

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

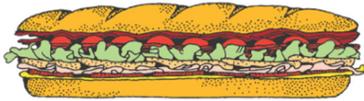
Office of Child Nutrition

Tamara Earl, SNS, Child Nutrition Supervisor

Janelle Brunswick, RD LD, Assistant Child Nutrition Supervisor

November 3rd is
National Sandwich Day.

Check out these cool ways to amp up your favorite classics!



- **Grilled Cheese:** add tomato, bacon and avocado for additional vitamins, protein and healthy fats!
- **PB&J:** add bananas and honey to maximize your daily nutrient intake!
- **Turkey:** add cranberry sauce, brie and pears for a sweet new take on a classic.
- **Tuna:** add diced peppers, onions and avocado for an easy boost in your daily veggie servings!

*Try all of these recipes on 100% whole grain bread to increase your daily fiber and nutrient intake!

Healthier Pumpkin Chocolate Chip Cookies



Ingredients:

- 1 cup butter, softened
- 3/4 cup sugar
- 3/4 cup packed brown sugar
- 1 egg
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- 1 cup quick-cooking oats
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1 cup canned pumpkin
- 1-1/2 cups semisweet chocolate chips

Directions:

- In a bowl, cream butter and sugars until light and fluffy. Beat in egg and vanilla.
 - In a separate bowl, combine the flour, oats, baking soda and cinnamon
 - Gradually add dry mixture into creamed mixture alternating with pumpkin. Fold in chocolate chips.
 - Drop by tablespoonful's onto greased baking sheets. Bake at 350° for 12-13 minutes or until lightly browned. Remove to wire racks to cool.
- Yield: 4 dozen.



Tips for a Thinner Thanksgiving

1. Don't drink your calories! Decrease your intake of sugary, high calorie drinks that won't fill you up. Try sparkling water or unsweetened ice tea instead.
2. Fill up on veggies and salad without a lot of butter, fat or salad dressing.
3. Choose smaller amounts of your favorite side dishes.
4. Be sure to eat earlier in the day. If you go into your thanksgiving dinner hungry, it will be much harder to resist temptation.
5. Go for a walk or do some other sort of physical activity to help trim off a couple hundred calories.