

## Section 3: Fitness & Nutrition Tips

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### Why exercise?

- Healthy heart, lungs and muscles – feels good to be strong
- More energy
- Sleep better
- Prevent disease, obesity

There are three types of exercises

- Aerobic exercise or cardio helps build a strong heart
- Strength exercises help build strong, sturdy muscles
- Flexibility exercises help lengthen and loosen our muscles

All three types of exercises are important for a healthy body, but it is important to try to be active for at least **60 minutes every day**.



### What can you do?

- **Aerobic** - Do jumping jacks, play tag, dance, ride bikes, play basketball, swim laps. Anything that gets your heart beating quickly and leaves you short of breath is working your heart!
- **Strength training** - Sit down in your chair nice and tall and then stand up without using your hands. Repeat 10 times. To make it harder, pretend to sit in a chair and hold the position 10 to 30 seconds.
- **Stretches** - Reach to the sky and then slowly bend forward, and try to touch the floor. Hold this position for 30 seconds.
- **Other Ideas:** Challenge yourself and your family to do something as fast as they can such as clean the room, set the table or put away the laundry. Wash dishes or do other chores while listening to music and dancing. Do squats, or toe rises while brushing teeth. Get creative and fitness can be fun!

### Other Important things to Remember

- Eat a little bit before you exercise if it has been 2 to 3 hours since your last meal – food is fuel. Focus on fruits, vegetables, and grains.
- DRINK water before, during and after. Unless you do aerobic exercise for over an hour, you need nothing more than water. Sports drinks are high in sugar.
- Start gradually so you don't hurt yourself.
- Something is always better than nothing – 5 minutes helps and will make you feel better.
- HAVE FUN!!!!

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### \*\*\*FAMILY FUN ACTIVITY\*\*\*

Get the whole family moving with a brisk walk!!! Maybe have a special destination like a park or play a game while walking, like hunting for items beginning with a specific letter. Take turns making the walk more interesting. Skip, spin, walk backwards, jump rope and lift knees high. Take turns choosing the direction to go. Find ways to challenge yourself with the walk.

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## Dance Party Exercise Routine

### You Need:

- Radio or iPod or CD of favorite, high-energy music. You will need 5 songs.
  - Open Space in your home or outside so you can move. Invite a friend or two if you want.
  - Clothes and shoes that are easy and comfortable to move in.
  - Water Bottle. Take a drink before you start.
- 

### During First Song:



Dance! Hop, Shake, Reach, Turn, Drop, Spin.

### During Second Song:

#### 1. Do 20 Mountain Climbers.

- Get into the push-up position (arms straight), balls of your feet on the floor.
- Lift your right knee straight up towards your right arm, then back down.
- Bring knees in straight under your body.
- Repeat with your left knee to left arm.
- Increase the speed so your legs are moving up and down.
- Continue for 20 seconds.



## 2. Flying Superman

- Lie face down on the carpet.
- Raise one arm and the opposite leg, then progress to both.
- Hold for 30 seconds.
- Relax for a count of 3, then hold again for 30 seconds.



## 3. Repeat 20 Mountain Climbers

### 4. Side to side Jumping Jacks

- Instead of jumping, move one leg to the other and raise both hands.



### 5. Balance

- Tighten your stomach to keep you upright, do not lean back or forward.
- Try to hold for a maximum of one minute.



## During Third Song:

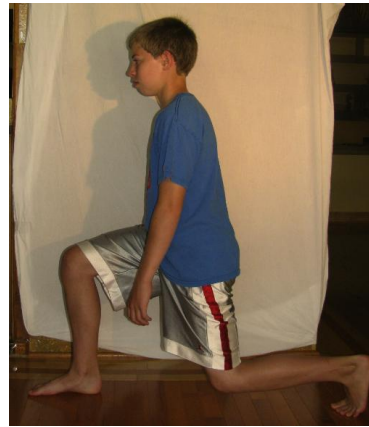


Dance! Hop, Shake, Reach, Turn, Drop, Spin.

## During Fourth Song:

### 1. Lunges

- Make sure your shoulders are back, and your knee does not cross over your toes.
- 3 sets of 8 on each side



