

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2010

Evangeline Parish Child Nutrition Program

Karen Soileau, Director



BEST BITES

Volunteer in PE

In PE class, your youngster will get exercise and learn skills to help her enjoy physical activity. Consider supporting the school's efforts—and your child's education—by asking the PE teacher how you can volunteer. She might need a parent to time races, set up obstacle courses, or assist at Field Day.

Bag your own lettuce



Bagged lettuce is convenient, but it can be expensive. Try this instead. Tear the leaves off a head of lettuce. Rinse, dry, and put into a large zipper bag (add a paper towel to remove extra moisture). Press the air out, and seal. Refrigerate for up to a week.

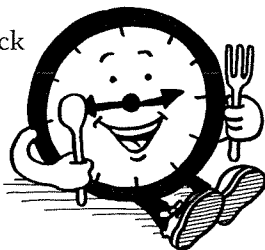
DID YOU KNOW?

About 7 in 10 children do not get enough vitamin D. The best source is the sun, and just 10–15 minutes a day outside is enough. Also, your youngster can drink milk or eat cereal that's fortified with vitamin D. This vitamin is important for bone and joint health because it helps the body absorb calcium.

Just for fun

Q: How do you know if a clock is hungry?

A: It goes back for seconds!



Set healthy goals

How can you motivate your child to eat well and be active? Together, set goals that will keep him on track and make him feel good when he succeeds. With these ideas, you can encourage him to aim high—and stay healthy.

Make a plan

Talk about ways your youngster can be healthy and grow strong. *Examples:* eating fruits and vegetables, drinking water instead of soda, playing outside every day. List all the ideas, and let your child pick a nutrition goal and an activity goal for each month. Try to make the goals as specific as possible (“eat one fruit and one vegetable at each meal” or “ride my bike 30 minutes a day”).

Stay motivated

Seeing his goals and his progress will inspire your youngster to stay committed. Have him write the goals on a poster board, decorate it, and hang it up. Then, post a calendar where he can keep a record. He could make a tally mark for each fruit and vegetable he eats and add



a sticker on days he meets his goal. Keep him pumped up by mentioning his goal each morning. (“Let’s ride bikes after school. Where should we go?”)

Celebrate success

Be excited by your youngster’s progress—praise from you will go a long way. Let him know that you notice his efforts. (“Great idea to put a tomato slice on your bagel!”) When he meets his goal every day for a week, have a celebration. You might go bowling, play miniature golf, or attend a sporting event. Then, encourage him to start on his next goal. 🍀

“Anytime” or “sometimes” foods

Some foods are so healthy that your youngster can eat them anytime. Others might taste good but should only be eaten sometimes because they have more sugar or fat. Help your child understand the difference.

- Explain that foods like fruits, vegetables, low-fat or fat-free yogurt and milk, whole grains, and lean meats are nutritious and can be eaten every day. Foods like cookies and chips are high in sugar, fat, or salt, so your youngster should have them just once in a while.
- Have your child help you put away groceries. As she places each item in the pantry or refrigerator, she can say whether it’s an “anytime” food or a “sometimes” food. *Idea:* Let her mark small, blank stickers with “A” for “anytime” or “S” for “sometimes.” She can label the foods for an easy reminder. 🍀



Know the food groups

Youngsters should eat a variety of foods from each food group to get the vitamins and nutrients they need. Help your child learn about the food groups with these fun activities.

Name the group. During meals or at the grocery store, take turns calling out a food. The other person has to say which group it belongs to: fruits and vegetables; dairy; grains (bread, cereal, pasta, rice); or meat and meat alternatives (beef, pork, lamb, poultry, fish, eggs, beans, nuts).



What's in the box? Help your child cover four empty cereal or cracker boxes (tops removed) with construction paper. Then, have her write the name of a food group on each box. Let her cut out pictures of foods from old magazines and sort them into the right boxes.

Make placemats. Cut poster board into placemat-sized pieces. Ask your youngster to draw pictures of foods from every food group on each placemat and label the groups with a marker. Cover the placemats with clear contact paper, or wrap them tightly with plastic wrap. Put the placemats at each person's spot at the table. Your child will be proud when her placemats help everyone remember the food groups. ♥

ACTIVITY CORNER

Kick it!

