

# Healthy Meals Healthy Children

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

March 2017

## "Put Your Best Fork Forward!"

### Inside this issue:

National Nutrition Month

MyPlate Tip of the Month

Tips for families to "*put your best fork forward*"

Spaghetti Squash with Tomatoes, Basil, and Parmesan



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### *Texas A&M AgriLife Extension Service*

**Our Vision** - Help Texans  
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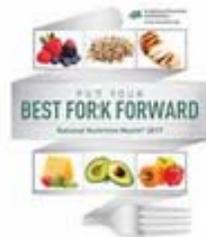
**Our Mission** - Through the  
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Dear Parents,

March is National Nutrition Month! This year's theme "Put Your Best Fork Forward!" reminds us that we hold the tool to make healthier food choices in our hand—a fork! Making small changes during National Nutrition Month® and over time, helps improve health now and into the future. And.. since children are the great imitators, your task as their parent is to model those behaviors for them!

To learn more about National Nutrition Month and making healthier food choices go to <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>



*Abigail Pritchard*

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### **MyPlate Tip of the Month:**

#### **Take your time**



Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>

## ***Eating Right Isn't Complicated***

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- ◆ Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- ◆ Include lean meats, poultry, fish, beans, eggs and nuts.
- ◆ Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

### **Make Your Calories Count**

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories

### **Focus on Variety**

Eat a variety of foods from all the food groups to get the nutrients your body needs.

### **Know Your Fats**

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

Adapted by Abigail Pritchard from [eatright.org](http://eatright.org) Academy of Nutrition and Dietetics

<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/eating-right-isnt-complicated>

Retrieved 3/13/17



## **Spaghetti Squash with Tomatoes, Basil, and Parmesan**

Makes: 4 Servings    Serving Cost: \$1.56

### **Ingredients**

- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 3 tablespoons Parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- salt and pepper (to taste, optional)

### **Directions**

Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons of parmesan cheese. Stir in tomatoes and season lightly with salt and pepper to taste. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon of Parmesan cheese.

*Adapted by Abigail Pritchard from February 2017 Better Living for Texans Newsletter  
Retrieved 3/14/17*

