

# Healthy Habits Healthy Kids



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## Did you know...

*Good fitness and nutrition actually can help your performance in school? Studies have shown that the fittest kids generally do better in school, and kids who eat breakfast every day are more alert, creative, and take fewer trips to the school nurse than those who do not eat breakfast.*

*According to the Guinness Book of World Records, the apple picking record was broken in 1980 by George Adrian, a Hoosier, who picked 30,000 apples in under 8 hours.*

## Getting to Know You! Your body is MiRaCuLoUs!

### Immunizations

**Why do I need all of these shots?** Immunization shots help decrease sickness caused by diseases that can be prevented simply by getting a few shots. Measles, mumps, tetanus, hepatitis, and diphtheria are just a few of the diseases that at one time caused many people to be ill. Many of these are not as common as they used to be because these shots are doing their job.

**Why do I still need to get these shots if these diseases are not common anymore?** The bacteria and viruses that cause them still do exist so it is possible to still get these illnesses. If everyone stopped getting their immunization shots these illnesses would again be more common.

**Are there side effects from immunization shots?** A little bit of pain or swelling when you get your shot is common. Ouch... but serious side effects are rare. Some kids also get a slight fever or are fussy. If you have questions or concerns be sure to ask your doctor.

Keeping our body healthy means doing a variety of things. These immunization shots along with many other things such as: eating our fruits and vegetables, getting 60 minutes a day of activity, smiling, drinking more water (less soda and juice), and getting enough sleep make for a healthier and happier tomorrow.

## The POWER of a Healthier Tomorrow!

Join the POWER team in celebrating their 1 year anniversary. October marks the 1 year anniversary of the Pediatric OverWeight Education and Research Program. Join us October 24, 2009 for a fun and active celebration. The Fitness Farm will provide a chance to walk a 5K, learn jump roping skills, try the different varieties of apples, and learn how milk makes it from cow to you. These fun festivities are all free of charge. Come and show your support for the program, our providers and families of POWER. For more information email us at [powerkid@iupui.edu](mailto:powerkid@iupui.edu).



## SUPER SNACKS!

Snacking is an important part of our day. If we go too long without eating it can make it harder to control our portion sizes, make healthy food choices and can affect our metabolism. Choosing healthy snacks and keeping portions small are the keys! Here is a list of SUPER SNACKS that have about 100-150 calories each:

- ½ medium banana + 1 tbsp peanut butter
- Apple dippers with low fat caramel (from the store or at McDonalds)
- Low fat string cheese + 8 whole wheat crackers
- ½ cup light yogurt + ½ cup berries
- ¼ cup hummus + veggie sticks
- 1 oz (~1 small handful) nuts
- 3 tbsp of trail mix
- 1 small rice crispy treat
- 3 cups low fat popcorn
- A 100 calorie pack
- Granola bar
- 1 serving of fruit
- Small handful of pretzels + 1 tbsp of chocolate chips
- 2 tbsp hummus + 8 whole wheat crackers
- 2 tbsp light ranch dressing + Veggie sticks



## Activity Corner: Visit a U-pick farm!

Have you ever picked your own fruits or vegetables? This can be a fun family activity that is good for your health! Fruits and veggies that are picked when ripe have more antioxidants than those that were picked before ripening. Go to [http://www.in.gov/isda/files/AqDirectory\\_smallfile.pdf](http://www.in.gov/isda/files/AqDirectory_smallfile.pdf) for a complete list of u-pick farms in Indiana.



### Light Berry Mousse

#### INGREDIENTS:

¾ cup boiling water  
1 package sugar-free strawberry gelatin  
1 cup ice cubes  
1 ½ cups sliced fresh strawberries  
¾ cup reduced fat whipped topping

#### DIRECTIONS:

In a blender, combine water & gelatin. Cover & process until gelatin is dissolved. Blend in ice cubes until partially melted. Add strawberries; process until blended. Pour into a bowl; fold in whipped topping. Chill for 2 hours.

**Healthy hint:** Make it interesting! Experiment by adding more fruits to the mousse.

**Cal:** 57 **Fat:** 2g **Protein:** 2g

Have a healthy recipe you would like to share? Email it to:

[hcupp@clarian.org](mailto:hcupp@clarian.org)

## Do This, Not That

#### Instead of:

Choosing the same meal from the lunch line at school every day

#### How about:

Try a variety of foods to help you meet all your nutrition needs. Make your plate colorful with a variety of fruits and vegetables.

#### Instead of:

Getting frustrated because you cannot concentrate on your homework

#### How about:

Take a 10 minute walk! This will help clear your head and can make it easier to concentrate when you get back to your studies.

#### Instead of:

Watching TV or playing video games before dinner

#### How about:

Help mom or dad plan and prepare a healthy meal. Remember to fill your plate ½ with fruit, veggies, ¼ whole grains, and ¼ or less with meat, fish or beans.

## Time for fitness!

School has started – make time for exercise! There might not be as much free time as there was in the summer, but it is still important to get at least 60 minutes of moderate to vigorous physical activity every day.

Exercise has many benefits: it makes your heart, muscles, and bones stronger, improves your mood, helps maintain a healthy weight, and combats chronic diseases such as Type II diabetes. However, these benefits are only there when we exercise!

Time may be tight, but planning activity in at least 10 minute segments can make it easier to get it all in. Here is an example of how a busy student could fit in activity:

10 minute walk to school  
Play an active game for 15 minutes during recess, lunch, or gym class  
Dance to 3 songs after school (~10 minutes)  
Ride a bike for 15 minutes as a study break  
+ Go for a 10 minute walk after dinner  

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60 minutes of activity!

### Stuffed Tomatoes

#### INGREDIENTS:

6 medium tomatoes  
1 pound ground turkey  
1 medium onion, chopped  
2 tsp dried basil  
1 tsp salt, ¼ tsp pepper  
½ cup cooked rice  
½ cup shredded reduced fat cheddar  
1 egg, lightly beaten

#### DIRECTIONS:

Cut thin slice off top of each tomato & discard. Scoop out pulp & reserve 1 cup pulp. Invert tomatoes onto paper towel and drain. In nonstick skillet, cook turkey and onion over med heat until turkey is done; drain. Stir in basil, salt, pepper, & reserved pulp; bring to boil. Reduce heat & simmer 10-12 minutes. Stir in rice, cheese, & egg. Heat through. Spoon into tomato shells. Place in shallow baking dish coated with cooking spray. Bake uncovered at 350° for 20-25 minutes.

**Cal:** 170 **Fat:** 2g **Protein:** 21g

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



## Indiana Fruits and Vegetables in Season **September**

Apples	Carrots	Kale	Pumpkins
Broccoli	Grapes	Pears	Spinach
Cabbage	Green beans	Peppers (sweet)	Watermelons

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



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