

National Nutrition Month Morning Announcement Tidbits

1. Try to taste new foods and old ones you have not tried for a while. Some foods, like green veggies, taste better the older you get. Try to eat 2 fruits and 3 vegetables today!
2. It takes about 20 minutes for your brain to get the message that your body is getting food and is full. So, slow down when you eat to give your brain a chance to tell you, "I'm full!"
3. It is recommended to drink 6-8 glasses of water per day. The body gets the rest of its water from the water in the fruits and vegetables you eat, and by products of the chemical reactions going on inside the body.
4. Everyone should eat a variety of foods every day because no single food can supply all the nutrients your growing body needs. Try to eat a variety of foods and textures in your diet.
5. What you eat for lunch really does matter! Healthy foods, like fruits and vegetables, whole grains, and low-fat milk will give you more energy in the afternoon and could even keep you more fit. If you bring your lunch to school, keep it cool by putting an ice pack or frozen juice box in a plastic baggie to make your lunch bag a mini cooler.
6. The nutrition facts label is our secret key to knowing what is in our foods. It has information to make healthy choices throughout your day. Can you find a nutrition facts label during lunch today?
7. Green vegetables have a ton of nutrients like fiber, potassium and folic acid. Try to eat a variety of vegetables including green vegetables every day.
8. What do you, the trees and a hamster have in common? You all need water. All living things must have water to survive.
9. Being fit is a way of saying a person eats well, gets enough physical activity, and has a healthy body weight. If you are fit, your body works well, feels good, and can do all the things you want to do. What can you do today to increase your fitness level?
10. We sure do eat a lot of food here in America! The average family of four consumes almost 6,000 pounds of food per year. Don't forget that snacks and meals count toward eating a variety of foods from all five food groups throughout the day. To fuel your body, try to choose healthy foods more often.
11. Each person in America eats an average of 23 pounds of pizza a year. What toppings do you put on your pizza? Add a few veggies, to make a percentage of those 23 pounds nutritious while also adding delicious flavors.

12. Since you go all night without eating your body is fasting. When you eat in the morning you are “breaking the fast.” It is very important that you eat breakfast every day. Breakfast fuels your brain and gives you energy to learn and move.
13. Peanut butter sandwiches have been a long time favorite of kids. The average child will eat 1,500 peanut butter sandwiches by their high school graduation. What do you like to add to your peanut butter sandwiches?
14. A dairy cow can produce enough milk for 40 people for one year, which is about 16,000 glasses. And there is a reason the school cafeteria offers milk. You need calcium to grow strong bones and look great. Try to consume 3 servings of calcium-rich foods every day.
15. Popcorn pops because there is moisture in it. When the moisture in the kernel gets heated it turns to steam and explodes = popcorn! Plain popcorn is a great whole grain and gives our body fiber.
16. Did you know, temperature and soil will affect how a fruit or vegetable grows and tastes? An orange from Florida will taste different than an orange from California. While oranges are not grown in Nebraska, we can grow many yummy fruits and vegetables.
17. Grocery shopping with your parents/family? Ask if you can choose a new fruit or vegetable to try for a snack or meal.
18. Hand washing helps keep you and your food safe. Wash your hands with warm soapy water for 20 seconds or by singing the ABC’s.
19. Is your tummy full from your meal? Don’t throw away your leftovers, save them for later by placing them in the refrigerator within 2 hours.
20. Do you enjoy cooking? Learn more about the food you eat and by helping your family prepare meals in the kitchen.
21. Make choices from all 5 of the MyPlate food groups - fruits, vegetables, grains, protein, and dairy - every day. Each food group gives our bodies different nutrients, and you need all of them.
22. Share the ups and downs of your day while enjoying a meal at the dinner table with your family. It is a great way to spend time with your family and eat yummy food.
23. Make exercise fun by choosing activities that you love doing. Examples include playing tag, biking, swimming, and so much more. You could even make a list of activities to try every day.
24. Are you curious about what is in your food or have a food allergy? The ingredients list on food packaging helps us learn about what is in the food we eat. Can you find the ingredients list on your food packages?
25. Got milk? 98% of our bones develop by the time you turn 20 years old. Calcium helps build strong bones and teeth. Eat or drink 3 servings of dairy foods every day to build up calcium in your bones.