### 2. Lifts

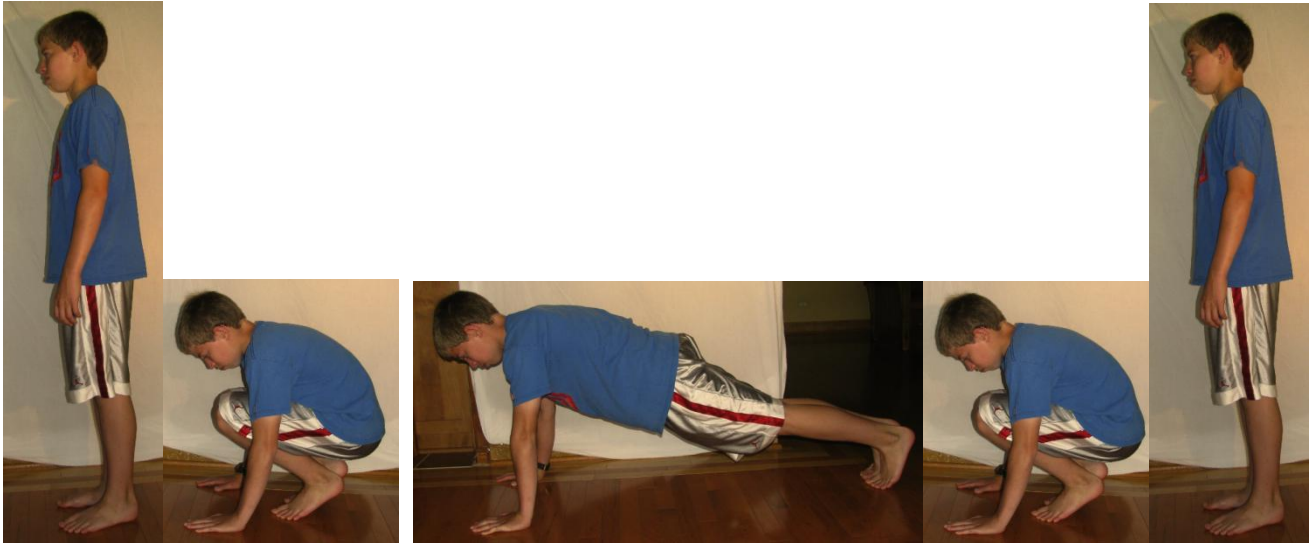
- Lift lower back slightly off the ground.
- Lift toes straight up to the ceiling. Do not move legs toward head.
- Small movements, think “seesaw”
- 3 sets of 8 lifts





### 3. Burpees

- 2 sets of 8



### 4. Plank for one minute

- Make sure the buttock does not stick up or dip down.



Or do 10 push-ups



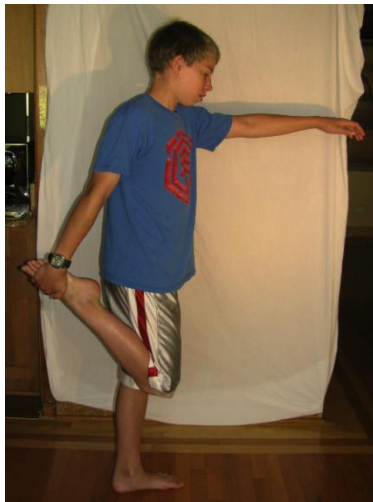
## 5. Marching Band leg lifts

- 3 sets of 8



**During Last Song:**

## Stretch



## Yoga Exercises – Modified Sun Salutations

Yoga is both a great exercise and a great way of managing stress. When stress overwhelms you, the quickest, most sure-fire way to eliminate the anxiety is to tune into the breath and slow it down. When we breathe deeply and slowly, we reduce the heart rate and this in turn steadies and balances the mind.

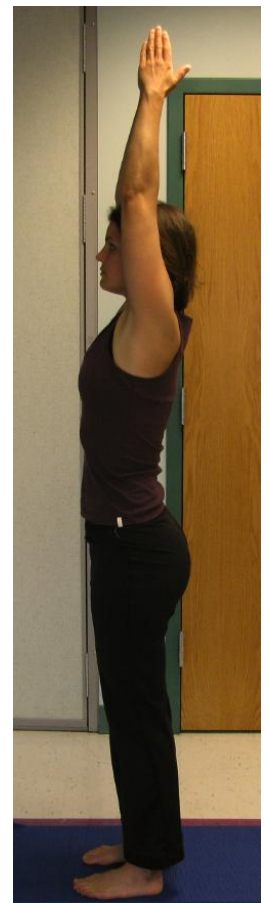
Pranayama is an ancient practice of working with the vital life force, the **breath**. By practicing breathing exercises that utilize the entire lung capacity, we can restore even mindedness and balance, protecting ourselves from the harmful effects of stress.

### Exercise 1 – Upward Salute:

1. Stand up straight with your feet slightly apart. Put your arms straight up and hands together. Slowly spread your arms apart while dropping them gradually. Inhale and sweep your arms out to the sides and straight up.
2. If your shoulders are tense, do not put your palms back together, keep your arms parallel. If you can put your hands back together without hunching your shoulders, do so.
3. Stretch your arms up as high as you can and turn your palms slightly down toward the top of your head. Try not to tense your neck and tip your head back slightly and look at your thumbs.
4. Keep your back straight and your rib cage centered over your pelvis. . Lift your rib cage straight up while maintaining the centering . Hold for a few breaths.
5. Start the Forward Bending Salute.

### Exercise 2 – Forward Bending Salute: (Picture on Page 2)

1. Bring your arms to your sides. Exhale and bend forward from the hip joints, not from the waist. As you bend forward, maintain the stretch between your rib cage and pelvis. Try to lengthen your torso as you move more deeply into position
2. Trying to keep your knees straight, bring your palms or finger tips to the floor or your ankles. If too difficult, cross your arms and hold your elbows. Press your heels downward while lifting your buttocks toward the ceiling.



Exercise 1



3. With each breath lift your torso slightly during inhale and relax deeper into the pose during exhale. Your head and neck should hang fully relaxed.
4. This pose can be used independently to rest and relax. Hold for 30 seconds to a minute.
5. During an inhalation, come up from your hips. Don't roll your spine.



