

Real Energy Foods and Drinks

Need more information about this month's topics?

Here are some sites where you can find more nutrition resources for yourself and your students:

NUTRIENT-RICH FOODS FOR KIDS:

The *2005 Dietary Guidelines* focused on the **food groups to encourage** (nutrient-rich whole grains, fruits, vegetables, and low-fat dairy foods) to help Americans make up for their "shortfall nutrients." Many children are not getting enough calcium, fiber, magnesium, potassium and vitamins E. For a free webinar and resources about **Foods to Encourage in Schools**, visit <http://www.westerndairyassociation.org/>

SMART SNACKS MAKE A DIFFERENCE:

School aged children usually need to eat more than three times a day. Savvy parents know that healthy snacks can make a big difference in children's health, weight, and even in their attention and behavior. For 20 tips on smart snacking, go to <http://www.mayoclinic.com/health/childrens-health/HQ00419> - and for dozens of child-friendly, nutrition-wise snack recipes, try <http://kidshealth.org/kid/recipes/index.html>

MILK AS A SPORTS DRINK:

Scientific evidence for the sports benefits of milk (even chocolate milk!) are reviewed by a USDA expert @ <http://www.ars.usda.gov/News/docs.htm?docid=17484> and dairy proteins for active people are covered @ <http://www.nationaldairyCouncil.org/NationalDairyCouncil/Health/Digest/dcd79-3Page1.htm> For a more information about beverages choices and to download a detailed handout on *4 Delicious Ways to Balance Your Beverages*, go to <http://www.eatrightmontana.org/PDF/ERMNewsletter0608.pdf>

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Office of Healthy Schools

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20-10A-Z-20-1-R-1-Z

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