



# THE SCOOP ON NUTRITION



*From Basil Chef of Nutrition*

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## Why Breakfast is Important

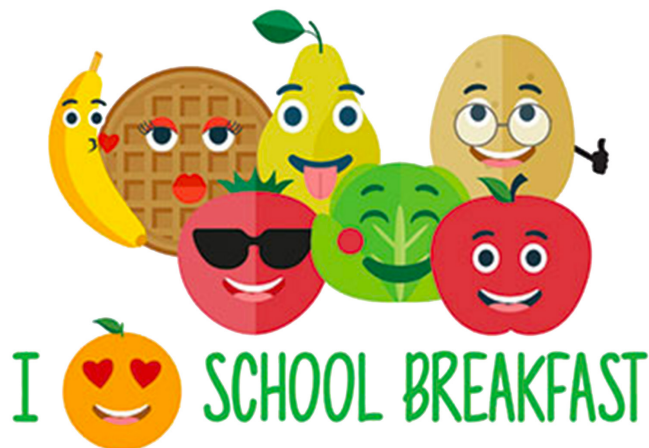
Children who eat a healthy breakfast meet their daily nutritional needs, control their weight, attend school more often and visit the school nurse less. Kids who eat breakfast tend to consume foods with adequate levels of minerals such as calcium, phosphorus and magnesium along with vitamins A, C, B12, riboflavin and folate.

*Why don't children eat breakfast regularly?*

Most families are rushed in the morning. Remember, breakfast doesn't have to mean homemade waffles or French toast every day. There are many quick and easy breakfasts that are just as nutritious:

- ready-to-eat cereal with fruit and milk
- toasted bagel with cheese
- fruit-filled breakfast bar and yogurt
- toasted waffle topped with fruit and yogurt
- fruit smoothies (fruit and milk whirled in a blender)
- peanut butter on whole-wheat toast

If there's no time to prepare a healthy breakfast for your child at home, remember, your school's cafeteria provides a balanced and nutritious breakfast daily.



## Chef Basil's WELLNESS WEDNESDAY

**This month's taste testing with Chef Basil features spinach – one of the healthiest foods on earth! Besides being soft and edible, whether fresh or cooked, spinach provides more nutrients than any other food in a calorie-for-calorie comparison.**



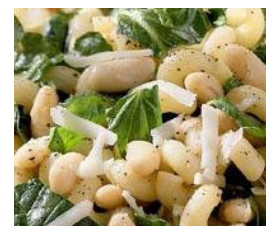
## RECIPE

### Spinach Pasta Bean Salad

- 1 package of elbow macaroni
- 10 oz package chopped baby spinach
- 1 1/4 C great northern beans, rinsed & drained
- 1/2 C chopped red onion
- 1/2 C bottled Italian salad dressing
- 1/4 tsp dried basil
- 1/2 tsp dried oregano

Cook pasta in salted water for 5-7 minutes until done. Rinse pasta under cool water and drain well in a colander.

In a large bowl, combine pasta, spinach, beans, onion and dressing. Sprinkle evenly with spices. Toss gently. Cover and keep refrigerated until served.



For more information visit [www.thenutritiongroup.biz](http://www.thenutritiongroup.biz)