

The Power Up Eat Right Program's

MONTHLY MINDER

www.powerupeatright.com

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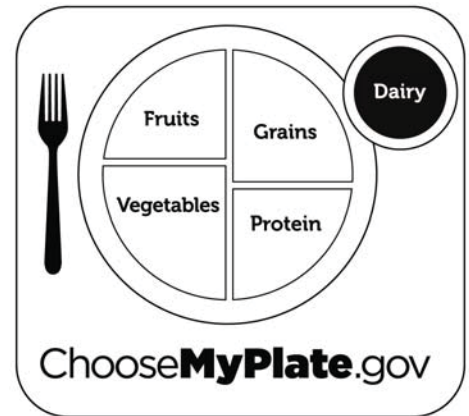
For more information about the Power Up Program, please call 1-800-215-7494.

Got Your Dairy Today?

The dairy group includes milk, yogurt, cheese and calcium-fortified soymilk. **Fortified** means that nutrients (vitamins and/or minerals) are added to foods.

Dairy foods provide calcium, Vitamin D, potassium, protein and other nutrients needed for good health.

Make your choices fat-free or low-fat to cut calories and saturated fat.



How Much Dairy Do You Need?

As with all food groups, your age and gender determine how much dairy food you need every day.

If You Are	You Need Daily
2 to 3 years old	2 cups
4 to 8 years old	2 1/2 cups
Older children, teens and adults	3 cups



Delightful Dairy

- If you are currently drinking whole milk gradually switch to lower-fat versions.
- Choose milk and low-fat yogurt more often than cheese which is higher in sodium.
- Choose cheeses with less fat (part-skim mozzarella, Colby).
- Switch ingredients. When recipes call for sour cream, substitute it with plain, low-fat yogurt.
- If you cannot drink milk, try lactose-free milk or soymilk (soy beverage).

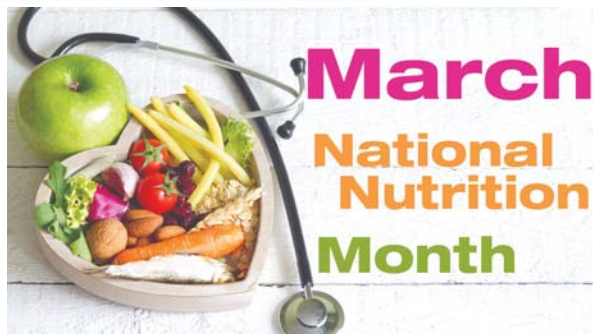


February

Wellness Corner Connection



National School Breakfast Week



National School Breakfast Week and National Nutrition Month are right around the corner!

What is your school doing to celebrate?! Reach out to your Power Up Educator for ideas.

Recipe Of The Month: Cauliflower Shells with Cheese

Ingredients

- 1 pound whole wheat pasta shells
- 8 cups water
- 2 cups chopped cauliflower
- 1 1/2 cups milk, non-fat
- 1 tsp garlic salt
- 1 cup flour
- 1/4 cup vegetable oil
- 1 cup cheese, low -fat

Directions

1. Fill 1 pot with 6 cups of water and bring to a boil. After boil, add pasta and cook for 8 minutes.
2. Drain pasta, fill same pot with 2 cups of water, bring to boil.
3. Place chopped cauliflower in boiling water and cook until florets are soft. Drain cauliflower.
4. Place cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until mix is smooth. Add 1 cup of milk and cook mix until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mix is complete, remove from heat. Add the pasta back into the sauce and serve.



Kitchen Clips

When kids are thirsty, offer low-fat or fat-free milk.

Before buying shredded cheese, check to see if the price per pound is less than an equal amount of block cheese.

When shopping with your kids, ask them to pick out the 1% or fat-free milk for the family.

Cream cheese, cream, ice cream, butter cream and butter are not part of the dairy food group. They are high in saturated fat and have little calcium.

Be a role model. Parents and caregivers who drink milk and eat dairy foods show their kids that it is important.

Nutrition Information Per Serving - 1/7 of recipe yield

Calories 408, Total fat 10g, Saturated fat 2g, Trans fat 0g, Cholesterol 6mg, Sodium 233mg, Carbohydrate 66g, Dietary Fiber 6g, Protein 18g

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

Q: What do you get when you cross a potato with an onion?

A: A potato with watery eyes!