



Expanded Food and  
Nutrition Education  
Program

The Market Basket



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**Questions:**

Is it safe to take  
probiotics?

Probiotics are nutritional supplements that contain bacteria like lactobacilli that are similar to the normally friendly bacteria that populate the human intestine. Those friendly bacteria in your gut can get killed off by taking antibiotics and other medications, which can result in digestive problems and diarrhea. Taking probiotics after undergoing antibiotic therapy is a good way to restore the balance of friendly bacteria. Probiotics may also be very beneficial for people with digestive tract disorders, yeast infections, and systemic Candida.

**Dear Friends:**

Well the kids are back in School. I thought it might be useful To have some ideas for some easy & healthy after school snacks so with that in mind we will address this topic in this newsletter, also what about those lunches that kids bring to school, do they meet up to the new “My Pyramid” for kids? Halloween seems to be a big holiday for kids but lets face it, all that sugar isn't good for their teeth let alone their bodies so included are some healthier versions of the sugar-laden candies that are the focus of what kids go for. I hope all of you got a chance to take advantage of the “Back to School Bash” recently. By the way if anyone has ideas for a future topic for this newsletter please call or email me no later than October 15th. Have a great Fall!

*Joyce Tompkins*

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Questions? Comments?  
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## What is My Pyramid for Kids?

My Pyramid for Kids is a child-friendly version of the new My Pyramid Food Guidance System released by USDA on April 19, 2005. The colorful My Pyramid for Kids graphic was designed for children 6-11-years old. The graphic includes the child-tested tagline, **Eat Right. Exercise. Have Fun.** That encourages school children to make healthy eating choices and be more physically active.

The following tips are good to keep in mind for families :

**Make half your grains whole.**

Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low fat popcorn, more often.

**Vary your veggies.**

Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.

**Focus on fruits.**

Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.

**Get your calcium-rich foods.**

To build strong bones serve low fat and fat-free milk and other milk products several times a day.

**Go lean with protein.**

Eat lean or low fat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

**Change your oil.**

We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

**Don't sugarcoat it.**

Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

**Set a good example.**

Be active and get your family to join you, Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.

**Take the President's Challenge as a family.**

Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).

**Establish a routine.**

Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.

**Have an activity party.**

Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.



## Easy After-School Snacks:



### **Peanut Butter Balls**

**1 cup peanut butter**  
**1/2 cup nonfat dry milk powder**  
**1/4 cup honey**  
**1/2 cup crushed cereal**

**Directions:** Mix peanut butter, dry milk and honey together. Form mixture into small balls and then roll balls in crushed cereal. Chill until firm. Store in refrigerator.

**Makes 20 balls**

**100 calories and 6 grams of fat per ball**

### **Autumn Fruit-Swirl**

**1-1/2 lbs. Jonathan or Macintosh apples, peeled, cored, sliced**  
**3 Tbs. plus 1 tsp. water**  
**1/3 ounce sugar**  
**5 ounces canned unsweetened blackberries in fruit juice, drained**  
**1/3 cup plain yogurt**

**Place apples, water, and sugar in a saucepan. Cover and simmer until soft. Allow to cool. Meanwhile, purée the blackberries in a blender or food processor. Filter through a sieve. Purée the cooled apple mixture. Add to the blackberries and fold in the yogurt. Spoon into individual glass dishes and chill before serving.**

### **Peanut Butterflies**

**1 stalk celery, cut into 3 inch lengths**  
**• 2 Tbs. Low-fat peanut butter**  
**• 6 mini pretzels**  
**• 6 raisins**

**Spread peanut butter evenly onto each celery length.**

**2. Stick two pretzels in peanut butter - these are the wings.**

**3. Add two raisins for the eyes. Serve.**

**Cantaloupe Surprise – Halve cantaloupes and scoop out seeds. Fill cavities with nonfat lemon yogurt and sliced strawberries, raspberries, grapes or any other bite-sized fruit.**

**Fruit Skewers - Thread strawberries, thick banana slices, and fresh or canned pineapple chunks onto a bamboo skewer.**

### **Strawberry-sicles:**

**Mix low fat strawberry milk with fresh strawberry slices and freeze in a popsicle container.**

### **Salsa Roll-Up:**

**Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.**

**Enjoy!**



## Have a Healthy Safe Halloween

Ghosts, goblins, witches and candy! While enjoying a few sweet treats can be fun, the amount of sugar our kids consume on October 31 can be downright mind boggling. If a Parent is concerned about all that Sugar the Following Tips are a good idea to Follow:

1. Feed them real food first, The hungrier they are, the more candy they will eat en route.
2. Everything in moderation
3. Don't let kids keep their candy stashes in their rooms
4. The smaller, the better. Look for candy that's labeled as "fun size" or "mini."
5. Select candy that takes a while to eat like lollipops or sucking candies
6. Buy value packs of sugarless gum
7. Take advantage of the portion control craze and hand out 100-calorie snack packs
8. Select dark chocolate candy options. The darker the chocolate, the more antioxidants

Better yet; Avoid candy completely; give out baseball cards, wacky packs, glow stick bracelets and necklaces, Healthy muffins, Stickers, Pencils, crayons, Markers, Stamps, Notepads, Erasers, Balloons, Balls, Small games etc...

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