Exercise 2



Exercise 3



Exercise 4

### Exercise 3 – High Lunge Left:

1. From Forward Bending Salute, bend your knees and, with an inhale, step back with your left foot onto the balls of your feet.
2. Lie on your right thigh and stretching your torso forward. Imagine your right thigh lowering into the floor. Look forward. Lower your left heel to the ground, keeping your left knee straight.
3. Move onto Downward Dog.

### Exercise 4 – Downward Dog:

1. Get on your hands and knees – like a dog. Knees should be right below hips and hands a little in front of your shoulders. Spread your fingers and turn your toes under.
2. Exhale, straighten your legs with knees slightly bent, and come up on balls of feet. Lengthen your back and stretch your buttocks toward the ceiling.
3. Exhale, stretch your thighs back, and put your heels on floor. Straighten your knees but don't lock them.
4. Your hands and arms should be pressing and lifting so your arms and upper back are firm and stretching toward your buttocks. Head should be in line with spine and arms; don't let it hang.
5. Move into Table pose.



Exercise 5



Exercise 6

**Exercise 5 – Table:**

1. Get on your hands and knees – like a table. Knees should be right below hips and hands right below your shoulders. Look at the floor with your neck and head relaxed, but in line with your spine.
2. Exhale, round your back like a cat, keeping your knees and shoulders in place. Let your head drop, but don't force it to your chest.
3. Inhale and return to original table position.
4. Move into Child's Pose.

**Exercise 6 – Child's Pose:**

1. From the Table Pose, slide your big toes together and spread your knees about as wide as your hips.
2. Exhale, sit back on your heels and rest your torso down between your thighs. Your hands should be palm down, arms stretched out in front of you.
3. Inhale and stretch your arms out a little farther. Exhale and stretch your torso back toward your heels and down toward the ground. Keep head and neck relaxed.
4. Stay in the pose from 1 to 3 minutes.
5. Repeat Table Pose.

**Exercise 5 – Table (See directions above.)**

**Exercise 4 – Downward Dog (See directions on page 3.)**

**Exercise 3 – High Lunge Right (See directions on page 3 but use opposite leg.)**

**Exercise 2 – Forward Bending Salute (See directions on pages 2 and 3.)**

**Exercise 1 – Upward Salute (See directions on page 2.)**



[www.nurtureyourfamily.org](http://www.nurtureyourfamily.org)

## Simple Fitness Activities to do While Cooking!

1. Stand on 1 foot for 10 seconds while preparing your meal. Switch feet that you stand on.
2. Every time you add a new ingredient do 5 squats.
3. As you get ready to pour your milk to drink with your meal, hold the jug or carton with one hand and straighten your arm forward and then to the side.
4. Put your timer on when your food starts to cook and do as many jumping jacks as you can in 1 minute. Try to increase the number every week.
5. Put a bag of flour or cornmeal on the floor – squat down to pick it up and raise it above your head and put it back on the floor 10 times.
6. After you have created your meal, clean up. Wipe your counters really well by pushing down hard on your sponge and scrubbing in a clockwise circle 10 times and then in a counterclockwise circle 10 times with each arm. Then scrub up and down 10 times and side to side 10 times.
7. Put one foot in front of the other, bend the front knee and straighten the back leg and then lean against your counter to stretch for a count of 15.
8. Hold a heavy can in each with arms raised in front of you and twist side to side 20 times.
9. Run in place for two minutes while dinner (or breakfast or lunch) is cooking.
10. Lay a roll of paper towels on the ground and jump over it side-to-side as many times as you can. Do one set before you begin cooking, in between cooking and one set after you are finished cooking.
11. Try to touch the floor with your hands flat or with your fingers – 10 minutes
12. While waiting for dinner to cook, stand straight and lift one leg in front of you – don't bend over at all – squeeze your lower core to hold you straight.
13. Lunge from room to room of your house (step one foot way in front try to touch back knee to floor as you bend the front knee and then bring your feet together again).
14. Do 5 pushups and 10 sit-ups before you cook and the same after you cook.
15. Sit on the floor with your legs stretched out in front of you – try to touch your toes with your fingers. So the stretch 10 times and hold each for 10 seconds.
16. Stand on your tip toes and stretch to reach the highest thing in your cupboard. Take it out and put it back 10 times.
17. Run in place with your knees coming up high – count to 20 and do it 3 times with a break in between.
18. Hold a big spoon or bowl above your head and twist left and right as high as you can count.
19. Grab your hands behind your back and stretch your shoulders and arms – can you do it on 1 foot.
20. Put a heavy pan on the floor, squat down to pick it up, lift it above your head and then squat down to put it back on the floor – do that 10 times.
21. Put one foot in front of the other and switch the front and back feet quickly. Count to 20 take a break and do it again.
22. Put your arms out to the side by your shoulders (so you look like a T). Make tiny circles forward, then backward, then big circles forward and big circles backward. Do 10 each way.
23. Stand on 1 leg and squat down to sit on an imaginary chair. Do each leg 5 times.

## What is MiPlato?

- Created by the USDA, MyPlate is a guide to planning and eating a healthful diet.
- It does not exclude any food group. The goal is to promote a balanced, healthy relationship with food.

