

The Facts on Fats and Oils!



Sydney learned about good fats and oils in his laboratory. Good fats and oils come from foods like nuts, olives and some fish. Many of the food fats and oils help keep the body healthy and your heart beating as it should.

When you look at MyPyramid, you will notice that the Fats and Oils portion of the pyramid is much smaller than the other food groups. This is because even though fats and oils are necessary, you need less of them in your diet. Sydney likes to learn something new everyday, and today was no exception. Did you learn something new about the Fats and Oils food group?

February is...

- American Heart Month
- Library Lovers Month
- National Black History Month
- National Cherry Month
- National Grapefruit Month
- National Snack Food Month

Brain Buzz



Q: What is cholesterol?

A: Cholesterol is a type of fat found in your body. Your liver makes cholesterol for your body. You also can get cholesterol by eating anything that comes from an animal. Eating too much cholesterol is bad idea, especially for people who make too much cholesterol in their body.

It floats around in your blood and can get into the walls of the blood vessels and stay there. Too much of this can collect in the blood vessel walls, causing these "pipes" to become narrower. This can clog the blood vessels and keep blood from moving freely - the way it's supposed to. If the clogging gets worse over many years, it can cause damage to important body parts, like the heart (heart attack) and brain (stroke).

Overall – it is a good idea to watch the amount of fat you eat such as fried foods, cookies, crackers, and snacks in order to keep your heart healthy.

*Source: www.kidshealth.org

Recipe Corner

Shake Your Pudding



A serving just for one!!

Ingredients:

- 1/2 cup cold lowfat milk
- 2 tablespoons dry instant chocolate pudding (other flavors work too)

Directions: Remember to wash your hands!

1. Measure milk into a glass-measuring cup. Pour milk into a small plastic container that has a tight fitting lid.
2. Add dry instant pudding. Snap on lid and shake for 30 seconds. Pudding will set up after a few minutes. Refrigerate if served later.

** *MAKES 1 SERVING*

Source – www.kidsacookin.org