

SNUGGLY DOGS AND SALAD NOTES

- Another name for Snuggly Dogs is Pigs in a Blanket.
- The dough for Snuggly dogs can be made using either a baking powder biscuit recipe (like for Cinnamon Rolls) or a commercially prepared mix (example – Bisquick).
- Hot dogs often contain high amounts of sodium and fat, and therefore are not recommended for daily consumption.
- People who don't eat meat or want to reduce the amount of meat they eat for other reasons may choose to use a veggie burger. The main nutrient that a veggie burger replaces is animal protein. It uses a plant-based proteins, such as soy, instead.
- Veggie burgers are usually lower in calories, fat and sodium than meat-based hot dogs.
- The two food groups that teenagers often do not consume enough of are Vegetables and Fruits and Milk and Alternatives.
- The type of lettuce we used when making our salad was called romaine. Nutritionists consider it a better choice than a lighter coloured lettuce, such as iceberg, because it has a higher nutrient content.
- One reason many teens don't get enough calcium is because they drink juices, soft drinks or sports drinks instead of milk. Nutritionists recommend limiting juice to 1 serving a day and eating fresh fruit or veggies instead of drinking juice.
- People who don't like / can't drink milk still need calcium. They need to consider other sources, such as cheese or yogurt , canned salmon with bones or veggies high in calcium such as cabbage (like in coleslaw),
- For maximum bone development, teenagers need a combination of weight-bearing activities and adequate calcium supply.