



KID FRIENDLY HOMEMADE PIZZA

INGREDIENTS:

- 1 piece Naan Bread
- 2-3 tablespoons Pizza sauce
- Fresh sliced tomatoes
- 1/4 cup fresh basil

DIRECTIONS:

- Start building your "pizza"
- Layer sauce on the naan bread
- Sprinkle on cheese & top with tomato slices
- Feel free to add on any other ingredients!
- Bake in oven at 350 for 10-15 minutes (till golden brown)
- Top with fresh basil



WHAT IS COLLAGEN?

By: Jessica Gust, MS, RDN, and Erin Brogdon, Dietetic Intern

Collagen is a form of protein that is non-essential (meaning our bodies can make it on its own.) Collagen is abundant in the body and has four main types:

Type I - 90% of the body's collagen. It provides structure to the skin, bones, fibrous cartilage, tendons, connective tissue and teeth.

Type II - This type of collagen is found in elastic cartilage, which helps cushion joints.

Type III - This helps support muscle, organ, and artery structures.

Type IV - Helps with filtration and is found in skin layers.

The body makes collagen with some help from the foods we eat. The two main components of collagen are amino acids and Vitamin C. Therefore, a generally nutritious balanced diet more than supports collagen production within the body.

Collagen can also be found in the connective tissues of the food we eat, though current scientific evidence doesn't support the need for additional collagen supplementation for kids.

Collagen supplements have become a hot item on the market, with many adults taking them (and wanting to give them to their kids).

However, most children do not need any additional protein from supplements. With a well balanced diet, they can get all the nutrients they need from food.

The best way to support your child's growth is through a balanced diet that is rich in fruits, vegetables, lean protein sources and whole grains.

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