

January

Fun Facts

Did You Know?

Vitamin D and calcium work together to help build strong bones. They work much like a key and a locked door. The vitamin D is the key that unlocks the door and helps the body absorb and use calcium. Nearly all types of milk, including low-fat and fat-free plain and flavored, are fortified with vitamin D. Some yogurts and cheeses are fortified, too, so check the labels. Vitamin D-fortified milk is available to all children in the cafeteria every day at lunch.

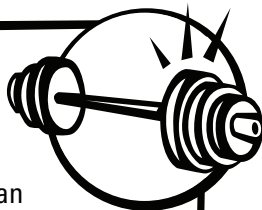
Vitamin D in the News

New studies show that increasing children's vitamin D intake is not only safe, but can provide life-long health benefits, too. That's why the American Academy of Pediatrics doubled the amount of vitamin D they recommend children and teens get each day from 200 IU to 400 IU (International Units). In everyday terms, three 8-ounce glasses of vitamin D-fortified milk provide 300 IU, and four glasses provide 400 IU. Consuming at least three servings of vitamin D-fortified milk is one of the best ways to ensure that your children get their daily dose (or an equivalent serving of vitamin D-fortified yogurt or cheese).

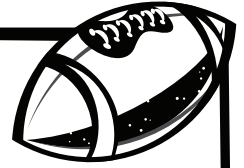


January Fitness and You

Do you remember the fitness tests you took in elementary school? Now, you can take one again and see how you score as an adult with the President's Council on Physical Fitness and Sports **online Adult Fitness Test**. Get an estimate of your aerobic fitness, muscular strength and endurance, flexibility and body composition. Then, use it as starting point for your 2009 fitness plan! Visit www.adultfittestest.org.



Super Bowl Sunday Hot Pizza Dip



Super Bowl XLIII is just around the corner on February 1. Tackle nutrition on game day with nutrient-rich snacks like this hot cheese dip served with whole-wheat crackers or bread sticks.

- 6 ounces light cream cheese
- 1/2 cup light sour cream
- 1 teaspoon oregano
- 1/2 cup pizza sauce
- 1 cup low-moisture, part-skim Mozzarella cheese, shredded
- 1/4 cup diced red peppers
- 1/4 cup sliced green onions
- 1/2 cup Parmesan cheese, grated
- Whole-wheat bread sticks or crackers

Place cream cheese, sour cream and oregano in bowl. Stir until smooth. Spread evenly into a 9-inch pie plate or quiche pan. Top with pizza sauce, Mozzarella cheese, peppers and onions. Sprinkle with Parmesan cheese. Bake at 350 degrees F for 10 minutes, or until cheese melts.

Makes 10 servings

Source: 3-A-Day™ of Dairy

Kids' Corner

New **Physical Activity Guidelines for Americans** issued by the Department of Health and Human Services recommend that kids get an hour or more of moderate to vigorous physical activity every day.



One place they'll find plenty of ways to "Get Up and Play an Hour a Day" is the **NFLRush Play 60** Web site. Colorful and engaging, the site offers lots of safe, online activities that motivate kids be active and get healthy. Visit www.NFLrush.com >Play 60.