

# Healthy Habits Healthy Kids



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## Did you know...

*This year at the State Fair is the "Year of the Tomatoes." Did you know that the average American eats 18 pounds of fresh tomatoes and 70 pounds of processed tomatoes a year? The #1 backyard plant is the tomato with 40 million gardeners planting them. Indiana is 2<sup>nd</sup> in the nation for production of tomatoes for processing (juice, salsa, sauces, and other canned tomato products).*

*It takes 110 minutes of brisk walking to walk off an extra 2 slices of pepperoni pizza. Be careful how much you splurge and take a few extra laps at the fair to see the sites!*

## Getting to Know You! Common Fair Foods and Your Body

When we think of the State Fair we often think of certain foods: corn dogs, cotton candy, funnel cakes, and soda to quench our thirst. Many "fair foods" are items we only indulge in that no one wants to miss out on! Since these foods tend to be high in fat, calories and sugar, it is important to try to make healthier choices among these foods or simply share foods with friends and family members to avoid eating too much of these not-so-good for you foods. Here are nutrition facts for some common fair food:

- Corn dog (small): 250 cal, 15g fat
- Bacon cheeseburger: 750 cal, 48g fat
- 1 slice Cheese Pizza (before deep-frying!): 270 cal, 7g fat
- 2 oz Cotton candy: 160 cal, low fat but like eating 7 teaspoons of sugar
- Funnel cake (no toppings): 760 calories, 50g fat
- 32 oz coke: 400 cal, this is like eating 25 tsp sugar
- Snow cone (2 oz syrup): 180 cal, low fat but like eating 11 teaspoons of sugar

Last year, the Indiana State Fair made the commitment to eliminate trans fats from fair foods. Trans fats have been shown to increase your risk of heart disease, heart attacks or strokes. Eliminating these types of fats was a great step taken, however fair foods are not the only things that can cause health problems for adults and kids. A poor diet in general, lack of physical activity and stress all can add to your risk for health problems. So when you go to the fair remember to eat before you go so you are less likely to make poor food choices, take extra laps around the fairgrounds, and enjoy the fun of the fair!

## Get Ready for the State Fair!

This month the Indiana State Fair is coming! Fairs can be a great place to get in a lot of moderate-intensity exercise, such as walking or participating in games. We look forward to the fair every year as a time to



enjoy being with family and friends, playing games, going on rides, and enjoying some fair food. Even though the State fair is a once a year treat, we need to be careful not to put too much unhealthy food into our body. Check out the rest of the newsletter for tips on how to make healthy choices and increase activity and fun while enjoying the fair.

Visit <http://www.in.gov/statefair/> for more info.

## Back to School Time

It is that time of year again! We need to start thinking about how to incorporate good habits into the school-year schedule.

First: Eat breakfast! Studies have shown that kids who eat breakfast do better in school, are more creative, and have an increased attention span. Students who eat breakfast have more energy by late morning and take fewer trips to the school nurse. As if these reasons are not enough, studies have also shown that people who eat breakfast are more likely to maintain a healthy weight.

Getting enough physical activity may take some more planning than it did when you had a lot of free time during the summer. Make sure you carve out some time for activity every day, whether it is going for a walk before school, joining a sports team, or doing a family activity after dinner. Remember, young people should get at least 60 minutes of physical activity a day.



## National Farmer's Week

Have you visited your local farmer's market? August 2-8 is National Farmer's Market week.

Check out all the fresh and tasty local produce. Did you know that Indiana is one of the top growers in the country for watermelon, tomatoes and cantaloupe?



### Fruit Salsa with Pita Chips

#### INGREDIENTS:

1 kiwi  
 ½ mango  
 5 strawberries  
 ½ apple → *or other desired fruits*  
 1 tsp lime juice or orange juice  
 4 whole wheat pitas  
 2 tblspn butter  
 3 tblspn sugar/splenda  
 ½ tsp cinnamon  
 Dash nutmeg, salt, and vanilla

#### DIRECTIONS:

Preheat oven to 425. Melt butter in small bowl then add vanilla. Combine dry ingredients in separate bowl. Cut pita into 6 pieces & place on cookie sheet. "Paint" butter/vanilla on one side of pitas with basting brush & sprinkle dry mix on top. Bake until pitas are slightly brown (~7min.) Cut up fruit into small pieces & squeeze lime juice over top. Store in fridge.

*This recipe comes from AJ Kraemer.*

*Have a healthy recipe? Email [hcupp@clarian.org](mailto:hcupp@clarian.org)*

## Do This, Not That

#### Instead of:

Skipping breakfast in favor of eating Fair food all day

#### How about:

Eat a healthy breakfast, bring water and healthy snacks to the Fair, and choose one food item to indulge in at the Fair.

#### Instead of:

Sitting in the house all day because it's too hot

#### How about:

Get up and be active in your house! Make up a dance routine to a song, clean your room, walk up and down stairs, or make up a workout and teach it to a little brother or sister.

#### Instead of:

Eating chips and dip in front of the TV

#### How about:

Go grocery shopping with your parents and help them pick out healthy snacks. See the recipe below for a quick, healthy snack option.

## Fair Safety

- Wear sunscreen, and if you plan on staying at the Fair longer than 3 or 4 hours, bring more so you can re-apply
- Wear sunglasses and/or a hat
- Avoid dehydration! Bring water for the whole family.
- Take breaks from the sun – visit some of the indoor exhibits throughout the day to avoid sun poisoning or overexposure.
- Make a contingency plan in case your family gets separated. For example, plan to meet on the hour (1pm, 2pm, 3pm, etc.) at the Ferris wheel.
- Locate the hospitality or first aid tent with your family in case someone gets lost or hurt.
- Follow all Fair rules!

### Grilled Basil Chicken and Tomatoes

#### INGREDIENTS:

8 plum tomatoes  
 ¾ cup balsamic vinegar  
 ¼ cup packed fresh basil leaves  
 2 tablespoons of olive oil  
 1 garlic clove, minced  
 ½ tsp salt  
 4 boneless skinless chicken breasts

#### DIRECTIONS:

Cut 4 tomatoes in quarters & put in food processor. Add next 5 ingredients; cover & process until blended. Pour ½ cup dressing into small bowl, cover & refrigerate. Put remaining dressing into large sealable plastic bag with chicken. Seal bag & refrigerate for up to 1 hr. Discard marinade & grill chicken over medium heat 4-6 minutes each side or until done. Cut remaining tomatoes in ½ and grill 3 min each side. Serve with reserved dressing.

**Cal:** 174    **Fat:** 5g    **Protein:** 32.5g

[www.tasteofhome.com](http://www.tasteofhome.com)



## Indiana Fruits and Vegetables in Season August

Arugula	Celery	Grapes	Pears
Brussels sprouts	Cucumbers	Melons	Squash
Cantaloupe	Eggplant	Onions	Watermelons

[rileyhospital.org/POWER](http://rileyhospital.org/POWER)



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