

March 16, 2011  
Release Date: March 23, 2011

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## **CELEBRATE NUTRITION MONTH BY HELPING YOUR KIDS EAT RIGHT WITH COLOR**

When it comes to food and nutrition, even the most knowledgeable parents can use help making sure their children are eating healthy meals. Each March, the American Dietetic Association (ADA) celebrates National Nutrition Month<sup>®</sup>, and this year's theme, "Eat Right with Color," encourages parents to take time to make sure their children are getting all of the nutrients they need to grow and thrive. The good news is that shopping, cooking and eating healthfully have just gotten easier with assistance from [www.kidseatright.org](http://www.kidseatright.org), a new website from ADA and its Foundation.

The 2010 *Dietary Guidelines* Advisory Committee recently reported that children, teens and adults have diets deficient in dietary fiber, vitamin D, calcium and potassium, and the Kids Eat Right campaign calls for increased attention to the alarming nutrient deficiencies in children's diets.

"Weight is not the only measure of good nutrition and health. Any child — whether they are of normal weight, overweight or obese — can be undernourished," says registered dietitian Dr. Katie Brown, national education director for the American Dietetic Association Foundation.

"Quality nutrition requires a total diet approach that goes beyond calorie counting alone, to focus on including those nutrients critical for a child's healthy growth and development," Brown says. "This year's National Nutrition Month theme is a great reminder for parents to focus on that total diet approach by including a variety of foods and colors in every meal, every day."

Brown offers the following guidance for helping your kids "Eat Right with Color":

- Give kids whole-grain cereals for breakfast, kid-friendly "white" whole-wheat bread for sandwiches, crunchy whole-grain crackers for snacks and whole-grain pastas for dinner.
- Eat more fruits and vegetables at every meal. At breakfast, enjoy fresh or frozen berries on cereal, slices of melon or a glass of 100 percent orange juice; at lunch, serve baby carrots or sliced apples; for dinner, put brightly colored vegetables at the center of every plate.

- Most young people in America are not getting enough calcium or potassium. Fortunately, it is easy to consume the three daily dairy servings children and teens need. Try an 8-ounce glass of low-fat milk with breakfast, lunch and dinner; yogurt parfaits for breakfast or an after-school snack; or string cheese for an on-the-go energy snack.
- Getting enough protein at every meal and snack helps kids feel satisfied after eating. Start their day with egg or bean burritos. For snacks, provide peanut butter or sliced deli meat.

Designed around a SHOP, COOK and EAT theme, the Kids Eat Right website provides parents with practical tips, articles, videos and recipes from registered dietitians to help families shop smart, cook healthy and eat right.

Interactive kids' games for National Nutrition Month will be available, including:

- Sudoku: Tackle these popular puzzles using food rather than numbers.
- Word Search: Find the words that represent the bold and vibrant colors associated with eating right!
- Rate Your Plate Quiz: Find out how you rate when it comes to making daily meal choices.

Whether speaking with a registered dietitian about essential nutrients and healthier cooking, or visiting [www.kidseatright.org](http://www.kidseatright.org) for tips and recipes, Kids Eat Right provides families with knowledge as well as ideas and tools to transform their eating behaviors.

Encourage your kids to join you in the kitchen and prepare these healthy recipes provided by ADA.

## **OVEN-FRIED CHICKEN**

Love the taste of fried chicken but hate the excess calories and fat? Here's a solution that's sure to please. Spicy yogurt sauce adds both flavor and practicality, acting as a base for the seasoned bread crumbs to keep the chicken moist during baking.

1 cup plain low-fat yogurt  
 1 teaspoon paprika  
 1 teaspoon dried thyme  
 1/2 teaspoon salt  
 1/4 teaspoon cayenne pepper  
 1 clove garlic, minced  
 6 skinless chicken breast halves or 6 skinless chicken thighs (1 3/4 to 2 pounds)  
 1 cup seasoned bread crumbs  
 1 tablespoon margarine, melted

Preheat the oven to 400 degrees F.

Combine the yogurt, paprika, thyme, salt, pepper and garlic in a large bowl; mix well. Coat the chicken with the mixture. (The chicken may be covered and refrigerated overnight or baked immediately.)

Prepare a shallow roasting pan or jelly roll pan with nonstick pan spray. Combine the bread crumbs and margarine in a shallow dish. Coat the chicken with the crumbs; place in the pan. Bake breasts for 25 minutes, thighs for 30 to 35 minutes, or until tender. Makes 6 servings. Serving size: 1 thigh or breast half.

## **SIRLOIN WITH SUGAR SNAP PEA & PASTA SALAD WITH GREMOLATA DRESSING**

A gremolata is made with fresh parsley, garlic and lemon peel. This fresh-tasting dressing is an outstanding accompaniment to beef and pasta.

Water

2 cups fresh sugar snap peas  
2 cups cooked gemelli or corkscrew pasta  
1 cup grape or teardrop tomatoes, cut in halves

### ***Gremolata Dressing:***

1/4 cup fresh lemon juice  
2 tablespoons olive oil  
2 tablespoons chopped fresh parsley  
2 cloves garlic, minced  
2 teaspoons freshly grated lemon peel  
1/4 teaspoon salt  
1/8 teaspoon pepper

3 cloves garlic, minced  
1 teaspoon pepper  
1 boneless beef top sirloin steak, cut 3/4 inch thick (about 1 pound)  
Salt, as desired  
Freshly grated lemon peel  
Chopped fresh parsley (optional)

Bring water to boil in large saucepan. Add peas; cook 2 to 3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in large bowl. Set aside.

Whisk Gremolata Dressing ingredients in small bowl until well blended. Toss 2 tablespoons dressing with pasta mixture. Set aside.

Combine garlic and pepper; press evenly onto beef steak. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 9–12 minutes for medium-rare to medium doneness, turning once.

Carve steak into thin slices; season with salt, as desired. Add steak slices and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley, if desired. Makes 4 Servings.

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