Your child can get a great workout, have fun, and improve her soccer skills with these games.

Soccer tennis. Lay a long piece of rope on the grass. One player stands on each side. The players kick the ball back and forth to each other over the rope—letting it bounce only once or not at all before returning it.

Slalom course. Set up obstacles (cones, upside-down buckets) in a zigzag pattern in your yard or at a park. Each person kicks a soccer ball, weaving in and out of the obstacles, from the start to the finish and back—without hitting the obstacles. If a player's ball hits one, she goes back to the start line.



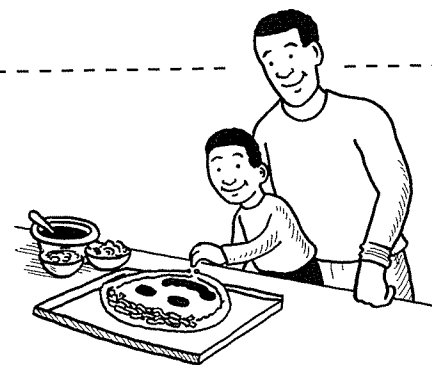
Target practice. Balance a soccer ball on top of a cone. Players take turns kicking another soccer ball at it. One point is scored each time the goal is toppled. ♥

IN THE KITCHEN

Tasty art

With healthy ingredients and a little imagination, your youngster can make a craft project that's creative and delicious! Here are two ideas:

- Have him spread low-fat refried beans on a corn tortilla and make a design like a face or a house. Give him supplies such as grape tomatoes, black olives, grated low-fat cheddar cheese, shredded lettuce, and salsa. *Tip:* For a hot tortilla, microwave for one minute.
- Thaw frozen whole-wheat bread dough. Let your child roll it flat with



a rolling pin. Then, he can form the dough into letters, numbers, or animals. Have him place the pieces on a cookie sheet lined with parchment paper for 15–20 minutes so the dough can rise. Bake at 375° until golden brown. ♥

Q & A Watching children outside

Q: *I want my kids to play outside. But between housework and the work I bring home from my job, sometimes it's hard to find time to watch them. What can I do?*

A: This is a problem shared by many busy parents. Why not try sharing the solution with other parents, too? Talk to neighbors who have children around the same age to see if they would be willing to swap "play duty."

You could work out a schedule where you each take an afternoon

to supervise the kids outside. It's a good idea to set guidelines so your rules are consistent. For example, you could agree that kids will always wear helmets, knee pads, and wrist guards when they're on scooters. Or you might decide that they

must stay in the backyard at all times. Explain the rules to the children—and let them begin enjoying their active time outdoors! ♥



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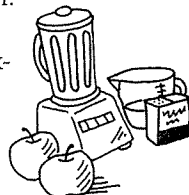
Karen Soileau, Director



BEST BITES

Awesome applesauce

Here's a simple recipe you can use to make homemade applesauce this fall. Peel and core three apples, and cut them into pieces. Place in a microwave-safe bowl, and add $\frac{1}{4}$ cup water and $\frac{1}{2}$ tsp. cinnamon. Microwave for 5–6 minutes. Put the mixture into a blender, and blend until chunky.



Ready to play

Keep play equipment handy, and your children will be more likely to use it to stay active. Try organizing items into plastic bins in your hall closet or garage. For example, one bin could be for balls (soccer, basketball, tennis, football). Others could hold skates, a jump rope, a Frisbee, or badminton and tennis racquets.

DID YOU KNOW?

Certain foods can help your youngsters' teeth stay healthier by removing sugar and protecting against plaque. Good choices include mozzarella and other cheeses, peanuts, yogurt, fat-free milk, and sugar-free chewing gum. *Note:* Be sure your children brush their teeth twice and floss once every day.

Just for fun

Q: What runs around a baseball field but never moves?

A: A fence!



Calcium counts

Most kids want to be strong. Let your child know that calcium builds strong bones, and she may be more inclined to meet the calcium challenge. Try these ideas.

Calcium bank. Your youngster can think of her bones as being like a bank account—and eating foods rich in calcium is like making deposits in the bank. Encourage her to get enough calcium by having her make a piggy bank out of a plastic milk jug.

Lay it on its side and cut a slit in the top. She can glue on pictures of foods with calcium (milk, cheese, dark green leafy vegetables). Each time she has one, she can put a penny in her bank. How many pennies can she add each day?

