



Are your Kids getting all of the Nutrients they need?

Here are the top three nutrients your kids may need more and how you can help to provide them:

Iron: A deficiency (*anemia*) is not uncommon in kids who don't eat meat. If your child is a vegetarian and often appears tired, consult a doctor about a possible iron deficiency. Red meat is the best source of iron but beans, spinach, raisins, and soy are good non-animal sources. Consuming orange juice, abundant in vitamin C, may help with iron absorption. Cooking with cast-iron cookware can also boost the iron content in foods.

Calcium: Teenagers, especially girls who are concerned about their weight, might be at risk for osteopenia, a precursor to osteoporosis, which results from low calcium intake. Milk and milk products (yogurt, cheese, etc.) are the best sources of calcium but leafy green vegetables, salmon, and tofu are decent sources as well. Your kids will love the "Bone-Building Lasagna" featured on the next page.

Fiber: Kids who eat processed foods and avoid whole grains, fruits, and veggies are not getting enough fiber. Beans, whole grain breads, raspberries, and broccoli are great sources. Try sneaking a can of lentils into your kids' meatloaf, or serve up a veggie burger, dressed with their favorite burger fixings.

Bone-Building Lasagna

Ingredients:

2 tablespoons extra virgin olive oil

2 large shallots, chopped

2 small or 1 large garlic clove(s), minced

8 ounces firm tofu, drained

15 ounces part-skim ricotta

½ pound whole-wheat, no-boil lasagna noodles

½ cup grated Romano cheese

½ cup grated mozzarella cheese

3 cups tomato sauce

1.5 cups water

salt/pepper

Method of Preparation:

Preheat Oven to 350 degrees. Sauté shallots and garlic in one tablespoon olive oil, season to taste with salt and pepper, and allow to cool. Pulse tofu and ricotta in food processor until a cottage-cheese-like consistency is achieved. Using a mixing spoon or spatula, incorporate onions and garlic into mixture. In a saucepan, combine tomato sauce and water, bringing to a simmer for 2 minutes. Stir. Coat a rectangular pan, roughly 9 x 13 x 2

inches, with remaining oil. Place a row of noodles on the bottom of pan, spoon a layer of the ricotta mixture on top, and ladle a layer of sauce on top of that. Repeat layers until all three ingredients have been used. Make sure that the top layer is coated with sauce. Sprinkle mozzarella on top and Romano cheese on top of that. Cover with foil and bake for 45 minutes. Remove foil and bake for 10 additional minutes.

Makes 12 servings.

If you would like health programs offered at your workplace, church or community center, please contact CHOICES Health Education and Wellness Program at (352)-334-8889 or e-mail CHOICEShewprogram@doh.state.fl.us For more information about CHOICES Health Services visit www.choices.com or call (352)-264-6772.