



VITAMINS AND PROTEIN POWDERS



Eating a variety of healthful foods during daily meals and snacks is the best way to make sure your child gets the vitamins/minerals and other nutrients he or she needs for normal growth and development without the need for additional nutrition supplements.

In some cases, a child's doctor or dietitian may recommend nutrition supplements to make sure they are getting what they need, if there is an extended food dislike, a food allergy, or an intolerance that prevents a child from eating an entire food group. Some over-the-counter nutrition supplements claim to help you get over colds or help you build muscles. These types of products are not usually supported by science and may even be harmful to children. Today your child learned how to better read nutrition fact labels to understand what's in nutrition supplements and why healthy foods are almost always a better choice.

AT HOME ACTIVITY

Get a healthful start to your day with this quick and easy breakfast. It is packed with 28 grams of protein and only 7 grams of fat.

Egg white scrambler

Ingredients:

- Olive oil or canola oil non-stick cooking spray
- 3 egg whites

- 1/4 cup any combinations of your favorite low carbohydrate vegetables chopped (such as sweet onions, green onions, mushrooms, cilantro, broccoli, or cherry tomatoes)
- 1/4 cup cooked lean ham or cooked bison sausage, chopped
- 1 slice of 50 percent reduced fat cheddar or Swiss cheese

Directions:

1. Spray a non-stick skillet with cooking spray and heat to medium-high.
2. Spread chopped vegetables and ham (or bison) in pan and cook for 1 to 2 minutes.
3. Whisk together egg whites and water; then pour over vegetables and ham (or bison).
4. Cook until egg whites are set.
5. Place cheese on top of mixture, cover pan, and cook for 1 to 2 minutes, or until cheese is melted.
6. Serve by flipping half of the mixture over top of the other half.

Source: Allina Health
www.allinahealth.org/recipes

STRETCH!

Warming up and stretching before getting into play, game or sporting event will prevent injury and promote flexibility. Remember to use proper safety equipment when playing sport activities. This equipment includes: helmets, eye protection, mouth guards, wrist, knee and elbow guards or pads, protective cups for males, and footwear. Replace any worn out, no longer supportive or well-fitting equipment to prevent injury. Children and adults should stay off the court or out of the game when injured, not fully healed from an injury or sick with illness.