Every meal. Get your child used to having calcium at every meal. You can point out the foods she's already eating (milk on her breakfast cereal, macaroni and cheese for lunch), and help her think of more she could have (cheese on her sandwich, banana yogurt as a dip for fruit). If she's a milk drinker, you're in luck. An 8-ounce glass with each meal will give a 4- to 8-year-old child the calcium she needs each day, and four glasses daily will supply almost enough calcium for a 9- to 12-year-old.

Calcium cooking. You can add calcium to your youngster's diet by using dairy products and other calcium-rich foods when you fix meals and snacks. For instance, use fat-free milk instead of water when heating up canned tomato or mushroom soup. Melt cheese onto cooked broccoli or green beans. Put tofu into a stir-fry, or add white beans to chili. 🍌



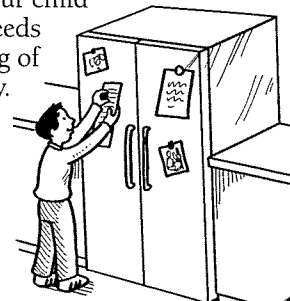
Where is it?

Calcium is found in a variety of foods. Hang this list on your refrigerator as a guide.

Food	Serving	*Calcium (mg)
Orange juice (calcium-fortified)	1 cup	350
Cereal (calcium-fortified)	$\frac{3}{4}$ cup	350
Milk (fat-free)	1 cup	300
Yogurt	1 cup	300
Cheddar cheese	1 oz.	200
Spinach, cooked	$\frac{1}{2}$ cup	140
Tofu	$\frac{1}{2}$ cup	130
White beans	$\frac{1}{2}$ cup	113
Instant oatmeal	1 cup	100
Almonds	$\frac{1}{2}$ cup	90
Bok choy	$\frac{1}{2}$ cup	75

*Calcium amounts vary by brand.

Note: If your child is 4–8, he needs about 800 mg of calcium a day. If he's 9 or older, he needs about 1,300 mg. 🍌



Quick cooking tips

Getting healthy meals on the table can be a challenge for busy families. Here are a few suggestions:

- Set aside a weekend morning or one evening a week to do “prep” work for future meals. You might dice onions and celery or make bread crumbs (grind bread in a food processor or blender). Freeze the items in separate zipper bags.
- At night or in the morning, prepare ingredients for your next dinner. For example, sauté vegetables that go into a dish, or prepare parts of a casserole. *Tip:* Before you begin cooking, get all the ingredients and utensils out that you will need.



- Think through what you’re making, and look for ways to use pockets of time. For instance, while the water boils for pasta, prepare the vegetables and heat the sauce. Or thaw the meat in the microwave as the oven preheats.
- Cook with leftovers in mind. You might double the batch when you make rice and use the extra in soups or stews. Or roast two chickens, and freeze one for another night. If you’re grilling, cook two meals at once (put tomorrow night’s chicken skewers on, along with tonight’s salmon).



ACTIVITY CORNER Fall adventures

This fall, find active ways for your family to enjoy the new season. Here are three ideas:

1. Read the classic tale of Hansel and Gretel, and recreate their “bread trail.” Have your child gather pebbles and put them in a small bag. Then, take a walk together (through a park or your neighborhood), and have her drop pebbles along the way. Turn around, and follow her trail home.
2. Check the newspaper or search online for farms or orchards that have fall activities. You might find corn mazes to run through, haystacks to climb on, or materials for making scarecrows.
3. Sign up for fun runs or walks. Many charities hold these events in the fall. Your family can get exercise—and maybe contribute to a good cause, too.

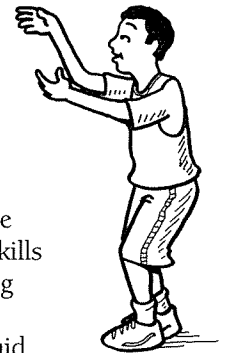


PARENT TO PARENT Self-esteem and sports

My son Nick struggles with reading, and as he has gotten older, I have seen his self-confidence begin to drop. When I spoke with his school counselor, he gave me good advice, including one idea that had nothing to do with school.