## Why it's Important?

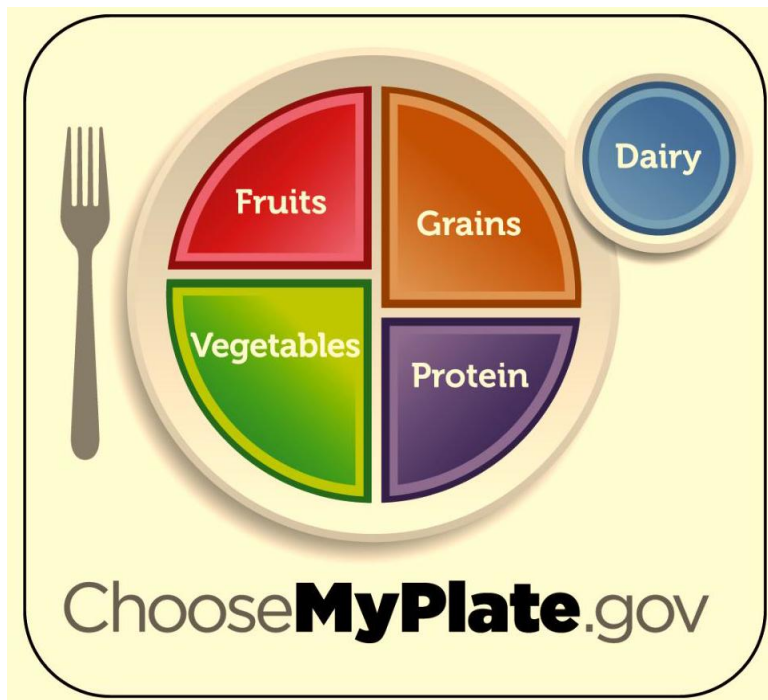
- Eating a balanced diet is necessary to supply your body with the energy and nutrients it needs to grow and continue doing activities you love!

## Incorporate all Five Parts:

- **Fruit:** 1 serving or about  $\frac{1}{4}$  of plate
- **Vegetables:** 1-2 servings or about  $\frac{1}{4}$  of plate
- **Grains:** whole grain (pasta, bread, cereal) is first choice
- **Protein:** choose healthy, lean sources (eggs, beans, chicken, fish, etc)
- **Dairy:** choose low-fat or skim products; could be milk, milk substitutes, or yogurt

## Encourage a Healthy Lifestyle:

- Let kids help choose and/or prepare what's being served.
- Remember to incorporate daily physical activity.
- Don't ban any foods. For less healthy cravings, limit the portion size and times eaten per week.





## Fitting in Fruits and Vegetables



It is important to eat fruits and vegetables. Fruits and vegetables are full of essential vitamins and minerals that keep our bodies healthy and strong. For many families, fitting in the proper amount is challenging.

The MyPlate guidelines recommend you **fill half of your plate with fruits and vegetables**. For children, aim for a minimum of 3 servings of vegetables and 2 servings of fruit per day.

### “My children like fruit, but how do I get them to eat more vegetables?”

- **Start with sweeter or mild tasting vegetables** such as carrots, zucchini, lettuce, or squash.
  - Add a touch a lemon or orange juice to more bitter veggies.
  - Roasting vegetables helps bring out their natural sweetness: coat with a little olive oil and roast carrots, parsnips, and diced sweet potatoes in the oven.
- **Pair vegetables with foods you know your child likes:** Try mac and cheese with broccoli, peanut butter with celery, and broccoli with ranch dip.
- **Give your child a choice:** “Would you like cucumber or carrots?” Research shows that when children are given a choice, the more likely they are to consume vegetables.
- **Add shredded or diced veggies to favorites:** burritos, pizza, sandwiches, eggs, chili and soups and rice/pasta casseroles.



### When fresh produce is expensive, frozen fruits and vegetables are a great alternative.

They have the similar nutrients as fresh produce and are usually budget friendly. Canned fruits and vegetables typically contain added sugar and/or salt, so read labels carefully when selecting canned vegetables.

Here’s a fun snack idea to try with your child:

#### Snowmen on a Stick

- Bananas (body)
- Apple pieces and grape (hat)
- Carrot (nose)
- Pretzel Sticks (arms)
- Mini chocolate chips (eyes and buttons)
- Bamboo skewers or Coffee stirrers (sticks)



Slice the bananas with a butter knife. Have an adult help to pre-cut carrots and apples. (Poke a hole through the apple with a bamboo skewer or coffee stirrer first to make assembly easier.) Be creative and enjoy!

# Know Your Serving Sizes

## Don't Fall Victim to Portion Distortion!

Common Serving Sizes...

What 1 serving looks like...



24 oz. Soda



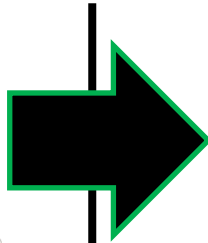
6" Bagel



4 oz. Muffin



11 cups Popcorn



3" Bagel



1 1/2 oz. Muffin



3 cups Popcorn



12 oz. Soda

## Handy Ways to Measure Servings

1 Serving of  
Pretzels, Chips, etc.



3 oz. Meat



1 Baked Potato



1 oz. Nuts



1 Dinner Roll



1 oz. Cheese



1 Pancake



1 Cup of Fruit



*Keep these visuals in mind when ordering or preparing meals & snacks!*

## Portion Distortion

A portion is how much food or drink you eat in one sitting such as a plate of spaghetti. A serving is a specified or standard amount, for example 2 oz. of pasta.

