



This month Super Kids Nutrition is challenging teachers, parents and kids to make heart healthy food choices! Even the youngest Americans are turning up with precursors of heart disease. Show your heart some extra lovin' this month!

**Keep Your New Year's Goals Going!** It is a month into the new year- a time where many people begin to reevaluate their New Year's resolutions. With Valentine's Day around the corner, it is a great time to reflect on what you have accomplished so far, and appreciate any loved ones who have supported you along the way! To help yourself stay on track, follow these tips:

1. Keep your [resolutions](#) in a place where you and others can see them often- by the front door, on your fridge, or even on your bathroom mirror. This will hold you accountable!
2. When the chocolate temptation hits, [choose dark chocolate](#) (70% or higher) over milk chocolate or white chocolate- it is loaded with antioxidants!
3. Switch up a day of your normal routine to keep things interesting- try taking a different walking route or experiment with a new fitness class. Pencil it in at the beginning of your day!

Valentine's Day often brings the temptation of chocolate, cookies, and other tasty desserts that can quickly lead you away from your nutrition and fitness goals. Instead of giving into these temptations, let this cherry recipe satisfy those sweet cravings! Did you know that February is National Cherry Month? [Cherries](#) are a seasonal choice, contain anthocyanins (an antioxidant and [plant compound](#)), and they can help improve brain function, reduce inflammation, and fight off infections.



**Frozen and Oh So Sweet Cherry Ice:** Put a couple cups of frozen cherries in a food processor or blender. If you're using a blender you'll need to add 1-2 tablespoons of flavored yogurt to blend. Blend and serve with dark chocolate shavings! Top with crushed [walnuts](#) for an even heartier snack. It's so sweet - it will become a family [dessert](#) staple!

### Parent Power Tips from SuperKids Nutrition Founder

Life often gets in the way of us completing all of the things we plan to accomplish. The good thing is, technology and fun new gadgets can help save you some time in the kitchen, and make it even easier to create fun meals for the kids! Some of my favorites that I keep handy are:

1. **Spiralizer:** You can buy a handheld device, or purchase a machine with many different blades. Use it to [create noodles out of zucchini](#), carrots, beets, or any other fun vegetable to substitute for pasta. Zucchini only needs to cook in hot water (or you can sauté it) for 3-5 minutes before its ready to serve!
2. **Crockpot:** This is a life saver. You can pretty much throw anything into it that you want to create a specialty soup. Instead of tossing out produce that is nearing its end, throw it into the mix with some beans, vegetable broth, and some spices and you have yourself a vegetarian chili. You can even freeze leftovers to have easy meals handy when life gets hectic! Check out these [3 easy recipes](#).
3. **Food processor:** You will save time AND money with this wondrous tool. One of my favorite tricks is to use it to make my own nut butter. You can mix all of your favorite nuts, and even add in a little cacao powder and ground flax seed for an antioxidant boost. It is also great for finely chopping items with just a few pulses.



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