

Healthy Active Early Years

A Grant from the Coastal Bend Diabetes Initiative

February

Healthy Meals & Snacks

Adapted from "Helping Your Overweight Child" U.S. Department of Health and Human Services, National Institutes of Health and NIDDK National Institute of Diabetes and Digestive and Kidney Diseases *and* **From NAP SACC Workshop** Nutrition and Physical Activity Self-Assessment for Child Care

According to the Centers for Disease Control and Prevention, over the past three decades the childhood obesity rate has more than doubled for preschool children age 2-5 years and adolescents aged 12-19 years; and, it has more than tripled for children age 6-11 years. There are many reasons why children and adults are overweight. It is a very complicated health problem. There are factors that aren't within our control such as genetics and heredity. But, there are many more factors that we can control, including what we eat, how active we are and how we interact with each other around food.

Steps for eating for your health: Be Flexible, Be Sensible, Be Realistic, and Be Adventurous.

Be Flexible: If you are planning a pizza splurge at lunch, do not skip breakfast but eat a lighter breakfast or have a salad for dinner.

Be Sensible: Eat snacks from a plate rather than the bag. When eating out take half of the dinner to go. You'll have an extra meal. Try to avoid Super Sizing. Split a dessert. Read food labels.

Be Realistic: Do not try to change too much at one time. Make small gradual changes. Choose "low" or "reduced" calorie products. Try mixing your milks and working down to

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Rate Your Plate

Adapted from NAP SACC Workshop Nutrition and Physical Activity Self-Assessment for Child Care

Read the following questions about what you eat. Circle the number next to the answer that is most like you. Write the number you circled in the points column. Add up your points and rate your plate! Then think of two ways you can eat healthier.

How Many...		Points
Times a week do you eat fast food meals or snacks?	(1) 4 or more (2) 1-3 (3) Less than 1	
Servings of fruit or vegetables do you eat each day?	(1) 2 or less (2) 3-4 (3) 5 or more	
Regular sodas or glasses of sweet tea do you drink each day?	(1) 3 or more (2) 1-2 (3) Less than 1	
Times a week do you eat regular snack chips or crackers?	(1) 3 or more (2) 1-2 (3) Less than 1	
Times a week do you eat desserts and other sweets?	(1) 4 or more (2) 2-3 (3) 1 or less	
Times do you seasons your vegetables with margarine, butter or lard in a week?	(1) A lot (2) Some (3) Very Little	
Total Points		

15-18 points: NUTRITIONIST IN THE WORKS!!!!

11-14 points: GOOD, but there is room for improvement!

10 or fewer: It's a good thing your reading this newsletter!

skim or 1% slowly.

Be Adventurous: Try a new fruit or vegetable you've never had before. Prepare a new recipe each month. Challenge yourself to cook a meatless meal at least once a week.

What Makes it Hard to Eat Well?

Adapted from NAP SACC Workshop
Nutrition and Physical Activity Self-Assessment for Child Care

Do you...	Then Try to...
Think that healthy foods cost too much?	<ul style="list-style-type: none"> - Eat less meat and more beans - Eat canned or frozen fruits and veggies - Make quick meals at home instead of eating out
Think healthy foods don't taste as good?	<ul style="list-style-type: none"> - Don't give up your favorites, just eat smaller amounts - Try new foods and new recipes - Work your way down slowly to 1% or skim milk
Eat when you are tired, bored angry or depressed?	<ul style="list-style-type: none"> - Find something else to distract you - Work on a hobby - Call a friend - Go for a walk - Keep healthy snacks around
Find it hard to eat healthy when you eat out?	<ul style="list-style-type: none"> - Avoid fast food and all you can eat restaurants - When you order a salad, ask for dressing on the side - Ask for half portions - Share with a friend - Bring home leftovers
Eat too much when you are at a social events?	<ul style="list-style-type: none"> - Eat a healthy snack before you go - Decide on a few things to eat - Bring healthy dishes to potlucks
Eat too much when you are cooking or cleaning?	<ul style="list-style-type: none"> - Chew sugarless gum or a toothpick - Ask someone else to put away the leftovers
Tend to skip regular meals, but snack in front of the TV and through out the	<ul style="list-style-type: none"> - Make time for regular meals - Sit down at the table and eat healthy meals with friends or family - Pack a lunch or snacks to take to work or for travel

Go Bananas!

Adapted from the Cooking book by Laura J. Colker

Banana Split Breakfast (One Serving)

- 1 banana
 - 1 (4 oz) container plain yogurt
 - ½ cup dry cereal
 - 1 handful seedless grapes
 - 1 handful strawberries
- Peel banana, and slice lengthwise. Place banana halves in cereal bowl. Top with yogurt and sprinkle with cereal and fruit.
Note: Grapes should be in half length-wise for younger children.

Banana-On –A-Stick (8-12 Servings)

- 4-6 Bananas
 - 1 Cup Granola
 - 8-12 Popsicle Sticks
- Peel bananas and cut each banana in half crosswise. Insert a stick into the flat end of each banana. Pour granola onto a sheet of waxed paper. Roll banana in granola, pushing it into banana's surface. Place bananas on a waxed paper lined baking sheet. Repeat for all bananas. Freeze for 2 hours before serving.

Perfect Portions

Adapted from NAP SACC Workshop
Nutrition and Physical Activity Self-Assessment for Child Care

More and more we are eating outside the house. It is quick and convenient. It's fine to eat out if you do it smartly. Restaurant serving sizes tend to be much larger than we would eat at home. Some times they can be 3-4 times the amount of food that is recommended. We probably don't even realize how many calories we are eating when we eat out. Here are some tips for estimating portion sizes:

Food	Think of...
Meat	<i>A Deck of cards</i>
Baked Potato	<i>Your fist</i>
Cheese	<i>2 Dominoes</i>
Peanut Butter	<i>2 Thumb tips or a golf ball</i>
Pasta/ Rice	<i>A Small scoop of ice cream</i>
Fruit	<i>A Baseball</i>
½ Bagel	<i>½ A Hockey puck</i>
Butter	<i>1Thumb tip</i>

Ask for the doggy bag at the beginning of the meal and save those extra portions for another time. This not only saves calories but money as well.

February

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| American Heart Month | National Cherry Month |
| National Dental Health Month | National Bird Feeding Month |
| 2 nd Full Week – Random Acts of Kindness Week | |
| 1 st Be An Encourager Day | 14 th Valentine's Day |
| 14 th Turn Off TV Day | http://www.theteacherscorner.net/calendars/ |
- and Every Day a Holiday by Silvana Clark

Let's Move! Gross Motor Activity

Paper Plates and Feathers

Materials: One large paper plate for each child and feathers in assorted colors and sizes.

Activity: Toss the feather in the air and catch it on the paper plate.

Introduce new vocabulary words to describe the movement of the feathers such as drifting, floating and slowly. Challenge your child/children to keep the feathers from touching the floor.

Accommodations for Children with Special Needs: Work as a partner with children who have physical delays. You may hold the plate or drop the feather for a child. Children with speech and language disorders may have difficulty describing their feathers. Read their non-verbal cues and signals to understand what they are trying to communicate, and give them time to fully express their thoughts.