



OF THE ARCHDIOCESE OF NEW YORK
A DIVISION OF CATHOLIC CHARITIES COMMUNITY SERVICES

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

NUTRITION KNOWLEDGE

SPOTLIGHT ON: STRAWBERRIES

NUTRITION MONTH CONTINUES! SO WE WANT TO HIGHLIGHT ANOTHER OF OUR FAVORITE FOODS...THE STRAWBERRY! STRAWBERRIES ARE A NUTRIENT-DENSE SUPERFOOD IN THE ADORABLE SHAPE OF LITTLE RED HEARTS...WHAT'S NOT TO LOVE?! HIGH IN ANTIOXIDANTS, VITAMIN C AND FIBER THEY WILL KEEP YOU STRONG, HEALTHY, AND FULL! BUT AN EXTRA BONUS IS THAT THEY ARE HIGH IN MALIC ACID, WHICH MEANS THEY CAN HELP KEEP OUR TEETH HEALTHY AND WHITE MAKING YOUR BEAUTIFUL SMILES A LOT BRIGHTER (AND THOSE DENTIST APPOINTMENTS A LOT MORE ENJOYABLE)!

HEALTHY FOOD SWAP:

SWAP OUT THOSE GUMMY FRUIT SNACKS THAT ARE PURE SUGAR WITH ZERO HEALTH BENEFITS AND INSTEAD HAVE ½ CUP OF FRESH STRAWBERRIES FOR THEIR NATURAL SWEETNESS, YUMMY FLAVOR, AND HEALTHY ANTIOXIDANTS THAT WILL PREVENT COLDS!

FOOD VS. EXERCISE:

½ CUP OF GUMMY FRUIT SNACKS IS 260 CALORIES OR 45 MINUTES OF JUMPING JACKS

KIDS KORNER:

YOU CAN DRINK YOUR STRAWBERRIES TOO! GET IN THE KITCHEN WITH YOUR KIDDIE AND TRY THIS BUBBLY STRAWBERRY LIMEADE: LET YOUR KIDDIE PRESS THE BUTTONS AND BLEND TOGETHER 3 CUPS OF STRAWBERRIES, ½ CUP FRESH MINT, ½ CUP FRESH LIME JUICE, ¼ CUP WATER UNTIL SMOOTH (ABOUT 1 MINUTE), POUR ½ CUP INTO A GLASS AND THEN ADD 1/2 CUP OF CLUB SODA. YOU AND YOUR KIDS CAN "CHEERS" TO A HEALTHY AND HAPPY NATIONAL NUTRITION MONTH!

TEEN TRACK:

KICK YOUR DAY OFF RIGHT WITH THIS SUPER EASY, DELICIOUS, TEEN FAVORITE BREAKFAST: MAKE-YOUR-OWN-STRAWBERRY-YOGURT PARFAIT! JUST GET A BOWL AND ADD IN 6 OUNCES PLAIN GREEK YOGURT, ½ CUP FRESH CHOPPED STRAWBERRIES, AND 2 TBSP OF SLIVERED ALMONDS AND POOF (!) THE PERFECT PROTEIN-PACKED, FIBER-RICH, ENERGY-BOOSTING BREAKFAST TO START OFF EVERY MORNING! BIT IS ALSO THE PERFECT BREAKFAST TO HAVE BEFORE HEADING TO SCHOOL BECAUSE IT IS SO FAST TO MAKE!

RECIPE:MEYER-LEMON STRAWBERRY DESSERT SERVES 4 (SERVING SIZE = 1 CUP)

INGREDIENTS:

- 4 CUPS QUARTERED FRESH STRAWBERRIES • ¼ CUP FRESH MEYER LEMON JUICE • ¼ CUP WHIPCREAM

DIRECTIONS:

1. PLACE BERRIES AND LEMON JUICE IN A LARGE BOWL AND TOSS GENTLY. COVER AND CHILL FOR 20 MINUTES.
2. PLACE CREAM IN A MEDIUM BOWL; STIR CONSTANTLY WITH WHISK UNTIL SOFT PEAKS FORM.
3. DIVIDE BERRIES INTO 4 BOWLS WITH 2 TABLESPOONS OF FRESH WHIPPED CREAM ON TOP.

NATIONAL NUTRITION MONTH BONUS: NUTRITION BINGO!

TO MAKE SURE YOUR KIDS & TEENS ALWAYS HAVE A NUTRITIOUS DAY REMIND THEM TO "COUNT-IT-OUT: 5-4-3-2-1!" (REMINDER 1 SERVING = 1 CUP/8OUNCES)

5 SERVINGS OF FRUITS/VEGETABLES A DAY (3 VEGGIES/2 FRUIT) 4 SERVINGS OF WATER/DAY 3 SERVINGS OF LOW-FAT DAIRY/DAY
2 HOURS OR LESS OF SCREEN TIME (TV, COMPUTER, TABLET, CELL PHONE, ETC) 1 HOUR OF PHYSICAL ACTIVITY/DAY

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