



THE Wellness JOURNEY

on the road to good health

June 2009

A MONTHLY ELECTRONIC NEWSLETTER TO EDUCATE, INFORM AND MOTIVATE PARENTS, TEACHERS AND CAREGIVERS AND ENCOURAGE THEIR HEALTHY LIFESTYLES AS THEY REINFORCE THE INFORMATION YOUTH RECEIVE THROUGH WELLNESS JOURNEY PROGRAMMING AND ACTIVITIES.

Giving Kids Healthy Snack Choices

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How often do the children in your family send up that familiar cry, "I'm hungry!" Growing bodies need lots of energy, and the traditional three meals a day is often not enough. Healthy snacks can curb hunger throughout the day, while supplying energy and giving kids the nutrition they need.

Here are a dozen ideas for helping children make healthy snack choices:

1. Keep unhealthy snacks out of the house

Your child won't clamor for cookies or candy bars if you don't keep them on hand. Limit the availability of prepared snacks high in sugar, salt and fat. Set a good example by snacking on healthy foods yourself.

2. Go for the grain

Whole-grain snacks — such as whole-grain pretzels or tortillas and high-fiber, whole-grain cereals — can give your child energy with some staying power.

3. Mix and match

Serve baby carrots or other raw veggies with fat-free ranch dressing. Dip graham cracker sticks or fresh fruit in fat-free yogurt. Top celery, apples or bananas with peanut butter.

4. Broaden the menu

Offer out-of-the-usual fare, such as pineapple, cranberries, red or yellow peppers, mangoes, tangelos or roasted soy nuts. Provide snacks from several food groups for variety.

5. Revisit breakfast

Many breakfast foods — such as low-sugar, whole-grain cereals and whole-grain toast — make great afternoon snacks. Likewise, a small serving of last night's casserole could double as an after-school snack

6. Sweeten it up

To satisfy your child's sweet tooth, offer fat-free pudding, frozen yogurt or frozen fruit bars. Or use skim milk, fat-free yogurt and fresh fruit to make your own smoothies.

TESSA'S HEALTH TIPS

Healthy eating is an opportunity to expand your range of choices by trying foods -- especially vegetables, whole grains or fruits -- that you don't normally eat

Use monounsaturated fats such as olive oil or canola oil when cooking instead of shortening, butter or margarine

Drinking excess alcohol increases abdominal fat, raising your risk for heart disease and type 2 diabetes. Alcohol increases the risk of liver disease.

Women over the age of 65 should obtain a bone mineral density test every two years. Those younger with risk factors for osteoporosis should check with a physician regarding earlier screening

Men age 50 and older should have a prostate-specific antigen (PSA) blood test or digital rectal exam (DRE). Early detection of prostate cancer is key to successful treatment.

7. Make it fun

Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or whole-grain tortillas. Eat diced fruit with chopsticks or make fruit kebabs. Make a tower out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit.

8. Promote independence

Keep a selection of ready-to-eat veggies in the refrigerator. Leave fresh fruit in a bowl on the counter. Store low-sugar, whole-grain cereal and fruit canned or packaged in its own juice in an easily accessible cabinet.

9. Read the labels

Foods marketed as low-fat or fat-free can still be high in calories. Likewise, foods touted as cholesterol-free can still be high in fat, saturated fat and sugar. Read nutrition labels carefully to find out the whole story.

10. Designate a snacking zone

Restrict snacking to the kitchen. You'll save your child countless calories from mindless munching in front of the TV or computer. If your child needs to snack on the go, offer string cheese, yogurt sticks, cereal bars or other drip-free items.

11. Stick to a schedule

Schedule snacks at regular times rather than letting kids eat all day. After a nap or mid-afternoon, kids often need a boost of energy.

12. Use their help

Let children pick out fruits, vegetables and cheeses for snacks when shopping. Teaching your child to make healthy snack choices now will set the stage for a lifetime of healthy snacking. Start today!

For more information, log on to 25 Healthy Snacks for Kids :

http://www.eatright.org/ada/files/Snacks_for_Kids_English.pdf

This month – Hoop it Up!

Summer offers lots of ways to be active and have fun. Under sunny skies, it's a perfect time to swim, skateboard, play catch or climb the monkey bars. With inexpensive plastic hula hoops, the whole family can enjoy a variety of activities:

- Have a race by rolling the hoop in front of you with your hands
 - Set the hoop on the ground as a target, and try to throw a bean bag or Frisbee into the hoop
 - See how long you can balance a hoop using your elbow, knee or hand
 - Play tag using the hoop as the safe place where you can't be tagged
 - Swing the hoop around your waist and see who can last the longest
 - Challenge your family and friends to come up with other hoop games
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PRODUCE PICKS

June is a peachy time for fresh fruit. Start with fresh peaches! They're an easy treat – just wash and eat. Or put fresh peach slices on your breakfast cereal, add them to a cup of low-fat yogurt or blend with ice and low-fat milk to make a peach smoothie. June is also a good month to add apricots, fresh green beans and radishes to your menu. Farmers Markets and local produce sections are bursting with healthy choices this month!

The Magical Kingdom



The Magical Kingdom at East Lake Park was held this spring, offering young children and their families the opportunity to journey through a wonderful world of make-believe, where dreams of good health really can come true!



Super Snack

Peachy Dips

In a small bowl, combine

1 (8-ounce) container of low-fat peach yogurt

2 tablespoons orange juice concentrate, thawed

1 tablespoon lime juice

1 teaspoon brown sugar

Slice two peaches. Dip the peach slices in the dip and enjoy!

Pedal Power



Pedal Power, held earlier this month, gave young bike riders a chance to learn rules of the road and safety skills while having fun.



For more information on the Wellness Journey programming, topics or events, contact Tessa Allworth, Wellness Coordinator, at 319-385-6595 or by e-mail at allwortht@hchc.org.