

Healthy Habits Healthy Kids



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Did you know...

The average American drinks 25 gallons of milk per year. About 88% of milk is water. Kids need 2-3 servings of dairy daily. One cup of low fat milk, one cup of yogurt and 1.5 ounces of cheese are all considered 1 serving.*

*The human body has over 650 muscles. Each muscle fiber is thinner than a hair but can support up to 1000 times its own weight.** Muscle strengthening activities should be included 3 days per week in your 60 minutes a day at play.*

National Nutrition Month



Celebrate National Nutrition Month by including more fruits and vegetables in your diet. Eating more fruits and vegetables has many benefits. Below are a few good reasons:

Fiber	
Fiber is important for the health of the digestive system and for lowering cholesterol.	Good sources: apples, pears, berries, peas, potatoes, beans, greens, broccoli, cauliflower
Folate	
Folate plays an important role in a child's growth and development.	Good sources: Oranges, strawberries, cantaloupe, leafy greens, asparagus
Potassium	
Potassium is involved in nerve function, muscle control and blood pressure.	Good sources: beans, potatoes, tomatoes, prunes, cantaloupe
Vitamin A	
Vitamin A keeps eyes and skin healthy and helps to protect against infections.	Good sources: sweet potatoes, pumpkin, carrots, spinach, kale, greens, winter squash, cantaloupe, red peppers
Vitamin C	
Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.	Good sources: Bell peppers, tomatoes, strawberries, broccoli, pineapple, kiwi, Brussels sprouts, oranges, mangoes

A few tips for eating healthy on a budget...

1. Buy frozen produce. Frozen fruits and vegetables are usually fresher tasting since they are normally packaged at their peak. They have a longer shelf life, can be fixed in small or large quantity and can be used in a variety of ways.
2. Grow your own produce. We are getting close to planting season. Take advantage of the beautiful weather and extra activity with gardening.
3. Use dried beans and canned fish for some protein items in your weekly menu. They are both high protein and low in fat.
4. Brown rice is a cheap, healthy way to add whole grains to your diet and can be used in a variety of ways.

Homework Break?

If your child is having difficulty concentrating on their homework, have them take a quick ten minute activity break. Research has shown that activity can lead to increases in brain activity, higher energy and concentration levels, improved self-esteem and enhanced nutrient intake. All of these factors can lead to academic improvement. When children are given the chance to be active, even for at least ten minutes, they are able to release pent up energy and prevent boredom that can interfere with concentration and comprehension of lessons. Short bouts of activity, lasting at least 10 minutes, will increase your child's ability to achieve the full recommendation of 60 minutes of physical activity a day.



Go Retro

Trying to think of ways to be active? What are games your parents played when they were kids? Why not jump rope, hula hoop or play Twister. Having fun and being active never go out of style



Rootbeer Carrots

INGREDIENTS:

12 ounce bottle of rootbeer
 1/2 teaspoon ground cloves
 1/3 cup light brown sugar
 1/2 teaspoon salt
 1/2 teaspoon ground cinnamon
 2 pounds baby carrots
 1/2 teaspoon ground cumin
 2 Tablespoon fresh thyme

DIRECTIONS:

In a large skillet, bring 1/2 cup water, the root beer, sugar, cinnamon, cumin, cloves and salt to a boil. Add the carrots, return to a boil, cover and cook for 5 minutes. Uncover and boil until tender, stirring occasionally, about 15 minutes.

For more recipes like this go to www.rachaelraymag.com

Do This, Not That

Instead of:

Instead of playing video games after school.

How about:

Turn on the radio for 1/2 hour to sing and dance. What is your favorite song?

Instead of:

Giving up on changes since you have not lost weight.

How about:

Remind yourself that making healthy changes is good for you even though you have not lost weight.

Instead of:

1 hotdog on a bun
 1 ounce bag of potato chips
 12 ounce can soda (562 calories)

How about:

1 turkey hotdog on a bun
 1 ounce bag of baked chips
 1 small apple
 1 bottle water (455 calories)

Tex Mex Roll Ups

INGREDIENTS:

2 corn tortillas
 2 tablespoons refried beans
 2 tablespoons shredded cheddar cheese
 2-3 tablespoons cooked chicken
 2-3 tablespoons diced tomato
 1/4 avocado diced

DIRECTIONS:

Put each tortilla on a microwave safe plate. Spread the beans and cheese over each tortilla. Microwave for about 15 seconds, until cheese melts. Top with chicken, tomatoes, and avocado. Roll up and cut into pieces. Makes 2 servings



- Whole wheat English muffin with peanut butter and apple slices or banana slices
- Breakfast parfait: layer low-fat yogurt, fresh fruit and a whole grain crunchy cereal such as low-fat granola
- Oatmeal topped with brown sugar, chopped pecans and sliced bananas or berries
- Breakfast trail mix: Cheerios, dried mixed fruit and mixed nuts or almonds
- Breakfast burrito: whole wheat tortilla wrapped around a scrambled egg with cheese, salsa and any other favorite vegetables.
- Breakfast bar, a piece of fruit and low-fat milk



Indiana Fruits and Vegetables in Season March

Potatoes
 Onions
 Leeks

Turnips
 Beets
 Carrots

Kale
 Cabbage

Spinach
 Winter squash

rileyhospital.org/POWER



A Clarian Health Partner

*For more information go to www.bodyworlds.com

**For more information go to the USDA's FSAKIDS website.