

To Your Health

Healthy Children

- a family affair

Help your children learn to make healthier food choices and engage in regular physical activity by being a good role model. Parents are children's biggest influences when it comes to healthy behaviors.

- Plan regular family activities together.
- Go to the park for a picnic and to play games.
- Make walking the dog a fun game. Count how many times the dog stops or how many rabbits or squirrels the dog sees.
- Encourage your children to help plan meals, from putting a menu together to shopping, preparing and serving the meal.

Make sure your children know they are part of the "family team" and that health and fitness are a family affair.

Source: www.eatright.org, the American Dietetic Association

Breakfast:

- the right start every day

Breakfast is important to everyone's health and performance. It's an early-morning refueling stop for your body. After 8 to 12 hours without a meal or snack, your body needs to replenish its glucose, also called blood sugar, the main energy source for the brain. Studies show breakfast eaters tend to have more strength and endurance, and better concentration and problem-solving abilities.

- best bets for breakfast

Here are some tasty breakfast combinations to try:

- Whole-grain cereal with fruit and milk
- Whole-grain cereal with a cup of fat free yogurt
- Toasted waffles topped with a little peanut butter
- Quick-cooking oatmeal with dried fruit and milk
- Sliced hard-cooked egg on a whole wheat flour tortilla
- Whole wheat bread with a slice of low-fat cheese
- Fresh or canned pineapple chunks with low-fat cottage cheese and a slice of whole wheat bread toasted
- Whole wheat pancakes or waffles topped with banana or strawberry slices
- Bran muffin and yogurt topped with berries

Let your imagination go! There are endless possibilities for healthy, tasty, fun breakfast combinations. Just make sure to start your day the healthy way - with breakfast.

Source: www.eatright.org, the American Dietetic Association

Gifts for Mom

- Happy Mother's Day

- Coupon to be a walking buddy
- Radio or CD player with headphones - to use while walking
- Herb tea
- Gardening supplies - gloves, hand tools, plants, seeds
- Home-cooked healthy dinner or certificate
- Cook's basket with assorted tools, gadgets, seasonings
- Gift certificate for lunch at a favorite or new restaurant
- For younger moms, offer to babysit so she can get out for a walk, for lunch, for shopping

Source: Food & Health Communications, Inc.,
www.foodandhealth.com

Quick and Healthy Meals

Here are some ideas to stay motivated and make cooking easier and healthier - particularly if you are preparing food and eating alone.

Breakfast:

- Microwave oatmeal: $\frac{1}{2}$ cup oats, 1 cup water and a pinch of cinnamon. Microwave for 3 minutes on high (covered) and then add $\frac{1}{2}$ cup skim milk. Serve with fruit.
- Low-fat or fat free yogurt topped with high fiber cereal and berries.

Lunch:

- Bowl of vegetable soup served with whole grain crackers.
- Low-fat cheese on whole wheat bread with lettuce and tomato.

- Peanut butter and sliced bananas on whole wheat bread.

Dinner:

- Cold rice salad made with leftover rice, peas, diced peppers, chopped peanuts, corn, diced cooked turkey, chicken or ham, and low-fat dressing.
- Bowl of pinto beans with added peppers, onions, diced tomatoes served with whole wheat tortillas.

Snacks:

- Whole grain low-fat crackers spread with peanut butter and topped with raisins
- Whole wheat crackers and fruit
- Fresh "veggies" - Vegetables from a grocery store salad bar are ready to eat and can last a few days if covered and refrigerated properly. Or prepare your own ready to eat veggie snacks.
- A glass of fat free milk, or fruit or vegetable juice helps balance your snacks.

Source: *Food for Fitness and Fun*, May 2007,
www.extension.iastate.edu/food

Let's Move!

Change the 'e' word from exercise to enjoyment. Like diets, exercise fads come and go. (Remember mini trampolines!) When you think about a new activity, ask yourself: Is this something I really enjoy doing? Choose fitness activities that you like. Then, you'll never have to exercise; you'll be enthusiastic about making fitness a priority.

Moving your body means forgetting the 'shoulds' and rules about exercise. It means moving from a grueling workout to 'fun time.'