

Healthy Vikings Newsletter

March 2024

Helping our students and families stay healthy!

Welcome to our Healthy Vikings Newsletter! Be on the lookout throughout the year for posts that will help you with...

- Healthy meal ideas
- Fighting colds & flu
- Ways to build fitness
- Concussion recovery
- Allergies to environment and foods
- Parenting for different ages and stages
- Dealing with Asthma
- Understanding Diabetes

and much, much more...



Recipe of the Month

Great ideas to help upgrade your own recipes to a healthier meal...

From our district's employee wellness letter. Super ideas. Print it out and tuck it in with your own family recipe collection!

Original	Replacement	Difference
Oil when baking	Applesauce when baking	1,882 calories LESS per cup
White rice	Brown rice	2.9 grams MORE fiber per cup
Whole eggs	Egg whites	37 calories LESS per egg
White pasta	Multigrain pasta	46 calories LESS per cup 3.5 grams MORE fiber per cup
Sour cream	Non-fat Greek yogurt	315 calories LESS per cup
Salt & salt-based seasonings	Fresh herbs and spices	REDUCED sodium
Whole milk	Skim milk	67 calories LESS per cup
Beef	Ground turkey, chicken, or tofu	110 calories LESS per serving
Side of fries or chips	Side of fruits or vegetables	250 calories LESS per serving REDUCED sodium REDUCED fat
Ranch dressing	Balsamic vinegar	60 calories LESS per tablespoon
Full crust pizza	Thin crust pizza	71 calories LESS per slice
Dried fruit	Fresh fruit	100 calories LESS per serving

Spring Break! Having fun and staying healthy at the same time...



Traveling With Children

Detailed information on traveling with children.

hopkinsmedicine.org

Should children with Asthma be involved in sports?



Exercise for Kids with Asthma - Children's Health

Don't let asthma sideline your child's activities. A Children's Health expert explains how to manage your child's asthma during exercise.

childrens.com

Get outside with ...Fun Happenings in Lago



Chili Cook off & Car Show with Zip line for Kids 5 and up



Easter Egg Drop



**Easter Egg Hunt
Jonestown**

- March 3rd - Chili Cook off & Car show at Candlelight Ranch... Zip line open to kids 5 & older.
- Northshore Easter Egg Hunt - Jones Brothers
- Easter Egg Helicopter Drop... LVHS Football Field

Laughter is the Best Medicine



Regina Carmichael, RN

Your School Health website... <https://www.lagovistaisd.net/page/schoolnurse-Home>

Contact