



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

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

NUTRITION KNOWLEDGE

SPOTLIGHT ON: WHOLE GRAINS

HOW GOOD ARE YOUR GRAINS? WHEN IT COMES TO BREADS, CEREALS, RICE AND OTHER GRAIN-PRODUCTS YOU WANT TO MAKE SURE YOU ARE ALWAYS CHOOSING WHOLE GRAIN PRODUCTS OVER WHITE-FLOUR PRODUCTS. WHOLE GRAINS ARE HIGH IN FIBER, B VITAMINS, MINERALS, AND PROTEIN MAKING THEM A MUCH BETTER CHOICE THEN WHITE, REFINED FLOUR PRODUCTS, WHICH HAVE NO NUTRITION LEFT IN THEM. ALL OF THAT WHOLE-GRAIN GOODNESS WILL HELP TO GIVE YOU LOTS OF ENERGY AND KEEP YOU FEELING FULL, PLUS IT WILL HELP PREVENT SOME NOT SO FUN HEALTH PROBLEMS. SO, SWAP OUT THOSE WHITE-FLOUR PRODUCTS FOR HEALTHY WHOLE GRAINS, SUCH AS: OATS, WHOLE WHEAT, BROWN RICE, WILD RICE, QUINOA AND BARLEY!

HEALTHY FOOD SWAP:

START THE DAY OFF RIGHT BY SWITCHING FROM THE HIGH SUGAR COLD CEREALS TO WHOLE GRAIN, HOT OATMEAL. IT'S LOADED WITH FIBER, B VITAMINS, AND PROTEIN TO HELP YOU STAY FULL AND FOCUSED THROUGHOUT THE MORNING. MAKE THE OATMEAL WITH MILK INSTEAD OF WATER FOR AN EXTRA PROTEIN-PUNCH!

FOOD VS. EXERCISE:

2 CUPS OF A FROSTED CEREAL IS 290 CALORIES OR 20 MINUTES OF FAST JUMP-ROPING (OR 30-MINUTES OF SLOW/MODERATE JUMP-ROPING).

KIDS KORNER:

WHO DOESN'T LOVE TO MAKE SOME COOKIES? BAKING TEACHES MEASURING, MATH, ACCURACY AND FOLLOWING INSTRUCTIONS. SO, TOGETHER, TRY BAKING OATMEAL-DARK-CHOCOLATE COOKIES ON THE WEEKEND, AND MAKE A BIG ENOUGH BATCH FOR YOUR KIDS TO HAVE THROUGHOUT THE WEEK AS AN AFTER-SCHOOL SNACK. YUM!

TEEN TRACK:

ARE YOU THE NEXT FLYNN MCGARRY? AT 15 YEARS OLD, HE IS PLANNING, COOKING AND HOSTING AN 8-COURSE DINNER PARTY MONTHLY IN HIS PARENTS HOME FOR 15 PAYING-GUESTS! HE STARTED COOKING AT 11 AND HALF YEARS OLD AND HAS BEEN FEATURED IN NEWSPAPER ARTICLES AND ON TV FOR BEING SUCH A TALENTED, YOUNG CHEF. BUT LET'S NOT LET HIM HAVE ALL THE FUN! GET IN THE KITCHEN WITH YOUR PARENTS, OR ASK PERMISSION TO TRY SOMETHING ON YOUR OWN, AND SEE WHAT YOU CAN DO! YOU CAN EVEN START OUT WITH A WHOLE GRAIN SALAD (RECIPE BELOW) AND INVITE SOME FRIENDS OVER TO TRY IT OUT!

BULGAR WHEAT, FETA AND ALMOND SALAD (SERVES 6)

INGREDIENTS:

1.5 CUPS BULGAR WHEAT 1.5 CUPS BOILING WATER ½ CUP CRUMBLLED FETA CHEESE
½ CUP CHOPPED PARSLEY ½ CUP SLIVERED ALMONDS ½ CUP CHOPPED TOMATOES (OPTIONAL)
PEPPER TO TASTE

DIRECTIONS:

PLACE BULGAR WHEAT IN A MEDIUM-SIZED BOWL AND COVER WITH BOILING WATER. PLACE A PLATE OR PLASTIC WRAP OVER THE TOP OF THE BOWL AND LET SIT FOR AT LEAST 2 HOURS (OR OVERNIGHT). STIR IN REMAINING INGREDIENTS AND ENJOY AS A SIDE DISH TO YOUR TURKEY, CHICKEN, OR FISH. NOTE: SALAD CAN STAY FRESH IN THE REFRIGERATOR FOR 4 DAYS!

BROWN AND PUFFY. SERVE HOT.

GET MOVING:

DRESS WARMLY AND PLAN A FAMILY OUTDOOR SCAVENGER HUNT. HAVE YOUR KIDS PICK OUT SOME EASY TO FIND ITEMS LIKE PINECONES, A BLUE MAILBOX, A BIRDS NEST, ACORNS, ANYTHING THAT'S OUTDOORS AND MAKE A LIST. THEN HAVE THE WHOLE FAMILY RUN TO FIND THE ITEMS TOGETHER! QUALITY TIME AND EXERCISE- WHAT COULD BE BETTER!

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