

Healthy Kids

Spring 2007

Resources:

- KidsHealth
www.kidshealth.org
Health information about children from before birth through adolescence.
- Keep Kids Healthy
www.keepkidshealthy.com/index.html
Resources for parents and teachers
- Live and Learn
www.liveandlearn.com/learn.html#top
Health and safety information for young children
- Team Nutrition
www.fns.usda.gov/tn/
Resources related to nutrition and school lunch programs
- BAM from the Center for Disease Control
www.bam.gov/
Information about fitness, disease prevention, body and mind
- Children's Health Month
www.childrenshealth.gov/forkids.html
Information for children about health and safety
- Colgate's Kids World
<http://kids-world.colgatepalmolive.com/>
Dental, nutritional information and games
- Dole 5 a Day
<http://www.dole5aday.com>
Information about nutrition and foods
- FDA's Kid's Home Page from the Food and Drug Administration
<http://www.fda.gov/oc/opacom/kids/default.htm>

Chewing the fat Some choices are better than others when you're talking about fast food

Fast foods are traditionally high in fat, calories, and sodium. Some choices are better than others. The daily recommended amount of fat for a child is 45 to 60 grams. The recommended daily allowance of sodium (salt) for adults is 2,400mg. Here is a glance at some favorite fast foods and things to "choose" or "lose."

McDonald's	Calories	Fat (grams)	Sodium (mg)
Big Mac	600	33	1,050
Hamburger	280	10	550
Medium fries	450	22	490
Fruit n' Yogurt Parfait	160	2	85
McChicken	430	23	830
Grilled Chix Caesar salad	200	6	820
Burger King	Calories	Fat	Sodium
Whopper	800	49	1,450
Whopper Jr.	390	22	550
Taco Bell	Calories	Fat	Sodium
Taco	170	10	350
Taco salad	790	42	1,679
Taco salad (no shell)	420	21	1,400
Nachos bell grande	780	43	1,400
Plain nachos & cheese	320	19	530
Wendy's	Calories	Fat	Sodium
Grilled chicken sandwich	360	7	1,100
Big Bacon Classic	580	29	1,890
Jr. Cheeseburger	310	12	820
Small chili	220	6	780

Remember... moderation is the key. You have a choice when you dine out. Many fast-food places and restaurants allow you to choose an alternative when it comes to a side dish (e.g. salad or fruit vs. french fries, water vs. pop, etc.).



10 Steps to positive parenting

- Show love and affection
- When necessary, take time to cool down
- Compliment your child
- Set basic rules and limits
- Develop a set of shared meanings, values & goals
- Introduce your child to books
- Listen and talk to your child
- Be the kind of person you want your child to be
- Offer guidance
- Tell your child "I love you" every day.

Words your child needs to hear

- I'm so lucky to have you
- You are a great helper
- I like it when you try so hard
- Let's talk about it
- I'm sorry
- You're very special to me
- Thank you for being patient
- You're a great kid
- I love you

Source: *Prevent Child Abuse America*



An active child is a healthier child

When children eat healthy food and get regular exercise, they feel better and think more clearly. Incorporating a healthy lifestyle at a young age usually sets the course for a healthier future. The following suggestions may help encourage children to become more physically active:



- Include physical activities when planning birthday parties or play dates (such as swimming at a hotel pool, YMCA or health club).
- Allow children to play an organized sport or to take a class (soccer, baseball, swimming, tennis, dance, gymnastics, martial arts, etc.).
- Help them practice (be it with their team and /or with you at the park or in the back yard).
- Take time to go walking together after dinner instead of watching TV.
- Incorporate activity into weekend plans (go to the park, ride bicycles, go skiing, play catch or take a hike).
- Limit "screen time," be it TV, the computer or video games. Do something that involves movement.

'Snack' doesn't have to be a four-letter word

Kids will love these simple, yet creative no-cooking snacks:

- **Snack kabobs:** place raw veggies and fruit chunks cut into chunks and placed on skewers.
- **Banana sicles:** Dip peeled bananas (fresh or frozen) into low-fat yogurt; roll in crushed low-fat breakfast cereal.
- **Fruit shakes:** Blend ½ cup low-fat yogurt with ½ cup fresh fruit juice.
- **Sandwich hearts:** Make cheese or peanut butter sandwiches on whole-grain bread. Use cookie cutters to make hearts, stars or favorite animals.
- **Ants on a Log:** Spread peanut butter or cream cheese on celery sticks and top with raisins.

Source: *MediResource Inc.*

Good nutrition comes in a rainbow of colors

An easy way to stay healthy is eating lots of colors. What you want are colorful fruits and veggies. Try eating a different color at every meal. Or, fill your plate with colors. Eat all you want! There's a whole rainbow of tasty fruits and vegetables to choose from. Here are some examples of eating like the rainbow:

- **Red:** Watermelon, cherries, raspberries, red peppers, radishes & tomatoes
- **Orange:** Carrots, cantaloupe, oranges, squash, and sweet potatoes
- **Yellow:** Pineapple, bananas, corn, yellow peppers and yellow squash
- **Green:** Broccoli, avocados, green beans, green peppers, kiwi
- **Purple:** Grapes, eggplant, plums and purple cabbage