Mr. Forest suggested that we encourage Nick to play sports. He said being part of a team can boost a child’s self-esteem. As his skills improve, Nick would feel a sense of accomplishment, and hearing others cheer him on would make him feel good about himself.

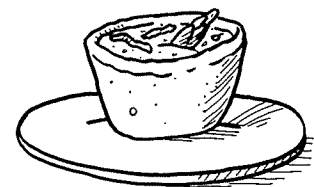
He suggested that we let Nick pick the sport to try. He also said it was important for him to be on a team that is friendly and supportive—with a coach who is interested in teaching skills and puts fun over winning. So I spoke to other parents and local league officials for help in finding the right team. Nick has decided on basketball, and I’m hoping that he’ll dribble his way to more self-confidence!



IN THE KITCHEN Egg-stra good

Eggs have it all: they’re full of protein, they don’t cost much, and they can be prepared many quick and delicious ways. Try these egg dishes at breakfast time—or any time.

- **Egg in a cup.** Press a slice of oatmeal bread into a muffin tin. Crack an egg into the bread. Add 1 chopped asparagus stalk, and sprinkle with shredded cheddar cheese. Bake at 325° for 10–15 minutes until the egg is fluffy.
- **Mexican scrambled eggs.** Whisk 2 eggs with fat-free milk, and set aside. Heat a skillet coated with cooking spray. Cut 2 corn tortillas into thin strips, and sauté until crisp. Add ¼ cup sliced scallions and ¼ cup chopped



tomato, and sauté another minute. Pour in the eggs, and stir with a wooden spoon until set.

- **Egg casserole.** Spray a square baking dish with cooking spray, and line with 4 slices whole-wheat bread. In a bowl, beat 4 eggs with ½ cup fat-free milk. Pour the mixture over the bread, cover, and refrigerate overnight. Then, bake (covered) at 350° for 25 minutes. Uncover, sprinkle with 1 cup Monterey Jack cheese, and bake 5 minutes more.

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Word play

Help your child think about healthy foods with this activity. Have her write her name vertically on a piece of paper. Then, ask her to write one nutritious food for each letter of her name. For example, Stacy might write: Squash, Tuna, Apple, Chicken, Yucca. *Idea:* Join in, and write healthy foods that spell your name, too.

DID YOU KNOW?

The average student eats a third to a half of his daily food intake at school. Encourage your youngster to make good choices in the cafeteria by sticking with healthy entrees, vegetables, fruit, and fat-free milk. *Tip:* Each day, ask him what he ate in school, and give him a high five for each nutritious item.

My own sport



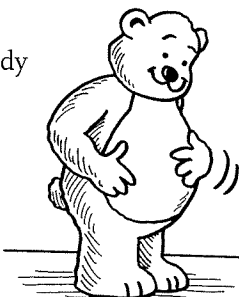
Suggest that your child create and play a new sport. Ask her to give it a name and write a description that tells

what equipment players use (ball, puck) and explains the rules. *Hint:* She might combine two sports or rewrite rules for an existing game. Then, she can try out her new game with family or friends.

Just for fun

Q: What do teddy bears have in common with turkey?

A: Stuffing!



Read the label

While your child is young, get him in the habit of reading food labels. He'll learn more about nutrition—and he'll see that healthy food decisions are in his hands! Here are a few suggestions.

Show the way. Let your youngster see you using nutrition labels when you shop. Pick up several varieties of the same food (ketchup, whole-wheat bread), and compare the facts aloud. *Example:* "This ketchup has 190 milligrams of sodium in a tablespoon, and this one has zero," or "This bread has 2 grams of fiber per slice, and this one has less than one." As he gets comfortable with the information, have him read the labels and suggest which one to buy.

Scavenger hunt. Give your child a list of questions, and send him on a food-label hunt at home. *Examples:* How many pretzels are in one serving? How



much sugar is in a serving of vanilla ice cream? He'll learn how the labels are organized and get used to scanning them for the information he needs.

