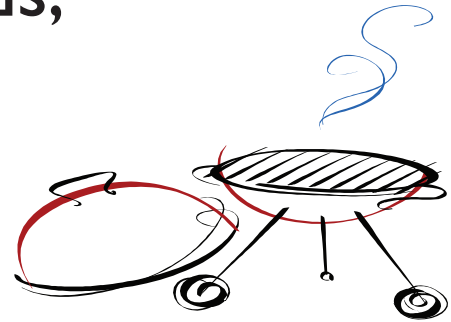


# Grill Me About...

## Fuel Up with Whole Foods, Close to Their Source



Ask me what I learned about higher-quality foods in my GrowingGreat classroom nutrition lesson:

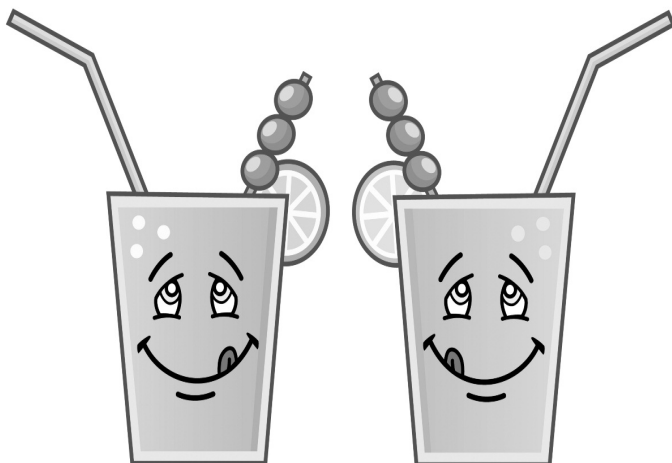
1. What makes a food whole and close to its original source?
2. What is a minimally-processed food?
3. What is the source of yogurt?

.....  
**Answers:**

1. *One that looks like it did when it came from nature. For example, a whole apple looks like it did when it was picked from the tree.*

2. *A food that has been changed very little from its original source and retains all or most of its nutrients. For example, unsweetened applesauce is minimally processed.*

3. *Milk*



## Smoothie Recipes

### Fruit Smoothie

- One 10-ounce bag frozen strawberries
- 1 ripe banana
- 4 ounces 100% fruit juice, such as apple
- 3/4 cup whole, plain yogurt
- 1-1/2 teaspoons honey (optional)

### Protein Smoothie

- One 10-ounce bag frozen strawberries
- 1 ripe banana
- 4 ounces milk (cow, goat, rice, soy, hemp or almond)
- 1 cup whole, plain yogurt
- 1/2 teaspoon honey (optional)

*Place all ingredients in a blender and pulse until well-blended and smooth. Makes about three 8-ounce servings.*

# Classroom Nutrition Lesson #2

## Eat whole foods, close to their original source



Nature provides us with a variety of whole foods that are close to their source, tasty, and nutritious. Most Americans consume more than enough protein, but do not eat enough of some other beneficial foods such as whole grains, fruits, vegetables and the right types of fat.

### Grains

A true whole grain product has “whole” as the first ingredient. For example, “whole” wheat, “whole” oats or “whole” rye. When packaging reads “made with whole grains” check the ingredient list. If the whole grain appears at the end of the list, it is a very small percentage of the overall food.

*It is important to vary your grains. Wheat is not the only option. Add quinoa to brown rice, cook up millet in lieu of oatmeal, try sandwiches made from spelt bread or crackers made from rice.*

*Minimize enriched and refined grains such as white flour or “unbleached” wheat flour.*

### Fruits and vegetables

Choose local seasonal produce from a Farmer’s Market where produce comes from a nearby source. Because produce starts to lose nutrients after it is harvested, shopping “locally grown” ensures you are obtaining the freshest produce possible. Local, seasonal produce is also more flavorful.

**Tip:** *For an afternoon snack or gourmet appetizer, thinly slice fresh apples and serve with your favorite cheese. For salads, add lightly boiled green beans, grated carrots, celery, radishes, jicama, bell peppers and red onion.*

*Minimize highly-processed juices, sodas, and highly-sweetened smoothies.*

“Some studies show that teenagers, at the peak of their growth, get nearly half their calories from nutrient-poor refined carbohydrates. This is part of the reason why obesity, high cholesterol, hyperactivity and behavior disorders are prevalent among the under 18 crowd.”

—“Phony Foods,”  
by Carrie Demers, MD

**Eating whole, nutrient-dense foods nourishes our cells. When we give the body the nutrients it needs, we feel more satisfied with fewer calories and are less likely to overeat.**

### Fats

Adults should eat 30% of their calories as fat and children up to 60%. The key is the type or quality of fat. High quality fats are essential for the skin, joints, heart and brain.

**Tip:** *Incorporate beneficial fats to your diet. add avocado to a salad, snack on a handful of almonds, spread a tablespoon of peanut, almond or sunflower seed butter on apples, make salad dressings with cold pressed olive oil or grind up flax seeds and add them to hot cereal or plain yogurt.*

*Minimize highly-heated oils found in deep-fried foods, baked goods. Avoid foods containing hydrogenated oils.*