In the last 20 years, our portions have grown significantly. Consuming too much food can lead to obesity and increased risk for diabetes.

**When McDonalds first opened in 1955, it offered one drink size: 6.5 oz. Now their kid's size is 12 oz and their large is 32 oz**



**6.5 oz Soda**

65 calories

3.5 teaspoons of sugar



**12 oz Soda**

110 calories

7 teaspoons of sugar



**32 oz Soda**

310 calories

21 teaspoons of sugar

**Calorie difference = 245 calories**

**If you ride a bike for 50 minutes you will burn approximately 245 calories\***

\* Based on a 160-pound person

**In the last 20 years bagels have nearly doubled in size**



**3-inch diameter**

140 Calories



**6-inch diameter**

350 Calories

**Calorie difference = 210 calories**

**If you rake leaves for 50 minutes, you will burn approximately 210 calories.\***

\* Based on a 160-pound person

### So what can you do?

- All foods can be enjoyed in moderation; rather than eliminating sweets or salty snacks from your diet, enjoy them in smaller portions.
- Before going back for seconds, wait 10 or 15 minutes. You may not want seconds after all.
- Don't eat directly from the box or bag; pour servings onto a plate and put the bag away.
- Check out nutrition labels to find out how many servings are in one package – then do the math!
- Visualize the new MyPlate guidelines when eating.

2 Servings

So multiply by 2 if you eat it all!

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 2g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C

## GO Fats and SLOW Fats

### Why is fat an important part of our diet?

Fat is an excellent source of energy for our bodies. Fat gives us energy, helps us feel full, helps us absorb vitamins and minerals, and it keeps our skin and nerves healthy. We all need some fat in our bodies, but we need to be careful about what kind of fat and how much fat we eat. Fat acts like a cushion and helps protect our stomach, liver, intestines and other body organs. This month, your student learned how to identify which types of fats foods contain.



**Saturated fat** is found in animal and plant products, is solid at room temperature, and is generally considered a bad-for-your-heart SLOW Fat. Saturated fat is in butter, cheese, lard, steak, chicken, and smaller amounts in some plant products including oils and nuts. The amount of saturated fat varies so check the nutrition label.

**Unsaturated fat** is found in plant products and fish, is usually liquid at room temperature, and is a good for your heart GO Fat. Olive oil, avocados, nuts, seeds and fish contain unsaturated fat.

**What is trans fat?** During the food manufacturing process, unsaturated fats are sometimes changed into trans fats to keep the food from spoiling quickly. Trans fats are also called partially hydrogenated fats. These SLOW Fats are bad for your heart and if consumed in large amounts can contribute to type 2 diabetes. Some brands of margarine, shortening, and some grocery products such as cookies, crackers and peanut butter contain trans fats.

**To know if a food contains trans fat, make sure to read the ingredient list. Watch out for words like partially hydrogenated in the ingredient list.**

INGREDIENT LIST: LIQUID SOYBEAN OIL, **PARTIALLY HYDROGENATED SOYBEAN OIL**, WATER, BUTTERMILK, CONTAINS LESS THAN 2% OF SALT, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), VEGETABLE MONO AND DIGLYCERIDES, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, COLORED WITH BETA CAROTENE (PROVITAMIN A).

**Here's a GO food with heart healthy fats that you can make with your child.**

#### Tuna Bites

- 1 can of tuna
- ¼ cup hummus
- ¼ cup shredded carrots
- ¼ cup corn (frozen, defrosted)
- Whole wheat crackers or pitas



Mix tuna, hummus, carrots and corn. Serve with whole wheat crackers, pita, bread or over a bed of lettuce.

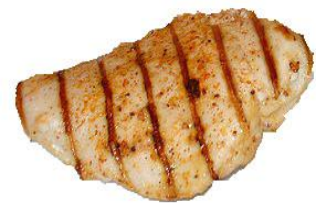




## With protein foods, variety is key 10 tips for choosing protein

**Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.** We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces of protein foods each day. What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.



1. **Vary your protein food choices.** Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.
2. **Choose seafood twice a week.** Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.
3. **Make meat and poultry lean or low fat.** Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.
4. **Have an egg.** One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.
5. **Eat plant protein foods more often.** Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.
6. **Nuts and seeds.** Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.
7. **Keep it tasty and healthy.** Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.
8. **Make a healthy sandwich.** Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.
9. **Think small when it comes to meat portions.** Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a “petite” size steak.
10. **Check the sodium.** Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.



Source: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet6ProteinFoods.pdf>

## GO and SLOW Foods

- Today we spoke with your child about how food is the fuel that makes our bodies go.
- There are many different foods we can use to fuel our bodies. To make it simple to choose healthy foods, we spoke about the difference between **GO** foods and **SLOW** foods.

