Orange-Pineapple Smoothie Recipe

Module 6

Ingredients:

- 1 banana
- 1-15oz can pineapple chunks (packed in their own juice, not in syrup)
- 1 cup 100% orange juice (not “orange drink”)
- ¼ cup non-fat (skim) or low-fat (1%) milk
- 4-5 ice cubes

Directions:

1. Peel the banana. Let your child help you with this step.
2. Place all ingredients into an unplugged blender. Have your child help you with this step.
3. Plug in the blender, turn on, and blend until smooth. Make sure that your child’s hands are not near the blender when it is turned on.

TIP 1: If you don’t have a blender, you can use a potato masher. Just leave out the pineapple and mash in an extra banana. Or, use canned pineapple that is already crushed (but still in its own juice). You’ll also need to leave out the ice.

TIP 2: Try using a whole peeled orange instead of just the juice. That way, there is more fiber and nutrients that are good for you and your family. Just peel and chop it, then put in the blender along with the other ingredients.

REMEMBER: Your children are more likely to try a new food if you try it with them!
1 banana

1-15 oz can pineapple chunks, canned, packed in their own juice (not in syrup)

100% orange juice (NOT orange drink)

Low-fat (1%) or non-fat (skim) milk

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Ingredients:
- 3-4 sweet potatoes
- 1 Tablespoon olive oil
- Salt, to taste
- Dash of nutmeg or cinnamon (optional).

Directions:
1. Preheat the oven to 450 degrees.
2. Scrub and rinse the sweet potatoes. Leave the skin on.
3. Cut each sweet potato into pieces no larger than ½ inch.
4. Place all sweet potato pieces into a zip-top plastic bag.
5. Ask your child to add the olive oil, a few shakes of salt and a dash of nutmeg or cinnamon (if you are using it).
6. “Lock” the bag shut and have your child shake the bag.
7. Open the bag and arrange the sweet potato pieces in a thin layer on a baking sheet.
8. Bake for 15-20 minutes.

TIP 1: Why not turn on some dancing music so you and your child can really “shake” while making this recipe!

TIP 2: If you don’t have any plastic bags for the “shaking”, that is okay. Just toss everything together in a bowl. The bag just makes it more fun.
3-4 sweet potatoes
Olive oil
Cinnamon or nutmeg (optional)
Salt
Zip-top plastic bags

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Tips for Switching to Low Fat Milk and Cheese...

For most people over the age of two, low-fat (1%) or fat-free milk and cheese are recommended. Reduced fat (2%) milk and whole milk have a lot of fat, saturated fat and cholesterol, which most children over the age of 2 and adults don’t need. Low-fat and skim milk has just as much of the good stuff (calcium, vitamin D and protein) as whole or 2% milk.

Part-skim mozzarella and reduced fat cheese are both lower in fat and good sources of calcium. When choosing lower-fat cheeses, look at the nutrition facts label for types that have 6 grams of fat or less per ounce.

Some people find it easier to slowly change the type of milk they drink. For example, if you are used to drinking whole milk, try 2% at first, then go to 1%, then fat-free. And many find that once they make the change, they don’t even like the taste of whole milk anymore!
### MILK

<table>
<thead>
<tr>
<th>Per 1 cup Serving</th>
<th>Skim (Fat Free)</th>
<th>1% Milk (Low fat)</th>
<th>2% Milk (Reduced fat)</th>
<th>Whole Milk</th>
<th>1% Chocolate Milk</th>
<th>Whole Chocolate Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>83</td>
<td>102</td>
<td>122</td>
<td>149</td>
<td>158</td>
<td>208</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>0</td>
<td>2.5</td>
<td>5</td>
<td>8</td>
<td>3</td>
<td>8.5</td>
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<tr>
<td>Saturated fat (g)</td>
<td>0</td>
<td>1.5</td>
<td>3</td>
<td>5</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Protein</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>299</td>
<td>305</td>
<td>293</td>
<td>276</td>
<td>290</td>
<td>280</td>
</tr>
<tr>
<td>Vitamin D (IU)</td>
<td>115</td>
<td>117</td>
<td>120</td>
<td>124</td>
<td>108</td>
<td>124</td>
</tr>
</tbody>
</table>

These charts help show the difference in calories and fat for higher fat versus lower fat dairy choices, but also show how amounts of protein, calcium and Vitamin D are all about the same. Chocolate milk has a lot of extra calories from sugar that children don’t need.

### CHEESE

<table>
<thead>
<tr>
<th>Per 1 oz Serving</th>
<th>Part Skim Mozzarella</th>
<th>Reduced Fat Cheddar (2%)</th>
<th>Cheddar</th>
<th>Swiss</th>
<th>Pepper Jack</th>
<th>Monterey Jack</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>86</td>
<td>90</td>
<td>114</td>
<td>108</td>
<td>110</td>
<td>110</td>
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<tr>
<td>Fat (g)</td>
<td>5</td>
<td>6</td>
<td>9</td>
<td>8</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Saturated fat (g)</td>
<td>3</td>
<td>4</td>
<td>6</td>
<td>5</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Protein</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>207</td>
<td>200</td>
<td>204</td>
<td>224</td>
<td>200</td>
<td>200</td>
</tr>
</tbody>
</table>

These charts help show the difference in calories and fat for higher fat versus lower fat dairy choices, but also show how amounts of protein, calcium and Vitamin D are all about the same. Chocolate milk has a lot of extra calories from sugar that children don’t need.

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**Ingredients:**

- 1 box or bag of whole wheat pasta (13 to 16 ounces, try spaghetti or rotini)
- 1-15 ounce can vegetables (try mixed veggies, green beans, spinach, or carrots)
- 1 cup spaghetti sauce
- ½ cup part-skim mozzarella cheese, shredded

**Directions:**

1. Boil water in a cooking pot.
2. While the water is boiling, rinse and drain the canned vegetables in a strainer, which will remove extra salt. Set aside in a bowl.
3. Add the whole wheat pasta and cook for 10 minutes, or until tender.
4. Drain pasta in the strainer.
5. Return pasta to pot and add vegetables and spaghetti sauce.
6. Cook on medium-low heat until the vegetables are hot.
7. Just before serving, sprinkle with the part-skim mozzarella cheese.

**TIP 1:** You can use fresh or frozen vegetables instead; just cook them before adding them to the pasta.

**REMEMBER:**
Your children are more likely to try a new food if you try it with them!

**Shopping List and Tips for switching to whole wheat pasta continued on the other side**
Shopping List and Tips for switching to whole wheat pasta (continued)

**TIPS** for switching to whole wheat pasta

Whole wheat pastas are made from wheat that includes ALL parts of the grain seed. Whole grain pastas have more of the “good stuff” our bodies need, such as fiber, protein, vitamins and minerals.

When choosing pasta for your family, look for types made from whole grains. Look for “Whole Wheat” or “Whole Grain” on the pasta bag or box. Also check the list of ingredients and choose pastas that list a whole grain as the first ingredient. Look for the following ingredients: whole wheat, whole durum, whole grain.

**SHOPPING LIST**

- ☐ Part-skim mozzarella cheese, shredded
- ☐ Whole wheat pasta (whole wheat is the first ingredient on the label)
- ☐ Spaghetti sauce
- ☐ 1-15 oz can vegetables (try mixed veggies, green beans, spinach, or carrots)

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