



FAMILY NUTRITION NEWSLETTER

MARCH
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EDITION

PRODUCE ITEMS OF THE MONTH ARE STRAWBERRIES & ASPARAGUS

At St. Vincent we believe in treating the whole person - mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three aspects of a person. We hope you enjoy the newsletters and that you find them useful for keeping your family healthy and happy. Thank you for reading!

PRODUCE SELECTION:

Strawberries:

SPECIAL NOTE: There is some disagreement among experts as to when strawberries should be introduced into a child's diet. Some doctors and dietitians recommend waiting until children are at least a year old, especially if there is a history of food allergies in the family, while others may recommend 6 to 12 months or even 2 years of age.

- Tasting berries is the most reliable way to know if they're good, but most places won't let you try too many berries before you buy.
- Look for a deep red color that is deeply red and shiny.
- Check that your strawberries give off a sweet aroma because a strong fragrance is an indication of deliciousness.

Asparagus:

- For asparagus, size isn't an indicator of quality or flavor; thick asparagus is simply more mature than the thin variety.
- Look for bright green or violet-tinged spears with firm (not limp) stems.
- Make sure the tips are closed and compact. When the bunch is squeezed, it should squeak.

HEALTHY BODY FOCUS: NATIONAL SLEEP AWARENESS WEEK

The National Sleep Foundation has designated March 2-9, 2017, as National Sleep Awareness Week. From an article on their web site (sleepfoundation.org), here is information on how sleep can affect your child's academic performance.

If your child is having trouble in school, it may be time to look at your family's sleep habits. To thrive academically, children of all ages—preschool through college—need to have energy, the ability to focus, concentrate, retain information, and be creative problem solvers. Success at school also requires kids to control impulses and manage emotions and behavior to keep on track. All of these skills depend heavily on healthy, consistent sleep.

At all ages, signs of sleepiness can show up as behavioral and learning difficulties. Children who seem excessively sleepy during the day are more likely to experience problems with learning, attention, hyperactivity and conduct than children who aren't sleepy. Sleepiness causes problems with concentration and mood, and can even make it hard for students to stay awake in class.

According to the Sleep Foundation, preschoolers aged 3-5 years old should get 10-13 hours of sleep per night and school-aged children between the ages of 6-13 should get 9-11 hours of sleep per night. And finally, teenagers are recommended to get at least 9½ hours of sleep per night.

HELPING YOUR CHILD EAT HEALTHY

Most children seem to love strawberries, so here are some ways you can prepare them:

- o Rinse them off and allow children to eat them as they are
- o Make a fruit kabob by putting strawberries and your other favorite fruits on a skewer
- o Add diced strawberries to your morning cereal or oatmeal

When I was growing up, it was hard to get my siblings & me to eat asparagus. Try these tips for making this veggie more appealing to your child:

- o Shave stalks into paper thin strips with a potato peeler. Toss them with a squeeze of lemon, a bit of olive oil, salt, black pepper, and shredded Parmesan cheese.
- o Make a sandwich wrap for lunch using your favorite deli meat and cheese...and add a stalk or two of asparagus.
- o Add diced asparagus to your scrambled egg or omelet.



Strawberries	
Nutrition Facts	
Serving Size 1 cup, halves 152g (152 g)	
Servings per container 1	
Amount Per Serving	
Calories 49	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A	0% • Vitamin C 149%
Calcium	2% • Iron 3%

Asparagus	
Nutrition Facts	
Serving Size 1/2 cup 90g (90 g)	
Servings per container 1	
Amount Per Serving	
Calories 20	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A	18% • Vitamin C 12%
Calcium	2% • Iron 5%

RECIPE CORNER

STRAWBERRY ASPARAGUS SALAD from food.com

Salad Ingredients

- 2 cups asparagus, cut in pieces and blanched
- 2 cups strawberries, sliced

Dressing Ingredients

- 1/4 cup lemon juice
- 2 tablespoons vegetable oil
- 2 tablespoons honey

Directions

Toss the asparagus and strawberries together in a bowl. set aside. In a small bowl, combine the dressing ingredients and mix well. Pour dressing over salad and toss. Chill before serving.