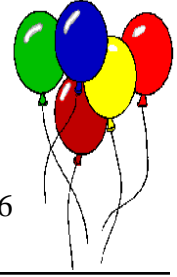




NUTRI-NEWS



February 2010

"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

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Welcome to National Children's Dental Health Month



Each February the American Dental Association sponsors National Children's Dental Health Month. Healthy nutrition habits play an important role in healthy smiles. Here are some hints on keeping your teeth and gums healthy:

- Follow the My Pyramid advice for healthy eating. Sufficient nutrition from all food groups promotes healthy teeth and gums.
- Go easy on between meal snacks. When snacking try to eat the snack at one time rather than over a longer period.
- There's something wise that goes with the saying..."smile and say cheese!" Some aged cheeses may offer modest cavity protection. Dairy products have nutrients, such as calcium, phosphorus and protein which may protect teeth.
- Brush twice daily and floss as well, and have regular dental checkups.

Kids in the Kitchen

A great happy, healthy, smile snack for kids!

Pizza Snacks

6 whole wheat english muffins, split and toasted

1 can (8oz) pizza sauce

1 cup shredded low fat mozzarella cheese

Spread each toasted muffin half with pizza sauce. Top each with cheese. Place 4 halves on a micro proof dinner plate in a circle.

Microwave on power level 7 for 3-4 minutes until cheese is melted. Let stand 3 minutes before serving. Repeat 3 times. Enjoy!

(12 servings total). **Always check with a grownup before working in the kitchen.

Test Your Nutri IQ

Take this quiz to test your IQ on nutrition and dental health:

True or False:

- _____ 1. Hard candy poses no more of a threat to dental health than pasta.
- _____ 2. Any food sugar, whether naturally-occurring or added to foods, can increase the risk of cavities.
- _____ 3. Cheese, such as sharp Cheddar, Monterey Jack and Swiss may protect against tooth decay.
- _____ 4. How often one snacks, not the snack portion size, is more important when looking at cavity-risk.
- _____ 5. In order to reduce your exposure to sugar on your teeth, you should drink a sugar-containing beverage quickly rather than sip on it.

(Answers: all are true!)

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