



THE Wellness JOURNEY

on the road to good health

August 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.

Healthy breakfasts boost brain power!

Start the new school year right with a morning schedule that includes time for a quick, healthy breakfast. The whole family will benefit by getting the day off to a healthy start.

Your body, like your car, needs fuel to work. After a long night of sleep, your body is low on its fuel – **food!**

Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.

Studies show that children who eat breakfast do better in school. Research also has shown that kids who eat breakfast tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

Skipping breakfast can make kids and adults feel tired, restless, or irritable. Mood and energy can drop by midmorning without at least a small morning meal. It can be harder to concentrate and focus on learning or tasks.

A healthy breakfast also can help keep weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories.

People who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight. That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.

TESSA'S HEALTH TIPS

Go Nuts! Jazz up salads, vegetables, snacks and desserts with almonds, sunflower seeds or soy nuts. Nuts and seeds add fiber (1 ounce roasted almonds = 3g fiber).

Prep your body for sleep. Stay away from caffeine and alcohol close to bedtime.

When it comes to physical activity, everything counts. Shoot for 30 minutes each day. Walk instead of drive, work in your garden—even vacuuming or dusting with vigor counts.

Break normal routines and rethink your daily activity. Climb stairs when you'd usually jump in the elevator or park farther away from the door.

Food In = Energy Out. Balance, variety and moderation are an important recipe when you're choosing foods to fuel your body.

Building a better breakfast

A healthy breakfast should contain some protein and some fiber. Protein can come from low fat meats, eggs, beans or dairy. Fiber can be found in whole grains, vegetables and fruits.

Each day, try to include nutritious foods from at least **three** food groups in your family's breakfast:

- **Grains:** whole grain bread, pancakes, waffles, muffins, cereal, bars, tortillas
- **Dairy:** low-fat milk, cottage cheese, cheese sticks, **fat-free** yogurt
- **Fruit:** fresh or frozen fruit, 100% fruit juice
- **Protein:** eggs, peanut butter, low-fat / lean meats, beans
- **Vegetables:** salsa on your eggs, veggies in an omelet or a veggie wrap

Avoid sugary cereals, syrups, pastries, and white breads, which are digested quickly and will leave you hungry and tired in a couple of hours. Protein and fiber satisfy your hunger and will keep you feeling full until lunch time. Toaster pastries and breakfast bars are portable, easy, and appealing to kids. But many have no more nutritional value than a candy bar and are high in sugar and calories. Read the nutrition labels carefully so you stock up with healthy choices at home.

Have grab-and-go alternatives (fresh fruit, individual boxes of cereal, yogurt or smoothies, trail-mix) on days when there is little or no time to eat.

You may also want to check out the breakfasts offered at school or daycare. If your kids eat breakfast outside the home, talk with them about how to make healthy selections.

Breakfast Ideas to Try

Here are some ideas for healthy breakfasts to try:

- a hard boiled egg, an orange, and a bowl of whole grain cereal with low fat milk.
- whole-grain cereal topped with fruit and a cup of yogurt
- whole-grain waffles topped with peanut butter, fruit, or ricotta cheese
- whole-wheat pita stuffed with sliced hard-cooked eggs
- peanut butter on a whole-grain bagel with fresh fruit (banana or apple wedges) and low-fat milk
- breakfast smoothie (low-fat milk or yogurt, fruit, and teaspoon of bran, whirled in a blender)
- vegetable omelet with whole-wheat toast and orange juice
- bran muffin and yogurt with berries
- lean turkey on a toasted English muffin and vegetable juice

SUPER BREAKFAST IDEAS

Granola Fruit Kabobs

- 2 cups granola
- 2 medium apples -- chunked
- 2 medium bananas -- chunked
- 1 cup fresh pineapple chunks
- 1 cup vanilla or fruit flavored yogurt

Place granola in shallow bowl. Toss fruit with a small amount of lemon juice to deter browning. Insert toothpicks into each piece of fruit. To serve, dip fruit in yogurt, coat all sides. Roll in granola. 4 servings

Breakfast Burritos

- one eight-inch whole wheat tortilla
- ¼ cup egg substitute (scrambled)
- 1 slice chopped turkey bacon
- 1/8 cup chopped green peppers
- 1/8 cup reduced-fat cheddar cheese

Make extra and freeze for busy mornings! Put your prepared burritos on a cookie sheet and freeze. Then place the frozen burritos in a zipper bag. These are easy to pop in the microwave and grab and go.

MARK YOUR CALENDARS

THURSDAY, OCTOBER 8

4:00-6:30 p.m.

East Lake Park

It's The Great Pumpkin Patch Hike, Charlie Brown!

This event is FREE and Sponsored by Healthy Henry County Communities, Mount Pleasant Park and Rec. and the Wellmark Foundation.

- low-fat cream cheese and fresh fruit, such as sliced strawberries, on whole-grain bread or a whole-grain bagel
- shredded cheese on a whole-wheat tortilla, folded in half and microwaved for 20 seconds and topped with salsa

The morning meal doesn't have to be all about traditional breakfast items. You can mix it up to include different foods, even the leftovers from last night's dinner, and still provide the nutrients and energy kids need for the day.

And don't forget how important your good example is. Let your kids see you making time to enjoy breakfast every day. Even if you just wash down some whole-wheat toast and a banana with a glass of juice or milk, you're showing how important it is to face the day only after refueling your brain and body with a healthy morning meal.

Log on to learn more!

- www.eatingwell.com
- <http://kidshealth.org/parent/food/weight/breakfast.html>
- nutrition.about.com/od/nutrition101/a/breakfast.htm
- <http://www.mayoclinic.com/health/food-and-nutrition>



PRODUCE PICKS

August in Iowa means there's corn on the cob. Cook up a pot of ears and enjoy! Also fresh and tasty this month are cucumbers, which add a cool crunch to sandwiches and salads, and sweet nectarines. Local farmer's markets and the grocery produce section have raspberries and honeydew for fresh summer flavor. Ready to try something new? Take home a papaya for the family to enjoy!

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