What are <b>GO</b> foods?	What are <b>SLOW</b> foods?
 <ul style="list-style-type: none"> <li>○ Foods to eat at most of the time.</li> <li>○ Provide your body with energy and nutrients that help your body “go!”</li> <li>○ Usually natural foods that aren’t very processed.</li> </ul>	 <ul style="list-style-type: none"> <li>○ Foods to eat in moderation or on special occasions.</li> <li>○ Provide a quick burst of energy but then “slow” you down.</li> <li>○ Usually high in fat, sugar, and/or salt and are very processed.</li> </ul>



**GO foods to eat regularly**



**SLOW foods to limit and eat in moderation**

Here’s a breakfast recipe that features GO foods!

### Peanut Buttery Oatmeal

#### **Ingredients:**

- 1½ cups cooked steel cut oats
- ½ measuring cup nut butter
- 2 tbsp milk
- ¼ cup honey

**Directions:** Mix nut butter, milk & honey. Combine with oatmeal & stir well.

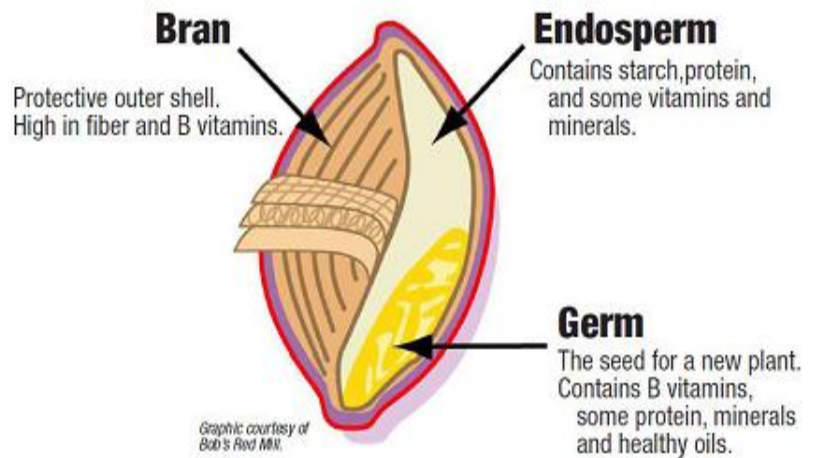
Spoon into 12 bowls & add apple slices to each bowl.



## Wholesome Whole Grains

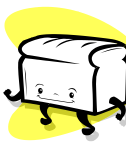
Whole grains have all three parts of the grain intact. Whole grains provide our bodies with fiber, vitamins, minerals, protein and healthy fats. It is important to have a diet that includes whole grains every day.

Many foods we buy at the store are not whole grains. Processed grains are missing the fiber and most of the other nutrients the whole grain provides.



***Aim to make half of the grains you eat everyday whole grains!***

Here are a few ways you can make small changes to incorporate whole grains into your diet every day:



### Instead of this...

White Bread

White Rice

White Pasta

Frosted Flakes  
Fruit Loops

Chips



### Choose these!

100% Whole Wheat Bread  
Multi-Grain Bread

Brown Rice

Whole Wheat Pasta

Cheerios  
Shredded Wheat

Air-Popped Popcorn or Low-fat packaged popcorn



Here's an easy whole grain breakfast to make with your child.

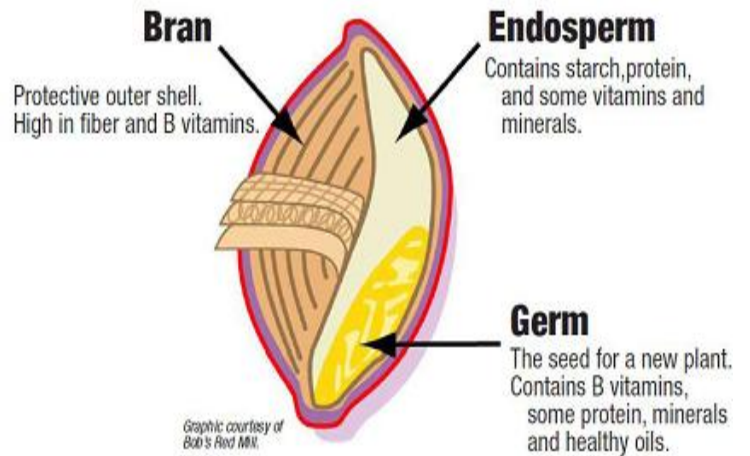
### Apricot Cinnamon Couscous

- One 15 oz can apricots or other fruit packed in unsweetened juice
- 3 cups cooked whole wheat couscous
- ½ teaspoon cinnamon
- 1 tablespoon butter
- Honey for drizzling on top

**Directions:** Drain juice of the fruit. Combine all ingredients. Enjoy!



## Identifying Whole Grains



### Why choose whole grains?

Whole grains provide our bodies with fiber, vitamins, minerals, protein and healthy fats. This month, your student learned how to identify foods that contain whole grains.

### What is a whole grain food?

A whole grain food, like whole wheat bread or brown rice, contains the entire grain and its nutrients. Often grains are processed and stripped of the bran and germ, leaving only the endosperm. Many processed foods are made with only the endosperm.

