

# Healthy Meals Healthy Children

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## New Beginnings...!

Happy New Year!

Food nourishes at every age and stage in your child's life. Whatever the age, children need the same nutrients as adults, only in smaller amounts. Your challenge as a parent or a caregiver is to be a good role model for healthful eating and active living for your children. It's up to you to recognize and respect his or her unique needs, to make a variety of nourishing and appropriate food available and to set a routine (time and place) for eating.



Parents and other caregivers are a child's first and most influential teachers. You have much more influence on your child's food choices and daily living patterns than you think.

On the back page are tips for making those New Year's resolutions to eat healthier a reality! Remember to start small and work up to your goal.

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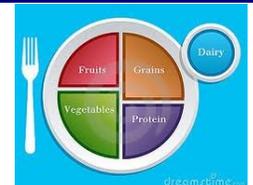
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### MyPlate Tip of the Month:

Try new foods



Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>

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## New Beginnings: Small Changes Make a Big Difference in Your Diet

Every January Americans make New Year's resolutions that are difficult, and sometimes impossible, to adhere to. If you desire to eat healthier this year, remember these small changes that can lead to HUGE results!

- Start your day with a healthy breakfast. Whole grain toast with peanut butter and low-fat yogurt makes for a quick and easy breakfast that won't leave you hungry in a couple of hours.
- Snack on fresh fruits and vegetables, rather than sugar-laden cookies, cake, candy or soda. A fruit smoothie or a cup of vegetable soup makes a tasty, filling snack or light meal.

Choose whole grains like 100 percent whole-wheat bread, oatmeal, or brown rice instead of refined grains like white bread and white rice

Prepare your favorite high-fat foods in slightly different ways. Bake chicken instead of frying it or cook with extra herbs and spices rather than extra butter.

Add activity into your daily routine by taking the stairs instead of the elevator, going for a walk at lunchtime, or bike to the corner store instead of driving.

Visit <http://www.mypyramid.gov> for more information about physical activity and healthy eating.



**Tip: If you think eating healthy is boring, think again!** Allow your family members to take turns selecting a new recipe to try each week. If you are at a loss for ideas, start with the recipes in this newsletter, and ask your FCS agent for additional healthy and tasty recipe ideas!

## Brussels Sprouts!

**These veggies aren't really baby cabbages, but are in the same plant family.**



*Adapted by Abigail Pritchard*

<http://www.fruitsandveggiesmorematters.org/brussels-sprouts>

Retrieved 1/29/15

### Nutrition Benefits

Low fat; saturated fat free; very low sodium; cholesterol free; low calorie; good source of dietary fiber; high in vitamin C; good source of folate

## Roasted Brussels Sprouts

*Recipe courtesy of Ina Garten*

1999, *The Barefoot Contessa Cookbook*, All Rights Reserved

### Ingredients

- 1 1/2 pounds Brussels sprouts
- 3 tablespoons good olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

### Directions

- \*Preheat oven to 400 degrees F.
- \*Cut off the brown ends of the Brussels Sprouts and pull off any yellow outer leaves.
- \*Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside.
- \*Shake the pan from time to time to brown the sprouts evenly. \*Sprinkle with more kosher salt ( I like these salty like French fries), and serve immediately.

Per Serving: Calories: 109; Total Fat: 7 grams; Saturated Fat: 1 gram; Protein: 4 grams; Total carbohydrates: 10 grams; Sugar: 2 grams; Fiber: 4 grams; Cholesterol: 0 milligrams; Sodium: 269 milligrams

Read more at: <http://www.foodnetwork.com/recipes/ina-garten/roasted-brussels-sprouts-recipe2.html?oc=linkback>