

# Arbor Management's *Nutrition News*

February 2021

## National Dental Health Month

February is National Dental Health Month, it is important to be aware of what you can do to prevent any dental issues especially now that we are wearing masks.

Wearing a mask in school or work all day can change your habits and cause you to drink less water than usual. Dehydration can lead to dry mouth, increasing your risk of tooth decay and other oral infections. It is a good idea to wear a clean mask and make sure you are hydrated.

Avoid any gummy or sticky sweets that can get lodged in between the teeth, even after brushing, most especially if you are prone to cavities. Calcium-rich snacks like milk, yogurt, or cheese are much better snacks for preventing cavities.



Water also helps to rinse away any sugar or particles that can lead to cavities.

In America, the Tooth Fairy exchanges an average of \$3 per lost tooth!

## American Heart Month

February

### Nutrition Spotlight-Iron

Iron is a mineral that your body uses to make hemoglobin, a protein in your red blood cells that carries oxygen from your lungs to all parts of your body! Iron is used for energy production, growth and development, and immune function. Iron can be found in lean meat, seafood, iron fortified cereals, whole grains, and raisins.

February is...



National Children's Dental Health Month

## Hawaiian Chicken Kebabs

### Ingredients:

- 1 Pound of boneless, skinless chicken breasts, cut into bite-size pieces
- 2 Tbs. low sodium soy sauce
- 1 Cup juice from one 20 oz. can pineapple chunks, in their own juice
- 2 Garlic cloves, minced
- Cooking Spray
- 2 Large bell peppers (any color), chopping to 18 pieces each
- 36 Grape tomatoes
- 2 Cups uncooked brown rice

### Instructions:

1. Put the chicken in a gallon-size resealable plastic bag.
2. Add the soy sauce, pineapple juice, and garlic.



Seal the bag tightly. With your fingers on the outside of the bag, gently push the chicken to coat with the marinade.

3. Refrigerate for 15 minutes.
4. Preheat the oven to 400°F. Lightly spray a large baking sheet with cooking spray.
5. Thread each skewer with three each of the following: tomato, pineapple, chicken, and bell pepper.
6. Bake the kebabs for 15 minutes, or until the chicken is no longer pink in the center.
7. Meanwhile, prepare the rice using the package directions, omitting the salt and margarine. Serve the kebabs on the rice.

<https://recipes.heart.org/en/recipes/kid-friendly-hawaiian-chicken-kebabs-with-brown-rice>

Look for more heart healthy recipes on [recipes.heart.org/en](https://recipes.heart.org/en)

### Free Meals Available!

**For ALL Children 18 and Under  
Through June 30th!**

**Check with Your School District for More Information**



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