### What does enriched mean?

Some foods like white bread or crackers are put through a manufacturing process that removes parts of the whole grain. When parts of the grain are removed, nutrients are lost. Food companies add back in some vitamins and minerals to make up for what was lost. These foods are called enriched grains.

**To know if a food is a whole grain, make sure to read the ingredient list. Look for grain names like barley, oatmeal, wheat berries, brown rice, or words like 100% whole wheat. Watch out for words like enriched or refined on the package.**

**INGREDIENT LIST: 100% WHOLE GRAIN WHOLE WHEAT FLOUR, WHOLE GRAIN ROLLED OATS (WITH OAT BRAN), WATER, SUGAR, WHEAT GLUTEN, YEAST, 2% OR LESS OF THE FOLLOWING: NON-HYDROGENATED SOYBEAN OIL, SALT, HONEY, DOUGH CONDITIONERS**

Here's a delicious and nutritious whole grain recipe to try for breakfast tomorrow.

### Apple Pie Oatmeal

2 cups steel cut oats  
4 cups of water  
1 apple, sliced into bite-sized pieces  
Honey or brown sugar to taste  
1 teaspoon cinnamon  
½ cup raisins  
One 8-ounce bag of chopped walnuts



Put oats, water, apple, cinnamon and raisins in saucepan. Follow directions on oats packaging for cooking time. When oats are done, fluff, add walnuts and drizzle with brown sugar or honey. Enjoy!



# Fiber is Your Friend

## Why eat Fiber?

Fiber provides health benefits through prevention and management of some diseases.

- Reduces **constipation**. Fiber softens and increases the bulk of bowels, easing bowel movements.
- Reduces the risk of **diverticulitis** by reducing constipation.
- It can **lower cholesterol** when combined with a low fat diet.
- Helps with **weight management** by increasing the feeling of fullness.
- Helps with **diabetes** by slowing the absorption of sugar.
- Reduces the risk of **colon cancer** by diluting potential cancer causing agents.



## What Is Fiber?

Fiber is the indigestible part of plants in two general categories:

### 1) Soluble Fiber

- Dissolves in water to form a gel and binds with fats and cholesterol so they are not absorbed by the body. It also slows the absorption of sugar.
- Is fermented by bacteria in the colon, producing beneficial by-products.
- Is in oat bran and the softer parts of fruits, vegetables and beans.



### 2) Insoluble Fiber

- Increases bulk and softness of the bowel, easing bowel movements.
- Is in the structural parts of plants like the stalks and skin of fruits, vegetables and wheat bran.



## How much Fiber?

25 grams a day for women and 35 grams a day for men.

- **Increase fiber consumption slowly** (1-3 grams per week) to avoid discomfort from gas.
- **Drink a lot more water** or the fiber can worsen constipation.
- **Eat lots of different grains, beans, fruits and vegetables** to get the most benefit.

*Look for whole grain breads with 3+ grams of fiber per serving and cereals with 5+ grams of fiber per serving.*



Whole Grains 1/4 cup dry	Fiber grams	Beans ½ cup cooked	Fiber grams	Fruits & Vegetables 1 med. sized fruit, ½ cup cooked or 1 cup raw vegetables	Fiber grams
Brown Rice	2	Great Northern beans	6	Acorn squash	5
Barley	5	Black beans	8	Broccoli	3
Bulgar	7	Lentils	7	Green peas	4
Quinoa	3	Pinto beans	6	Apple	3
Rolled Oats	2	Red Kidney beans	8	Banana	3
Steel cut oats	4	Split peas	8	Pear	5

## References

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## Salt: To Use or Not to Use

The US Dietary Guidelines recommends that the average person consume no more than 2,300 mg of sodium per day. Recent studies show that most people consume approximately 3,400 mg of sodium per day. Diets high in sodium can lead to high blood pressure, heart disease and stroke.

Salt is made of two minerals; sodium and chloride, but to simplify we often use the words salt and sodium interchangeably.

Yeast breads, pizza, chicken dishes and pasta are large sources of sodium in the American diet.



### Ways to Reduce Sodium in your Diet

- Make home cooked meals.
  - Choose fresh foods over processed foods.
  - Taste your food before adding salt.
  - Choose foods labeled "low-sodium," "reduced sodium" or "sodium free".
- Use fresh tomatoes instead of tomato sauce when possible.
  - Read the ingredient label and watch for words like monosodium glutamate (MSG), baking soda and other sodium-containing compounds.
  - Make high sodium foods like pizza a once-in-a-while treat.
  - Try fresh or dried spices and herbs to season your food instead of salt.
  - Take the salt shaker off the table.



**Try this quick recipe for fiesta pizza instead of eating store bought or frozen pizzas**

### Fiesta Pizzas

- 1 can low sodium black beans
- 1 lime
- 4 corn tortillas
- 1 cup salsa (low sodium if available)
- 1 cup shredded cheese
- Corn, avocados, and green onions (optional)



Rinse the beans and place in a mixing bowl. Add the juice from one lime. Using a blender, blend the beans briefly; the mixture should still be lumpy. Spread the bean mix evenly on the four tortillas, followed by salsa and shredded cheese. You can enjoy your pizza cold or heat it in the oven or microwave. If you're on the go, roll the tortilla and slice into quarter-sized pinwheels.



