



# THE Wellness JOURNEY

on the road to good health

April-May 2010

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.

## A Kid's Guide to Eating Right

[PDF Printable Version](#)

Making nutritious food choices is an important part of healthy living. But choosing the healthiest options isn't always easy! The Food Guide Pyramid gives some guidance making healthy food choices. Another is *Go, Slow and Whoa*, which helps kids (and their parents) think about foods as something they can eat lots of, need to choose in moderation, or should stay away from.

### Go Foods

These are foods that are good to eat almost anytime. They are the healthiest ones. Keeping a supply of Go Foods in the refrigerator and on your shelves will make healthy snacking and meals easier.

### Slow Foods

These are "sometimes" foods. They aren't off-limits, but they shouldn't be eaten every day. At most, eat them a few times a week.

### Whoa Foods

Whoa foods are the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. That's why Whoa foods are very-once-in-a-while foods. Limit the purchase of these foods and keep the unhealthy temptation out of reach.

**Go Foods! Remember these are *Almost Anytime* foods.**

- Fresh, frozen or canned fruits and vegetables without added fats, sauces, sugar or syrups.
- Whole grain breads, pastas, rice and cereal
- Skim or 1% milk, fat-free or low fat yogurt, cottage cheese or cheese
- Extra lean ground beef, chicken or turkey without skin,
- Tuna canned in water; baked, steamed, grilled or broiled fish
- Beans and lentils
- Egg whites or egg white substitutes
- Tofu
- Ketchup, mustard, fat-free creamy salad dressings
- Water, unsweetened ice tea and lemonade

## TESSA'S HEALTH TIPS

**Limit Impulse Buys:** Last-minute purchases tend to be high in fat and calories, and costly. Go to the supermarket with your healthy shopping list in hand – and stick to it!

**Beans aren't just for chili:** Keep your favorite variety of beans in the refrigerator to quickly turn a side dish salad into a main course. Try a tuna and white bean salad on a bed of fresh greens.

**Cook Once, Eat Twice:** Save time and money by preparing enough food at dinnertime so you have extra for lunch the following day. Slice leftover chicken and roll up in a whole wheat tortilla with lettuce for a quick lunch wrap.

**Go meatless at least one night per week:** Eating a meatless meal one or two nights a week is a simple way to cut down on saturated (animal) fat while also cutting back on high grocery bills. Try veggie burgers one night or a hearty all-bean chili.

**Get moving:** Physical activities that move the legs and arms are especially good for the heart. Try walking, running, swimming, bicycling and dancing.

## Slow Foods – That means they're OK to eat *Sometimes*

- Fruits canned in light syrup, dried fruits, 100% fruit juice, vegetables with sauces
- White bread and pasta, pancakes, waffles, biscuits and granola
- 2% milk, processed cheese spreads
- Lean ground beef, broiled hamburgers, low-fat hot dogs, chicken and turkey with the skin on, tuna canned in oil, ham, Canadian bacon, peanut butter, nuts, whole eggs cooked without added fat
- Olive oil, low-fat dressings. Low fat sour cream, soft margarine
- Ice milk bars, frozen fruit juice bars, low fat frozen yogurt, low fat ice cream, baked chips and pretzels

## Whoa Foods! Choose these just *Once in a While*

- Vegetables fried in oil (such as French fries) and fruits canned in heavy syrup
- Donuts, muffins, sweet rolls, sweetened breakfast cereals, crackers with trans fats
- Whole milk, full-fat cheese, cream cheese
- Fried hamburgers, fried chicken, bacon, chicken nuggets, hot dogs, lunch meat, sausage, fried fish
- Butter, stick margarine, sour cream, gravy, cheese sauce
- Cookies, cakes, pies, ice cream, candy and potato chips
- Soda, sweetened ice tea, fruit drinks with less than 100% fruit juice

The Go, Slow and Whoa food chart can be found at [www.kidshealth.org/kid/stay\\_healthy/food/go\\_slow\\_whoa](http://www.kidshealth.org/kid/stay_healthy/food/go_slow_whoa). Print the chart and post it at home. Then everyone in the family can learn when to say "Go" and when to say "Whoa!"

Now that you know the difference between Go, Slow, and Whoa foods, you can make smart choices for healthy eating!

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## 10 rules for good nutrition

You don't need a degree in nutrition to raise healthy kids. Following some basic guidelines can help you encourage your kids to eat right stay healthy.

**Parents control the supply lines.** You decide which foods to buy and when to serve them. Though kids may ask for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids will eat what's available at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

**From the foods you offer, kids get to choose what they will eat or whether to eat at all.** Kids need to have some say in the matter. From the selections you offer, let them choose what to eat and how much of it they want. If you follow step 1, your kids will be choosing only from the healthy foods.

**Quit the "clean-plate club."** Let kids stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.



## PRODUCE PICKS

This month, introduce your family to some new fruits and vegetables. Have your kids tried avocado or artichoke? They are fresh and ready to eat! Or slice up a mango or pineapple for a juicy fruit treat. Bananas are great for eating on the go. Canned and frozen fruits and vegetables are always ready to serve so keep a supply on hand. Just make sure to choose canned fruits that aren't packed in heavy syrup, or frozen vegetables with added fats or sauces.

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## RAINBOW FRUIT SALAD

*Good as a side dish or dessert, this salad made from fresh fruit is naturally low in fat, saturated fat, and sodium and is cholesterol free.*

### **Fruit salad:**

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups fresh strawberries, halved
- 2 cups grapes
- 1 kiwi fruit, peeled and sliced

### **Honey orange sauce:**

- 1/3 cup unsweetened orange juice
- 2 T lemon juice
- 1 – 1 ½ T honey
- Dash of nutmeg
- ¼ t ground ginger

Prepare the fruit.

Combine all the ingredients for the sauce and mix.

**Start them young.** Food preferences develop early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food several times for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.

**Rewrite the kids' menu.** Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment. You can start by letting them try a little of whatever you order or ordering a healthy appetizer for them to try.

**Drink calories count.** Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it — 4 to 6 ounces a day is enough for preschoolers.

**Put sweets in their place.** Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.

**Food is not love.** Find better ways to say "I love you." Foods shouldn't be used to reward kids and show affection. Offer hugs, praise, and attention instead of food treats.

**Kids do as you do.** Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.

**Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do.

Just before serving, pour honey orange sauce over the fruit.

*Yield: 12 servings*

*Serving Size: 4 oz cup*

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## MARK YOUR CALENDARS

### **The Magical Kingdom at East Lake Park**

*Wednesday, June 2*

*4:30 to 6 pm*

Rain date is Thursday, June 3  
Fun for the whole family! Free!

*For more information on the Wellness Journey and ideas for healthier families, log on to [www.healthychenrycounty.org](http://www.healthychenrycounty.org).*