

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2010

Gouverneur Central School District
Mrs. Deborah Colton RN Head of Health Services

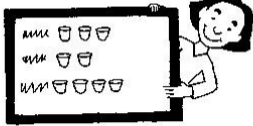


BEST BITES

Keep a water log

Encourage your family to drink more

water with this idea. Hang a small erasable whiteboard on the refrigerator.



Write each person's name down the left side. Each time a family member drinks water, have her draw a glass next to her name.

Play tourist

Seeing the sights in your own town is a fun way to build physical activity into your family's weekends. You might visit the animals at the zoo, explore plants at a botanical garden, or tour a local factory. *Tip:* Check Web sites for free or reduced-price admission days at nearby attractions.

DID YOU KNOW?

Seeds are filled with nutrients. Add them to your child's diet by tossing unsalted sunflower seeds into salads or adding pumpkin seeds to soups and cooked vegetables. Choose sesame-seed bagels, or try grinding seeds in a coffee grinder and sprinkling them on oatmeal or cold cereal.

Just for fun

Q: What's the worst thing about being an octopus?

A: Washing your hands before meals!



Snack wisely

As spring days fill up with soccer practice, school play rehearsals, and more time at the playground, families often scramble for quick and healthy snacks. Here are some suggestions.

After school

When your children come home hungry, try mini-meals rather than chips or sweets. Keep lean deli meat on hand for turkey and ham sandwiches on whole-grain bread. Or make hard-boiled eggs ahead of time. Your youngsters might like them plain, or they can fix deviled eggs. Help them split the eggs in half lengthwise, remove the yolks, and mash them with light mayonnaise, mustard, salt, and pepper. Mound the mixture back into the egg whites, and sprinkle with paprika.

On the go

Carry snacks in the car when you're driving your children to and from activities. Fill a sports bottle with water for



each child. Take along snacks that are portable and easy to eat, such as squeezable yogurt, pita filled with hummus and grated carrots, or a whole-wheat English muffin with melted cheese.

Anytime

Fruit is always a favorite snack. Dress up everyday fruits by making fruit cones. Puree peaches (peeled and pitted) in a blender, fill an ice cream cone with fruit (kiwi pieces, blueberries, pitted cherries), and drizzle the peach puree on top. For other fun fruit snacks, freeze orange slices or grapes. Or let kids dip apple slices in a little caramel sauce. ●

Guidelines for snacking

Snacking between meals is actually important for growing children. Try these tips for fitting snacks into a healthy diet:

- Have regular snack times (after school, an hour before bedtime) so your child doesn't eat all afternoon and evening.
- Keep snacks small enough that he's not too full for lunch or dinner. You might make snacks off-limits an hour before meals.
- Avoid "liquid calories" by not serving soda, sports drinks, or fruit drinks with snacks.
- Encourage snacks that combine at least two food groups. *Example:* a protein (cheese) with a grain (crackers). ●

