

Nutrition



January 2012

Niblets

A More Colorful Plate

The average kid consumes less than half the amount of fruits and vegetables that he or she needs. As you go through the cafeteria line make sure you eat a rainbow of different your colors with these tips.

Red

<u>Fruit</u>	<u>Vegetables</u>
Apple	Red Pepper
Cherries	Tomatoes
Red Grapes	Beets
Strawberries	
Watermelon	

Yellow/Orange

<u>Fruit</u>	<u>Vegetables</u>
Apricots	Carrots
Cantaloupe	Pumpkin
Oranges	Corn
Peaches	Sweet
Pineapple	Potato
	Butternut
	Squash

Green

<u>Fruit</u>	<u>Vegetables</u>
Green Apples	Peas
Kiwi	Broccoli
Green Grapes	Lettuce
Honeydew	Cucumbers
	Spinach
	Green Beans

White/Tan

<u>Fruit</u>	<u>Vegetables</u>
Banana	Cauliflower
	Onions
	Potatoes

Blue/Purple

<u>Fruit</u>	<u>Vegetables</u>
Blueberries	Black Olives
Purple Grapes	Eggplant
Raisins	



Food Focus – Brown Rice

In some parts of the world, the word “to eat” literally means “to eat rice.”

Eat whole grain brown rice for a good source of fiber and B Vitamins and lots of complex carbohydrates you need for sustainable energy.

Winter Physical Activity Ideas

- Build a snowman
- Dance up a storm to the video game “Just Dance”
- Jumping rope indoors
- Do sit-ups
- Clean your room
- Go Bowling