Design labels. Pretend that there's a contest for creating a new food label. Have your youngster take out a favorite food such as cereal or peanut butter. Using construction paper and crayons, he can design a new label and include nutrition facts on it. Writing the nutrients will help him remember them for the future. ♡

Dance party

Dancing is a great way for families to be active *and* enjoy time together. Get your family moving with these ideas:

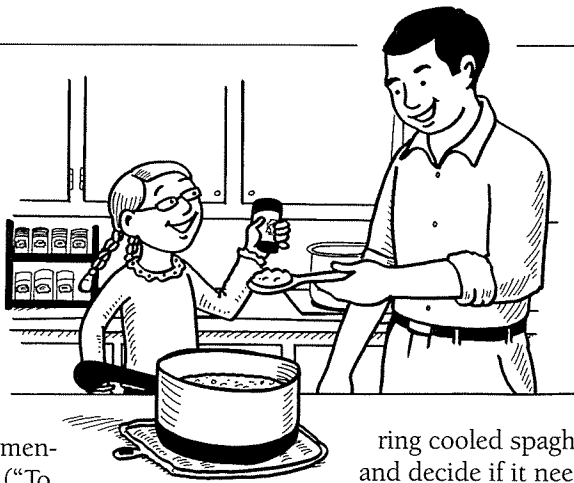
- During family gatherings, have someone from each generation teach a dance move. Grandpa might demonstrate the twist, while you show disco dances and your youngster does hip-hop moves.
- Borrow library CDs of family dance classics, and do the Hokey Pokey, Chicken Dance, or Macarena.
- Make up your own dances. Put on the radio, and dance along to different kinds of music such as jazz or rock.
- Check your community center for square dance, folk dance, or swing dance nights. ♡



Young chefs

Many young children love to cook. If you get your child involved in the kitchen, you'll gain a helper, and she'll learn skills she can use for a lifetime. Plus, when she helps prepare healthy food, she'll be more likely to eat it at mealtime.

- While you're in the kitchen together, discuss healthy food choices. You might mention why you chose a certain ingredient. ("To



make the creamed onions healthier, I'm using fat-free milk instead of heavy cream. They will taste just as good!") Your youngster will learn healthier ways to cook—and also realize that she can improvise and make her own choices.

- Have her taste the food as she cooks. For example, as she's stirring cooled spaghetti sauce, she can sample a spoonful and decide if it needs more seasoning. Encourage her to use healthy herbs and spices (oregano, basil, pepper) rather than adding extra salt.

Tip: Cooking with your child will be more pleasant if you have her join in the cleanup, too. Help her get in the habit of cleaning up as you go so there isn't a big mess at the end. ♥

ACTIVITY CORNER

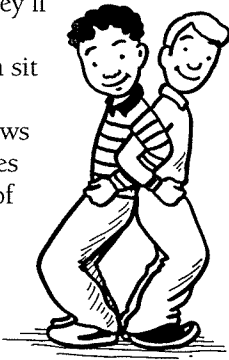
Partner exercises



Exercising with a partner can be fun! When your youngster has a friend over, suggest ideas like these:

- Tell them they're going to be a human seesaw. Have them stand arm's length apart, facing each other and holding hands. One stays standing while the other crouches down. Then, they keep switching: up, down, up, down.

- For this activity, they'll need to cooperate to stand up! Have them sit on the floor back-to-back, with their elbows linked and their knees bent. On the count of three, they try to stand up. For a bigger challenge, they can add a third friend and try again.



- This time, have them sit facing each other. Keeping their knees bent, they should lift their legs in the air and put the soles of their feet together. Have them "bicycle"—move in a circle, alternating bent and straight legs. Call "switch," and they can reverse their circle. ♥

Q & A Managing diabetes

Q: My daughter Kelsey has been diagnosed with diabetes. How can we help her manage at school and home?

A: A dietitian can help you and your child work out an eating plan for school, home, and outings. The good news is that Kelsey doesn't need any special foods—she just needs a healthy diet. Consider having your whole family eat the same way as Kelsey. That will make things easier on her, and it means that everyone will be eating nutritiously.

Also, be sure to let everyone possible know about her diagnosis. And let your child know you're telling them so they can help her if needed. You can send a note or an e-mail to her teacher, school nurse, principal, bus driver, cafeteria manager, coaches, after-school program leaders, and friends' parents. You'll want to alert them if your daughter needs to eat at certain times or stay away from certain foods. And be sure to give them warning signs to watch for that would show her blood glucose levels are dropping or spiking. ♥



IN THE KITCHEN

Thanksgiving fun

Here are a few healthy twists on Thanksgiving favorites that your children are sure to enjoy.



