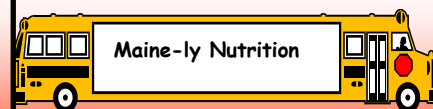


Maine-ly Nutrition Info Sheet

Healthy Foods for the Classroom

May 2005



Here are some tips to help you purchase healthy foods for your classroom:

- ✓ Use foods such as whole grains, fruits, vegetables, and low-fat dairy products from our new food guidance system, *MyPyramid*. (Check out the website at: www.mypyramid.gov for more information.)
- ✓ When buying fruits and vegetables for your classroom, refer to the January 2005 Info Sheet entitled **Using Local Foods in the Classroom**. If you are unable to take advantage of fresh local foods, frozen, canned and dried are also good choices.
- ✓ Be sure to check the Nutrition Facts label on food products before purchasing to make sure the product really is healthy and not “masquerading” as a healthy food. (For more information on foods that masquerade as healthy, check out the back side of this sheet.) Information about reading the food label can be found on the “*Label Reading Lingo*” sheet in this mailing.
- ✓ Prepare foods from basic ingredients (“from scratch”) whenever possible. Many students are not aware that certain meals or snack foods can be made at home and do not need to be purchased in a convenience food box or bottle.



Convenience	From Scratch
Boxed Macaroni and Cheese	New Macaroni and Cheese (Recipe on our website, www.maine-nutrition.org , under Internet Kits-Healthy Bones-School Nutrition Director page)
Taco Chips	Baked Pita Chips (Preheat oven to 400°, cut one pita into 8 wedges, separate the layers, place in single layer on cookie sheets, and bake until crisp, 9-10 minutes)
Frozen Pizza slices	Mini Veggie Pizzas (See the Summer 05 edition of MN teacher newsletter)
Bottled smoothies	Blender Smoothies (Place 10 thinly sliced strawberries, 1 very ripe banana, 1 cup skim milk, and 1 1/2 cups nonfat vanilla yogurt in blender and blend until creamy.)
Ranch Dip	Yogurt Vegetable Dip (Recipe in Calcium Info Sheet)

