



# FOOD NEWS

Southern Regional School District  
March 2018  
NATIONAL NUTRITION MONTH



## RECIPE LOVE: Breakfast Tacos

### Ingredients

- 4 corn tortillas
- 4 eggs
- 1 jalapeno, minced (seeds removed)
- 2 scallion stalks, sliced thin (green & white parts)
- 2 radishes, sliced thin
- 1 avocado, sliced
- Cilantro for garnishing
- Hot sauce for serving
- 1 lime, quartered

### Instructions

1. In a large skillet, char tortillas over medium heat until each side is browned. Wrap tortillas in foil to keep warm and set aside.
2. Whisk together 4 eggs with jalapeno and scallion. Season lightly with salt and pepper (freshly ground pepper is best).
3. Heat a skillet over medium low heat. Add in your eggs and let them cook slowly without stirring too much (this will give your eggs a custardy texture).
4. Keep cooking over low heat, carefully folding eggs over for even cooking. Once eggs are cooked, but not browned, remove from heat.
5. Divide eggs evenly over the four corn tortillas. Top with radish, sliced avocado, and fresh cilantro to garnish. For each taco add a little hot sauce, squeeze a little lime, and enjoy!
- 6.
- 7.

Recipe Author: Julia Gartland, Breakfast Tacos for [camillestyles.com](http://camillestyles.com)

## RD CORNER

Hi! My name is Meredith Hesselein and I'm your registered dietitian. My main goals are to teach students and their families lifelong habits of good health and wellness through food. Through this newsletter I hope to keep you in the loop on food and nutrition news. If you have any questions or requests, please don't hesitate to reach out!

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## BENEFITS OF CHOLINE

Choline is a unique micronutrient often described as "vitamin-like". It is essential throughout the life cycle and is critical for brain and spinal cord development. Beginning in utero and continuing throughout childhood, choline is crucial for brain development and cognitive learning. Beyond the brain, choline is part of acetylcholine, a neurotransmitter important in muscle control, memory, mood, and nervous system functions. The USDA recently set the daily value at 550mg per day for adults and children 4 and older based on the updated RDI values. Good sources of choline are beef liver, eggs, lean beef, soybeans (edamame), cod, shiitake mushrooms, and red potatoes.

## How TV Can Influence What Your Child Eats

TV time can take a toll on your child's nutrition. Why? Many kids spend a fair amount of time in front of the television and research shows they are easily swayed to choose the foods they see advertised. Some of the foods shown in commercials don't do them any favors when it comes to feeding their growing brains and bodies. Many are high in solid fats, added sugars, sodium and/or calories and they often lack vitamins, minerals and dietary fiber.

Each day while watching TV, children typically see 10 to 13 advertisements that promote some type of food or beverage. More than ninety percent of these advertisements have been shown to be high in ingredients that are recommended for children to limit. In fact, even with the Children's Food and Beverage Advertising Initiative, an industry-based voluntary effort to improve the advertising of foodstuff targeted towards children, more than half of the advertisements that were approved in 2014 did not meet the nutrition recommendations established by several government agencies.

### How can you tame TV temptations and promote healthier eating?

**Avoid watching TV while eating.** As a family, agree not to watch TV (or use other electronic devices) during meals or while snacking. Eating together regularly without distractions also offers the opportunity to promote healthful eating and family bonding.

**Watch children's programs without advertisements.** Consider buying or renting DVDs for children or recording programs in order to fast forward through the commercials. Watching shows on public television stations is another option.

**Spend time together learning about foods.** Try growing a garden, visiting a farmer's market or browsing the produce section at the grocery store. Older children can be taught how to use the Nutrition Facts label and help with shopping for healthier foods.

**Let kids help in the kitchen.** Young children have a willingness to learn and a genuine desire to help. This is a great time to introduce food safety, such as washing hands before handling food, and assigning simple tasks, like setting the table or tearing lettuce leaves for a salad.

**Set limits around screen time.** Children of all ages are spending more time in front of TV and other electronic devices. Although, some of this time involves educational activities, there is still concern about how it could affect their health and development. The American Academy of Pediatrics recommends no more than one hour per day of screen time for children 2 to 5 years old and the use of a family media plan for school-age children.

**Be a good role model.** Kids learn so much simply by observing others. As a parent, choosing healthier foods and beverages, while limiting the use of electronic devices can help to reinforce the habits you are trying to encourage in your children.

*Source: eatright.org  
How TV Can Influence What Your Child Eats  
Written by Jill Kohn, MS, RDN, LDN  
Published January 4, 2018*

## FOOD DAYS

### National Nutrition Month!

- March 1 – National Peanut Butter Lover's Day
- March 4 – National Pound Cake Day
- March 7 – National Cereal Day
- March 11 – Daylight Savings Time begins
- March 14 – **Registered Dietitian Nutritionist Day!**
- March 20 – National Ravioli Day
- March 26 – National Waffle Day
- March 28 – National Something on a Stick Day