Cornucopia salad. Roll small tortillas into a cone shape, with a point on one end and an opening on the other. Stuff your "cornucopias" with bite-sized vegetables like baby carrots, green beans, and cauliflower pieces. Top with a spoonful of cranberry sauce, and eat like an ice cream cone.

Jarlsberg cheese, and sprinkle on dried cranberries. Fold in the side edges, roll up tightly, and cut crosswise into four pieces.

Turkey pinwheels. Spread honey mustard on a whole-wheat wrap. Layer fresh spinach leaves, sliced turkey, and

Pumpkin-pie cup. Fill a small mug with canned pumpkin, and stir in ¼ tsp. pumpkin pie spice. Add a little marshmallow creme or fat-free whipped topping. Eat with a spoon, or spread on graham crackers. ♥

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Crawl space

Your child probably hasn't crawled since he was a baby. But crawling is a great way to strengthen arm and leg muscles—and keep him moving. Have crawling races in your house. Or set up an obstacle course that requires crawling (under a table, through a large cardboard box, behind a sofa).

Healthier hot chocolate

'Tis the season for hot cocoa. Make it healthier by making your own instead of using sugary mixes. Simply heat 1 cup fat-free milk and stir in 1 tsp. cocoa powder and 1 tsp. sugar. *Tip:* For minty hot cocoa, add a drop of peppermint extract, or make Mexican hot chocolate by mixing in ¼ tsp. cinnamon.



DID YOU KNOW? Oregano is one of the most antioxidant-rich herbs. It can boost the body's immune system and help fight disease. You can add oregano—either fresh or dried—to all kinds of foods, including pasta dishes, grilled meats, fish, and salads. And your child will probably like the flavor because it will remind her of pizza!

Just for fun

Q: What's the best thing to put in meatloaf?

A: A fork!



Solutions for picky eaters

Emma will only eat foods that are white. Bryan doesn't like anything that's mushy. Maddie wants peanut butter and jelly at every meal.

Do you have an eater like this in your family? Here are five strategies you can try:

1. Serve meals at about the same time every day so your child gets used to eating then. And make sure she's hungry at mealtime by not letting her have snacks or drinks for at least an hour beforehand.
2. Give your youngster the same meal everyone else is having. Once she gets used to a no-substitutions policy, she's unlikely to go hungry for long. *Note:* If she doesn't eat dinner, offer her a small, healthy snack later—but not a whole meal. That way, she won't get in the habit of refusing dinner and having the food of her choice anyway.
3. Keep the mood light at meals. Have pleasant conversations about your days, rather than focusing on what your child is or isn't eating. Praise her when she



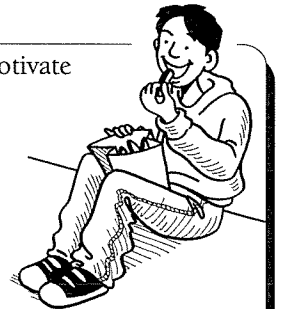
tries new foods, but don't make a fuss if she doesn't. Treating food issues lightly will help you avoid power struggles.

4. Invite friends or cousins who eat a variety of foods. Your youngster may become interested in trying new things when other kids her age are happily eating them.
5. Using dessert as a reward for eating a meal can backfire. In fact, making dessert the prize gives your child the idea that healthy food is a chore to get through rather than something to enjoy. Instead, you might serve dessert once or twice a week as an ordinary end to a meal. ♥

Food that's fun to eat

Presenting healthy food in new and different ways can motivate your youngster to eat it. Try clever ideas like these:

- Dish up bite-sized foods. Heat frozen meatballs, or make your own with lean ground beef, turkey, or pork, and then stick a toothpick in each one. Or prepare tiny pizzas: Top mini-bagels with tomato sauce and skim mozzarella cheese, and bake until bubbly.
- Make a meal-in-a-bag with this healthy twist on fish and chips. Cut a sweet potato into slices lengthwise, place on a cookie sheet, and sprinkle with a little cinnamon sugar. Bake at 350° for 30 minutes. For the fish, dip tilapia or mahimahi filets in beaten eggs and then in crushed cornflakes. Sauté until cooked through and crisp. Wrap the fish and chips in foil, put in a brown paper bag, and let your child eat with his hands. ♥



Active winter breaks

School's out, and the weather is cold. How can you keep your children from spending winter break in front of the TV? Use these suggestions.

