

March

## Fun Facts

### Healthy Eating Tip: Teach Kids About Portions



In this world of supersized portions, teaching your kids about serving sizes by comparing them to everyday objects can help prevent them from eating more than they need, and maintain a healthy weight. It's a good tool for you to use, too!

2½ ounces meat:	size/thickness of a deck of cards
Medium piece of fruit:	a tennis ball
1 ounce of cheese:	4 stacked dice
½ cup ice cream:	tennis ball
½ cup rice, pasta, mashed potatoes or broccoli	about the size of a fist
1 tsp peanut butter:	the tip of your thumb
1 ounce of nuts:	one handful

Source: 'Seven Ways to Size Up Your Servings,' National Dairy Council®, 1996

### Shamrock Milk Mixer

Mix up this Shamrock Milk Mixer for some green on St. Patrick's Day!

- 1 chocolate-mint sandwich cookie, crushed
- 1 cup low-fat milk
- 2 tablespoons pistachio instant pudding mix
- 1 drop green food coloring.



Place cookie in a small plastic bag and crush it with a rolling pin or your hands. Pour milk into a tall glass. Add pudding mix and stir with a fork until dissolved. Stir in green food coloring. Stir in crushed cookie. Enjoy!

Makes 1 serving

Source: Recipe created by Elizabeth Ward, MS, RD for 3-A-Day™ of Dairy, [www.3aday.org](http://www.3aday.org)

### Family Fun Quick Tips for St. Patrick's Day



- Make 'shamrock milk' by adding a few drops of green food coloring
- Dance the Irish Jig with your kids
- Serve Irish oatmeal made with milk
- Read **Jamie O' Rourke and the Big Potato** and **Fin M'Coul: The Giant of Knockmany Hill** by Tomie De Paola
- Serve fresh, green fruits, like green apple slices, kiwifruit slices and green grapes, with green yogurt for dipping

### School Breakfast: The Facts



School breakfast is proven to be good for children's bodies and their minds. Research shows that breakfast eaters have improved memory, problem-solving skills, verbal fluency and creative abilities. It also shows that breakfast skippers rarely make up for the nutrients they miss out on at breakfast later in the day – so skipping breakfast can affect the after-school activities they love.

### Kids' Corner: Power Up with School Breakfast Superheroes



Join your kids at school for National School Breakfast Week, March 2-7 and Power up with the School Breakfast Superheroes – Mr. Breakfast, Yogurl, Eggbot, Crunch, The Fruit Avenger and The Sandwich Sensi! Learn more about these superheroes and find fun activities for kids at [www.schoolbreakfast.org](http://www.schoolbreakfast.org).