Fall Nutrition Tips

- **Remember to stay active!** As the weather cools down and the skies get cloudy, you may be tempted to stay indoors. However, it is important to stay active since we tend to eat more comfort foods at holiday parties and potlucks. Exercise can also boost your mood and decrease the risk of seasonal depression. Try enjoying the beauty of fall by spending time outdoors. Some great autumn exercises include walking, hiking, biking, and jogging.

- **Remember to incorporate raw foods.** Cooler weather often causes us to reach for warm, comfort foods such as soups and stews. However, it is important to remember to eat raw fruits and veggies every day or at least add more veggies to your main dishes. Fresh, canned, dried or frozen fruit is a great addition to a hearty salad.

- **Give your immune system a fighting chance.** With the transition into colder months, we tend to spend more time indoors in confined spaces, which increases the spread of the flu and colds. Try to eat foods high in vitamin C, such as citrus fruits, green peppers and parsley, and be sure to eat a rainbow variety of all fruits and veggies. Also, daily exercise is known to boost your immunity, so be sure to stay active on most days of the week.

- **Take advantage of in-season produce.** Check out a local farmer’s market or orchards for fresh fall produce. Apples, pumpkins, squashes, and beets are among the many fruits and vegetables in season during the fall and are at their peak of flavor. Going to the orchards and picking your own produce is a great way to spend time outdoors and stay active.

Simple Back-to-School Snacks

As the school season starts again in the fall, it is important to send your kids off to school with healthy and easy snacks. Pacing your own snacks and meals is a great way to save money and monitor your child’s healthy diet. Here are some easy snack ideas:

- Hummus with carrots and peppers
- Celery filled with peanut butter and topped with raisins
- Low-fat yogurt parfait with granola and berries
- Whole-wheat tortilla chips and salsa
- Apple slices with peanut butter
- Low fat cheese cubes with whole grain crackers
- Assorted sliced veggies with low fat ranch dip

Simple Back-to-School Lunch Ideas

- Roll up lean turkey or chicken in a whole grain tortilla. Add lettuce and veggies and a smear of hummus or low fat dressing
- Pasta salad with chopped broccoli. Carrot sticks with hummus
- Rice and bean bowl with added veggie of your choice
- Egg salad on whole grain English muffin
- Turkey with sliced apple sandwich
- Chicken quinoa salad with mandarin orange slices
- Brown rice and bean burrito with a side of cucumber slices
- Veggie sandwich with shredded carrot, sliced cucumber, lettuce, tomato and sliced low fat cheese on whole grain pita pocket
Spooky Pumpkin Pancakes

Makes: 8-10 pancakes  Total Recipe Cost: $3.22
Serving size: 1 pancake  Cost Per Serving: $0.41

Ingredients
• 1 whole egg
• ¾ cup canned pumpkin
• 1 & ¾ cups non-fat milk
• 1 tablespoon canola oil
• 2 cups flour
• 3 teaspoons brown sugar
• 1 tablespoon baking powder
• 1 teaspoon pumpkin pie spice
• ¾ teaspoon table salt

Directions:
1. Combine egg, pumpkin puree, milk and oil in a large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to the egg mixture and stir gently.
3. Using non-stick cooking spray, lightly spray a griddle or skillet and heat over medium heat.
4. Pour 1/3 cup batter on the griddle.
5. Let cook until bubbles appear on the edges and throughout the pancake. You can place raisins to make a face on this side of the pancake prior to flipping over.
6. Flip pancake over and cook until second side is light brown. Serve with fresh fruit or yogurt if you like.

To increase whole grain consumption, try substituting half the flour with whole wheat flour. Try using raisins to make a pumpkin face on each pancake while the batter is still wet.

MyPlate Trivia Game

1. Try to fill __________ your plate with fruits and vegetables.
2. Sports drinks, sweetened teas, fruit punch and soda all have way too much __________. A healthier drink choice is __________.
3. Make at least half of your grains __________.
4. Choose dairy products that are __________ fat as these have less saturated fat.
5. Seeds and __________ contain healthy fat; however eat these in small amounts.
6. Processed foods are often high in __________ and have been known to raise risk of some diseases.

WORD BANK
Whole
Nuts
Low
Water
Sodium
Sugar
Half
In May, Eat Smart New York-Cornell Cooperative Extension (ESNY-CCE) nutrition educators Scenquetta Dixon, Halie Bloom, Anthony Garcia, Seema Uppal and Melanie Levy, had the opportunity to spend several weeks at Southwest Elementary School in Brentwood teaching students from Kindergarten to 3rd grade. Children learned the importance of being physically active and growing your own food and understanding how to eat healthy using My Plate.

Each week the students had a different lesson that taught the parts of a plant and which parts of the plant are edible. Lessons were organized so the students were able to learn the basics and build upon that knowledge each week.

The students had the opportunity to plant lima beans using a zip-lock bag, and a wet paper towel. At the end of the seven weeks, all of the students enjoyed tasting various fruits and vegetables that they had learned about. The Apple Cranberry Salad Toss recipe was a huge hit with the children. They loved making and tasting it. The seven week program was such a success that the Principal and teachers at Southwest Elementary School requested ESNY-CCE to return to the school in the fall to do another series of classes with the students.

**MYPlate Snack Tips for Parents**
*(Based on the US Dietary Guidelines)*

1. **Prepare homemade goodies**, for both cost savings and better nutrition. Adjust recipes that call for fat, by adding unsweetened applesauce or prune puree and use half the amount of fat. Reduce the sugar in a recipe and try adding some dried fruit such as raisins.

2. **Snack on protein foods.** Try a handful of unsalted nuts or seeds, hummus or other bean dips or hard boiled eggs for a simple, healthy snack.

3. **Save money by slicing veggies.** Store sliced vegetables in an air tight container in the refrigerator and serve with hummus. Top an English muffin half with spaghetti sauce, chopped vegetables and low fat shredded mozzarella and melt in the microwave.

4. **Grab n Go.** In a snack size baggie, mix dried fruit, unsalted nuts, whole grain cereal and popcorn for a quick trail mix. This tasty treat is high in fiber and low in sugar. Other grab n go options: whole fruits which can also be sliced for easier eating or frozen grapes.

5. **Mix it up.** Place some fat free yogurt and frozen fruit in a blender to make a tasty smoothie.

6. **Grab a plain,** low fat yogurt topped with berries or a glass of low fat milk along with a handful of whole grain crackers.
The Importance of a Good Night’s Sleep

Teens today are more likely to be staying up extra late and hitting the snooze button, only to rush around to get ready for school and out the door without breakfast. Getting enough quality sleep is a key concern for kids as well as adults.

According to the American Academy of Pediatrics, about 70% of students are sleeping 7 or fewer hours a night on school nights. The Academy recommends 8-10 hours a night. Studies show that a morning meal to start the day, leads to a better balanced nutrient and calorie intake.

While getting enough sleep may not seem like a big deal, teens who get too little sleep on a regular basis are more likely to struggle in school. This lack of sleep can affect mood, concentration, memory and even decrease motivation. Help your child stick to a set bedtime, limiting use of electronics an hour before bedtime to support a good nights sleep.

OTHER RESOURCES

USDA’s Choose My Plate • www.choosemyplate.gov
Academy of Nutrition & Dietetics • www.eatright.org
American Heart Association • www.americanheart.org
Action for Healthy Kids • www.actionforhealthykids.org
National Food Safety Data Base • www.foodsafety.gov

Visit our website for more information about our free programs: www.eatsmartnyli.com

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