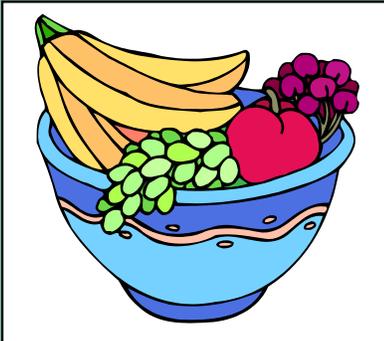


Nutrition Notes from the Neuromuscular Center

1ST QUARTER 2011



TECH TIP:

www.sparkpeople.com is a healthy living community website that has free fitness and nutrition tools that are fun to use. Tech savvy teen or parents can set up their own account and track the foods they eat each day. Go to “my tools”, then “my nutrition” to get started. It is an eye opener to see how many calories some foods contain. Check it out!

Hello!

Happy New Year! My name is Debby Boutwell and I am the new Dietitian for the Neuromuscular Clinic. I am publishing this newsletter as a way to give you new tips on things that matter to you about feeding your child. The newsletter will come out quarterly, and coincide with the seasons. Hopefully you will find this information helpful.

On my mind: Questions for the Dietitian

Dear Dietitian,

I have run out of ideas for foods to send in my son's lunch at school. Can you give me suggestions?
Thanks, BD's Mom

Dear BD's Mom,

Your question is not uncommon! Many parents and caregivers struggle with what to make their children for lunch. For some kids, a lunch provided by the school is not an option or is not acceptable. Having a repertoire of eight to ten lunches that work for your child is a good idea. It prevents boredom, promotes variety, makes shopping easy, and reduces the stress that is sometimes associated with packing a healthful lunch. See the following page for further suggestions.

LUNCH BOX SUGGESTIONS FOR CHILDREN

Ideas of Foods to Pack:

- Conventional sandwiches—deli meat, peanut butter and jelly, cheese, bagel and cream cheese, bagel and peanut butter, vegetarian pita pocket, tuna fish
 - Unconventional sandwiches—humus and pita bread, falafel, cheese and crackers, cream cheese and jelly, sunflower butter, soy-nut butter, wrap filled with vegetables and cheese or deli meats, quesadilla, calzone, and Stromboli, Canadian bacon with lettuce and tomato
 - Conventional alternatives to sandwiches—dinner leftovers (meat/chicken/fish/pork, grain, pasta or potatoes, vegetables), cheese and crackers, leftover pizza, soup or stew, takeout leftovers
 - Unconventional alternatives to sandwiches—single-serving cereal or cereal from home in storage container (just add milk), scrambled eggs or hardboiled eggs, yogurt with granola, quiche, chili, pancakes or waffles, nuts, filled croissant, homemade smoothies, bean salad, homemade muffin
 - Fruits—apple, pear, banana, grapes, berries, oranges, grapefruit sections, canned fruit in juice, fruit cocktail, grapefruit sections, cherries, pineapple chunks, melon, pomegranate, guava, papaya, tangerines, clementine, fruit salad
 - Vegetables to eat raw, steamed, or with dip—cucumber slices, celery, carrots, green beans, snow peas, blanched broccoli, asparagus or cauliflower, grape tomatoes, beets, corn, salad, guacamole, bean salad
 - Snacks—fruit leather, sunflower seeds, baked potato chips, pretzels, multigrain crackers, high-fiber granola bar, graham crackers, unsweetened applesauce, multigrain chips or tortilla, dried fruit, nuts, tube yogurt (try freezing), cereal bars, dry cereal, banana chips, dried peas, breadsticks
- Buy 8-fl-oz bottles of water or fill several water bottles, and keep the refrigerator stocked for the week; in the summer months, you may choose to freeze these, so the ice is melted into cold water by lunch
 - Have your child purchase milk, chocolate milk or orange juice, if possible, at school; this way you don't have to worry about packing a drink, spoilage, or leaking
 - Know what to pack
 - It's OK if your child likes to have a conventional lunch that includes a sandwich, fruit, vegetables, snack item, and a drink
 - If your kid prefers to "pick" and does better with yogurt or cheese, for example, make sure you balance the meal so that it contains protein, fruit and/or vegetables, some carbohydrate, and fat
 - Involve your child in packing the lunch, as much as possible; older children can often prepare and pack their own lunch with adult supervision
 - If you are planning to pack dinner leftovers for lunch, pack the storage container as you are cleaning up for dinner—this saves time

WHAT'S FOR
DINNER
TONIGHT?

*Healthy Chicken Nuggets with
Mustard Dipping Sauce*

Menu:

**Chicken Nuggets
With Mustard Dipping Sauce
Steamed Broccoli & Carrots
Unsweetened Applesauce
Milk**

Looking for healthy
recipes for your family?

Check out [www.
Cookinglight.com](http://www.Cookinglight.com). Not
only do they have
recipes for meals, there
are also great ideas for
healthy snacks.

This is a healthy version of Chicken Nuggets. Soaking the chicken in buttermilk makes the chicken tender and juicy.

Chicken:

½ cup low fat buttermilk
1 ½ pounds skinless, boneless chicken breast, cut into 40 pieces
3 ¾ cups of cornflakes, crushed
1 teaspoon paprika
½ teaspoon sugar
¼ teaspoon salt
Cooking spray

Sauce:

½ cup prepared mustard
¼ cup honey
½ teaspoon grated peeled fresh ginger

Preheat oven to 375 degrees.

To prepare chicken, combine buttermilk and chicken. Marinate in refrigerator 30 minutes; drain. Place cornflakes, paprika, sugar and salt in a zip lock top bag and shake well. Add chicken to the bag and shake well to coat. Place the chicken on a baking sheet coated with cooking spray. Bake at 375 degrees for 15 minutes or until done.

To prepare sauce, combine mustard, honey and ginger. Serve with chicken.

Serving size: 5 nuggets and 1 ½ tablespoons sauce

Nutrition Data per serving:

Calories	190 (9% from fat)	Carbohydrate	21.3 g
Fat	1.8 g	Fiber	0.8 g
Protein	21.8 g	Cholesterol	50 mg
Iron	1.3 mg	Calcium	40 mg

Source: www.cookinglight.com

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