

March 2018

Student and Family

National Nutrition Month

National Nutrition Month® is a campaign that focuses on the importance of making informed food choices and developing sound eating and physical activity habits. At a time when pills and powders often supplement meals and snacks, here are a few ways to get the most from foods you eat everyday:

Start with Breakfast Rise and shine with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal. Not a morning person or in a rush? Grab an apple or banana and some nuts to fuel your morning. Packing whole grain cereal in a zipper bag is easy to pull out mid-morning when you are ready for breakfast.

Make Half Your Plate Fruits and Vegetables Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. These amazing super foods help increase your energy and immunity while also protecting your body from inflammation. Experiment with different types and colors, including fresh, frozen and canned.

Fix Healthy Snacks Snacking is not always the enemy when foods are minimally processed and portion sizes are kept in check. In fact, snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana

Explore New Foods and Flavors Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that is new to you or your family.

Get Cooking Preparing foods at home can be healthy, rewarding, cost-effective, and FUN! Eating out can be a fun social event, but you might be consuming more calories, fat, and sodium than you really need. Save all that (and some cash!) and make cooking at home the social event! Make a point to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans. Getting the kids involved with cooking will not only teach them a valuable life skill, but they will also be more likely to eat what they make. Unplug for a while a few times each week and make mealtime a regular family affair.

Excerpts taken from the article "18 Health Tips for 2018" authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists. Copyright 2017 Academy of Nutrition and Dietetics. Reproduction permitted for educational purposes.



The Hastings School District is working to improve the health and scholastic achievement of students. To learn more about the wellness initiatives in Hastings, check out the Smart Choices Website:

<http://www.smartchoiceshastings.info>

Kindness *Yep, that's it, little old kindness. Here are few BIG things kindness does:*

Kindness reduces stress

Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population.*

Committing acts of kindness

lowers blood pressure Acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of another chemical which dilates the blood vessels which reduces blood pressure. Oxytocin is considered a "cardioprotective" hormone as it protects the heart by lowering blood pressure.*

Kindness creates pleasure

When you are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed – not the giver. This phenomenon is called the "helper's high".*

Kindness is contagious People who witness a kind act find their mood improved and can make them significantly more likely to "pay it forward", creating a domino effect that can improve the day of dozens of people.*

Being kind is easy to do. Look around; someone can always use our help, a supportive word, or some acknowledgement. One small act can change the course of someone's day. And can help keep your heart healthy too!