- Adequate fluid intake is essential to allow the body to function, thrive and grow.
- Water is essential for numerous bodily functions; we are 60% water, after all!
- To avoid dehydration, six to eight cups of fluid per day are recommended. More may be needed if exercising and/or hot weather.

**Drinks are not all created equal!**

**Water is the best choice.**

Here's how others compare:



**Milk:** A good source of calcium, vitamin D and protein. Skim and low-fat milk are the best choices. To get the nutrients our bodies need, drink three cups a day!



**Juice:** Provides vitamin and minerals, but can have more sugar than you think. Limit to one cup a day and make sure it says 100% juice!

**Sports Drink:** Most people think they are healthy and refuel you after a workout. They are loaded with sugar and should be a *sometimes* drink.



**Soda:** Is processed sugar and empty calories. Diet soda provides no nutrients. Drink soda occasionally, if at all.



Milk is a good alternative, but make water your first choice when you are thirsty. You and your family will feel better and more energized in the long run!

As an alternative to a glass of juice, help your child make one of these!

**Homemade Lemonade**

8 oz. of water  
2 Tablespoons lemon juice  
1 Tablespoon honey



**Wuice:**

6-8 oz. of water  
2 oz. of 100% juice

## Break the Fast!

It is important to eat a healthy breakfast.

### Q: Why do we need to eat breakfast every day?

A: The word breakfast comes from the term “to break the fast”. To fast is to go without food for more than eight hours. After a night of sleep (eight to ten hours), your growing body needs to be refueled. You need a good breakfast to restore your energy levels so you can tackle the day! If you don’t eat breakfast, your growing body begins to slow down. You may feel weak, get a headache, and have a hard time concentrating. Kids who eat breakfast do better in school, have an easier time concentrating, and score higher on standardized tests.



### Q: What does a healthy breakfast consist of?

A: A healthy breakfast contains protein, whole grains and a fruit (or vegetable). We talked about each of these food groups in class, and your child helped to brainstorm some healthy breakfast menus. Have some fun planning your breakfasts for the week together! Here are some ideas:

Breakfast idea #1: oatmeal, yogurt and berries

Breakfast idea #2: a hard or soft boiled egg, rice, and avocado

Breakfast idea #3: a peanut butter and banana sandwich on whole grain bread or tortilla.



### Q: What about cereal?

A: There are thousands of cereal choices out there, so we talked about the healthy choices, and the not- so-healthy choices. We became breakfast detectives and looked for clues as to which cereals are GO Cereals and which ones might slow you down:

Clue #1: A GO Cereal has nine grams or less of sugar **AND**

Clue #2: A GO Cereal has three grams or more of fiber

**Enjoy a healthy breakfast every day!**

Additional resource: <http://www.healthykidsideas.com/breakfast-makeover/>



## Shopping for Cereal

The grocery aisle is filled with many cereal options. Here are some tips for selecting the most nutritious cereals that will give your family long lasting energy to conquer the day.

1. **Look up, look down.** Many sugary cereals are located at eye level to attract consumers. Usually, the more nutritious cereals are located at the top or bottom of the grocery shelves.
2. **Be a detective.** Many cereal companies advertise that they are a complete breakfast because they are fortified with vitamins and minerals. However, by law, ALL cereals need to be fortified, so don't be fooled by advertising. To get the whole story, turn the box over and look for the following:

**Fiber-** when selecting a cereal, aim for at least three grams of fiber per serving. Fiber helps you feel full and helps regulate blood sugar levels.

**Sugar-** starting the day with a lot of added sugar can lead to the mid-morning crash. When selecting a cereal aim for nine grams of sugar or less.

**Serving size-** cereal serving sizes can vary from  $\frac{1}{4}$  cup to  $1\text{-}\frac{1}{4}$  cup. Keep this mind when selecting a cereal. For example, a cereal may contain eight grams of sugar per  $\frac{3}{4}$  cup serving. If you fill your bowl, it is likely that you are consuming two cups of cereal or over 21 grams of sugar.

3. **Make it a game!** Children have strong opinions when it comes to breakfast cereal. Instead of being the food cop, challenge your kids to get involved. Let them be the detectives. Set the nutrition guidelines that work for your family, and let your children investigate next time you're at the grocery store.
4. **Spruce it up.** Switching to a new cereal can be an adjustment. To add flavor, try adding the following: dried fruit, nuts, bananas, berries, seeds, cinnamon, and/or honey. Get your kids involved by encouraging them to design their own cereal. For example: Matt's Morning Mix (toasted oats,  $\frac{1}{2}$  banana, raisins, almonds and cinnamon).

Remember, breakfast is one of the most important meals of the day. Help your family get off to a great start and select foods that promote health and wellness.

One fun way to promote the importance of eating a balanced breakfast is to create edible art. Here is what you need: yarn or string, scissors, toasted oats or Cheerios. To get started, cut the string into a 14-inch piece for a necklace or 6-inch piece for a bracelet. Tie a knot at one end and let your child thread the cereal on the string. Once done, tie the finished product around your child's neck or wrist. Of course, encourage snacking along the way and discuss with your children why breakfast is so important.

