS PROVEN EFFECTIVE BY THE NATIONAL CANCER INSTITUTE AND THE AGENCY FOR HEALTHCARE RESEARCH AND QUALITY
- THE ONLY BILINGUAL COORDINATED SCHOOL PROGRAM

This issue Created by: Dr. Lisa Salinas and the STEPS staff for STEPS/SNAP -Ed project.

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**UT**Rio Grande Valley

For more information: UTRGV STEPS Office (956)665-2127

> Southwick Hall Rm 1.120 1201 W University Dr. Edinburg, TX 78539

