



September 2016

Nutrition Connection

The latest news and events from the Kendall Reagan Nutrition Center at Colorado State University

Family Meals Matter!

Research shows that families who eat together reap benefits that include stronger family ties, improved communications skills, and empathy. There is also evidence that children and adolescents who take part in family meals:

- Eat more healthy foods
- Are less likely to be overweight
- Have greater academic achievement
- Have improved psychological well-being



Whether your family is big or small, try these recommendations to improve meal time.

- Eat together as a family at least three times per week. If you cannot sit down for dinner together, make an effort to share breakfast or an evening snack. The point is to make time for each other, which usually motivates everyone to eat better.
- Eliminate distractions. Mealtimes (or snack time) is the most common time for children to communicate with parents, so turn off the TV and ban cell phones from the table.
- Plan ahead to make these mealtimes achievable. Make a menu and shopping list together, and keep ingredients on hand that everyone can help put together.

MIX UP THE MENU WITH THESE MEAL IDEAS

- * Get ingredients ready on the weekend or in the morning
- * Prepare multiple servings when you cook so that you have leftovers
- * Use a crockpot
- * Make a meal out of a large salad, including a variety of vegetable and protein sources
- * Turn dessert into a healthy snack by being creative with fruit, yogurt, & nuts

Nutrition Hot Topic:

5-2-1-0

The 5-2-1-0 message is a great reminder of what kids need for optimal health and wellbeing. Even if you do not have children, these science-based guidelines would be good for you, too.

5 or more Fruits and Vegetables

Most Americans do not get enough of these. Try filling half the plate with fruits and veggies, or spread them throughout the day, with 1 at each meal and snack.

2 hours or less of Screen Time

Too much time in front of the computer or TV can be harmful for a child's development, so get them up and active. For adults who work on the computer, take hourly breaks.



1 hour or more of Physical Activity

Kids need at least an hour of active play every day, and need it to be part of a daily routine. Prioritize afterschool exercise, either with organized sports, walking the dog, bike riding, or games in the yard.

0 Sugary Drinks

Most children and adolescents are drinking too many empty calories from sugary drinks, including soda, fruit drinks, and coffee beverages. Better drink choices are water, milk and small amounts of 100% juice.

AIM FOR DIVISION OF RESPONSIBILITY

Children have a role to play in mealtime, starting when they are very young. According to the *Ellyn Satter Institute*, children are responsible for how much and whether they eat, while parents are responsible for what, when and where. During early childhood, eating habits and preferences are being established, and will likely last into adulthood. Use these tips to start them on the right track.

- Make meals and snacks pleasant. Avoid confrontation about foods by offering a variety of foods, including something they like as well as new foods you want them to try.
- Steer clear of the “finish your plate” mentality. Save leftover food for later meals or snacks.
- Encourage your child to know and trust their own cues for hunger and fullness.
- Children learn about food directly from what is exhibited by the family. Set a good example with what, how and how much you eat.

Greek Pita Pizzas

Children of almost all ages can help prepare these easy, delicious pizzas, and adults will enjoy the unique flavor, too.

Ingredients:

- 6 (6 inch) whole wheat pita breads
- 4 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 bunch spinach, rinsed and chopped
- 3 roma (plum) tomatoes, chopped
- 4 fresh mushrooms, sliced
- ½ cup crumbled feta cheese, reduced fat
- 2 tablespoons grated Mizithra cheese (optional)
- 1 pinch ground black pepper, to taste



Directions:

1. Preheat the oven to 350° F.
2. Combine 2 tablespoons olive oil with 2 minced garlic. Brush this onto one side of each pita bread.
3. Place them oil side up on a baking sheet. Layer with spinach, tomatoes, mushrooms, feta cheese, and Mizithra cheese (if using). Drizzle with remaining 2 tablespoons olive oil and season with pepper.
4. Bake for 10-12 minutes or until pita breads are crisp. Cut into quarters and serve.

Tasks Children Can do:

- Rinse and chop spinach and tomatoes
- Slice mushrooms with a butter knife
- Grate cheese
- Brush olive oil and garlic on pitas
- Layer toppings on pitas
- Set table

Serving size: 1 Pita Pizza

Yield: 6 six-inch Pita Pizzas

Nutritional Information/Amount per serving:

Calories	294	Calories from Fat	115
Total Fat	12.8 g	Saturated Fat	2.8 g
Cholesterol	4.8 mg	Sodium	532.9 mg
Total Carbohydrate	38.3 g	Dietary Fiber	5.8 g
Sugars	1.9 g	Protein	10.3 g

Join us for unique nutrition programs and services!

Visit our website for more information about these upcoming programs:

www.nutritioncenter.colostate.edu

Diabetes Prevention Program

Beginning October 3rd: Mondays from 6-7pm OR October 5th: Wednesdays from 12-1pm in Gifford, room 101. FREE if you have Anthem Blue Cross Blue Shield insurance. Call for information.

Prenatal Nutrition Talk

October 11, then repeated November 8 and December 13 from 6-7:15 pm

Located in A Woman's Healing Center

Octoberfest Date Night Cooking Class: Cooking with Beer

September 30, repeated October 28 from 6-8 pm

Dining With Diabetes

Wednesdays: October 5, 12, 19 and 26 from 12-1 pm in the KRNC

Mediterranean Diet Presentation and Cooking Program – for Alumni Association Members

September 21st, 2016 from 6-8 pm. Contact us or the Alumni Association to sign up.

Ongoing Services available at the KRNC

Tele-coaching

Get one-on-one nutrition coaching with our registered dietitians without leaving your house. Same rate as individual coaching here: [Tele-coaching](#)

Resting Metabolic Rate

State of the art equipment determines your basic calorie needs in a 30-minute appointment, then we provide recommendations based on your activity or weight goals in a 50-minute individual coaching session. Package deal: \$150 (\$75 for CSU students and employees). Visit our website for more information: [Resting Metabolic Rate](#)

Location for all activities: Room 114 Gifford building on the CSU campus
502 W. Lake, Fort Collins, CO, 80523 ~ 970.491.8615

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