Community programs

School breaks are challenging when both parents—or a single parent—work. Solve the problem and keep your youngsters active by enrolling them in a sports or activity-based program. Check for low-cost or free options at schools, after-school programs, community centers, parks and recreation departments, or gymnastics centers.



Outdoor fun

Build physical activity into family time. If it snows, go sledding or build snowmen, snow sculptures, or snow forts. Rent cross-country skis (or find them at a yard sale), and trek through town or the woods. Hiking is fun on grass or in snow—dress in layers, and head for a nearby park, mountain, or lake shore. Or go ice-skating on a safely frozen pond.

Travel tips

If you're taking a road trip, stop and stretch every hour or so along the way. Take along a football, baseball and mitts, or bubble solution and wands, and play at rest stops. Also, look for playgrounds on your route where your children can get out and run around (search at <http://playspacefinder.kaboom.org>).

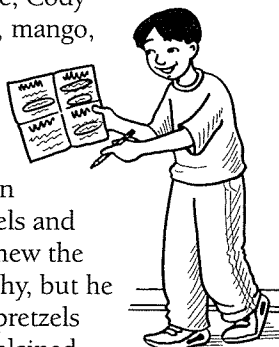


Healthy food game

A neighbor recently told me about a game her family plays. I thought it would be a good way for my son Cody to practice making healthy food choices.

Here's how it works. We each fold a sheet of paper in half horizontally and then again vertically. When we unfold the paper, we label the four sections "Breakfast," "Lunch," "Dinner," and "Snacks." Then, we write four foods in each section. We switch papers, and another player circles the healthiest items.

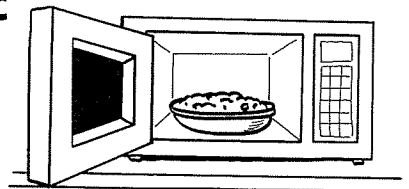
For example, Cody listed pretzels, mango, donuts, and cookies in the snack section. He was surprised when I circled pretzels and mango—he knew the fruit was healthy, but he didn't realize pretzels could be. I explained that some pretzels are unsalted or made with whole wheat. We're having fun playing our game, and it gets us thinking about healthy choices.



Microwave magic

When you're a busy parent, the microwave can be your best friend! Using a microwave is not only quick, it can be healthy, too. Dishes usually aren't greased, and vegetables are cooked without liquid, so vitamins and minerals aren't lost. Try these ideas.

Easy nachos. Cover a plate with baked tortilla chips. Add drained canned black beans or low-fat refried beans, and top with leftover chicken or beef, shredded cheddar cheese, and chopped tomatoes. Heat just until the cheese melts.



Creole succotash. In a microwave-safe bowl, combine 2 cups frozen corn and 2 cups frozen shelled edamame. Microwave until hot. Add Creole seasoning to taste.

Ham and cheese wrap. Lay a slice of ham and a piece of string cheese on a whole-wheat tortilla. Roll up the tortilla, and microwave for 30 seconds.



Lights, camera, action!

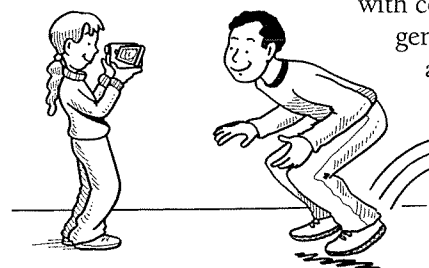
Turn your family into stars and encourage physical activity by filming your own exercise video.

Start by brainstorming activities to include. Then, use a video camera to film each person leading different exercises. *Tip:* Take turns filming so everyone gets in the video.

You might do stretches like reaching for the sky, touching your toes, or circling your shoulders up and around. Move on to

more active exercises, such as "leap frogs" (crouch down and jump forward like a frog; repeat across a room and back) or "opposites" (standing, lift your right foot, touch your left hand to it, and hop; alternate sides and repeat). Finish

with cool-down activities like gentle stretches of legs and arms. *Idea:* Lie on the floor and pretend you're just getting up in the morning, stretching each limb to help you wake up.



OUR PURPOSE
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
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