

Nutrition



February 2012

Niblets

Say no to cookie dough



February is one of those months where we typically think of making homemade sweet treats like cookies for Valentine's Day. While making those cookies, you decide to taste the dough. It seems harmless. But regardless of how good it tastes, you are taking a risk. Raw eggs can harbor bacteria that may cause food poisoning by making you sick.

To make sure your cookies are tasty and safe, follow these steps:

1. Wait until cookies are fully baked before digging in.
2. Don't lick beaters, spoons or bowls.
3. Wash your hands before starting your cookie-making, immediately after you've handled raw eggs and when you've finished.

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Food Focus – Yogurt

Low fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth. Try plain low fat yogurt at home as a tasty topping for tacos and baked potatoes, instead of fatty sour cream.

Your Healthy Smile



"Brush your teeth" is one of those sayings said by parents everywhere. Regular and proper brushing and flossing are the most important steps to healthy teeth. However, what you eat can also make a difference. February is Children's Healthy Teeth Month and a great time to reinforce proper dental hygiene.

Try these tips for healthy teeth and gums:

- Make sure to eat foods from the dairy group which are loaded with calcium and vitamin D. Examples are milk, cheese, and yogurt.
- Sticky foods like dried fruits and granola bars and sweetened beverages can remain on your teeth for longer periods of time, providing the right fuel for cavity causing bacteria. Be sure you brush after having these snacks.
- Snacks like raw vegetables, popcorn, fruits also promote oral health.