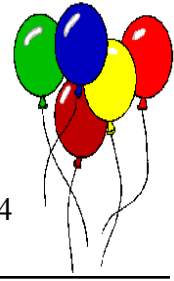




NUTRI-NEWS



December 2011

“Balloons for a Balanced Lunch”
NUTRI-SERVE FOOD MANAGEMENT, INC

Volume 23 Number 4

Children and Nutritional Supplements

December ushers in the winter season and with it comes the cold and flu season. Many parents ask: “Does my child need a vitamin or nutritional supplement?” Of course it is important to realize that all children are different and so are their nutritional needs. However, if a child eats from a wide variety of foods then a supplement most likely is unnecessary. Foods naturally provide the nutrients all of us need for overall health. Also, overdoses of vitamins and minerals can occur from supplements but rarely do they occur from food.

Parents should use caution when viewing supplements that are marketed to help children get over colds faster, help attention deficit disorder and depression. Always discuss the use of supplements with your child’s health care practitioner before using.

If advised to use a supplement here are some suggestions to keep in mind:

- ◇ Keep supplements in packages that are child-proof and away from the reach of children.
- ◇ Remind your children that supplements are not candy even if packaged in cute shapes.
- ◇ ALWAYS give in recommended doses. Just because something may be good, this does not mean that more of it is better.
- ◇ Remember that supplements should not be used to replace healthy eating.

Kids in the Kitchen

This month Nutri-Serve features broccoli as our vegetable of the month. Below is a sure kid-pleaser recipe adapted from the original recipe published by the U.S. Dept of Health and Human Services:

Broccoli and Cheese Please

6 cups of fresh broccoli, steamed, boiled or microwaved until crisp, set aside

For sauce:

1 cup evaporated milk, fat-free

1 Tbsp cornstarch

1/2 cup cheddar cheese, shredded, low-fat

1/4 tsp hot sauce 1/4 tsp Worcestershire sauce

1 slice of whole wheat bread, toasted for croutons

In a saucepan, combine evaporated milk and cornstarch. Slowly bring to a boil while stirring often. When the milk comes to a boil, remove it from the heat and add the cheese. Continue to stir until the cheese is melted and evenly mixed. Add the sauces and stir. Pour cheese over hot broccoli. Slice toasted bread and top over broccoli-cheese mixture.

Enjoy! As always, an adult’s permission and supervision is required!!

Kids in the Kitchen

Need a quick gift for someone on your holiday list? Try giving them a basket of clementines! The clementine is Nutri-Serve’s fruit of the month and is jam-packed with nutritional goodness. Clementines are locally available this time of year in our food markets. One medium clementine is easy to peel (a kid favorite!) and contains only 35 calories, is fat and sodium-free, while providing 60% of our daily need for Vitamin C—a powerful antioxidant.

Newsletter Editor
Rosemary L. O’Dea, MA, RD