



Healthy Newsletter Tidbits

*Eat breakfast every day: *

- Breakfast is the best way to feed your brain and your body. When you eat a smart breakfast, you'll be able to do well in school and play hard at sports.

*Eat breakfast every day: *

- A smart breakfast is as easy as a bowl of your favorite cold cereal (like Cheerios(R) or Chex(R)) with cold milk and a sliced banana or handful of dried fruit, like raisins.

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Drink milk with every meal: *

- Milk is a smart drink for kids. It helps build strong bodies, bones, and teeth – and it can help you have a healthy weight to!! So, drink an 8-ounce glass of milk at every meal.

*Drink milk with every meal: *

- Milk does your body good with protein, calcium, and lots of other vitamins and minerals. Always choose fat-free or 1% milk – in white or flavors (like chocolate and strawberry).

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Eat smart snacks every day: *

- Smart snacks are tasty treats – PLUS they can help you run and play hard all day long. They can also help you grow tall and be strong – with a beautiful smile and healthy teeth.

*Eat smart snacks every day: *

- Ditch the fat and sugar in chips, candy, and pop. Snack with smart stuff, like your favorite fruits, veggies, yogurt, cheese, beef jerky, trail mix, nuts, or a sandwich (like PB and J).

Enjoy cheese for an easy, yummy snack:

- Sliced cheese makes a super easy, very tasty snack. Slice up your favorite cheese – cheddar, Swiss, or Monterrey Jack – to eat with crackers or apple slices (or on a sandwich).

Enjoy cheese for an easy, yummy snack.

- String cheese is a high-energy, on-the-go snack. It's packed with the calcium, minerals, vitamins, and protein your body needs – and it's easy to carry in a backpack or book bag.

*Dip into some creamy yogurt: *

- Yogurt has the nutrition power of milk and cheese – a healthy dose of protein, calcium, vitamins, and more! Plus it comes in yumma-licious flavors. What's your favorite flavor??

*Dip into some creamy yogurt: *

- Enjoy your yogurt any way you like it – in a carton, in a smoothie, in a frozen tube, or in a cup topped with fruit (like frozen berries, canned peaches, and a sliced banana).

*Drink with water with your snacks: *

- Water helps your brain and muscles stay well-hydrated and strong. Drinking water helps your brain work better in school – and it helps your body run hard during sports.

*Drink with water with your snacks: *

- Here's a super smart (and sugar-free) way to quench your thirst. Have a water bottle or tall glass of ice-cold, refreshing water whenever you have a snack between your meals.

*Skip sugary drinks: *

- Pop, punch, Kool-Aid(R), and most sports drinks have lots of sugar – as many as 10 to 12 teaspoons of sugar in one can or bottle! Too much sugar is not good for your teeth or weight.

*Skip sugary drinks: *

- If you want to have a sugary drink sometimes, drink one can or less per day. Remember to brush your teeth (or rinse your mouth with water) as soon as you can after drinking it.

*Cut back on greasy fries: *

- When you go out to eat fast food, eat fewer fries with your burger or sandwich. You can order one medium fries and share it with a friend (or your brother, sister, mom, or dad).

*Cut back on greasy fries: *

- If you go to Wendy's(R), McDonald's(R), or Arby's(R), you can enjoy a cool kid's meal with fruit instead of fries. (And, you can get body-building milk instead of pop too!!)

*Eat a RAINBOW of fruits and veggies every day: *

- How many different color FRUITS can you eat in a day? How about some BLUEberries and PURPLE plums? Or a RED apple and an ORANGE orange?

Eat a RAINBOW of fruits and veggies every day:

- How many different color VEGGIES can you eat in a day? How about some GREEN broccoli and YELLOW corn? Or sliced peppers in RED, YELLOW and ORANGE??

*Eat a GREEN FOOD every day: *

- Go great all day with GREEN fruits – Granny Smith apples, kiwi fruits, green grapes, pears, honeydew melon, or a sweet fruit salad made with combination of your favorite fruits!!

*Eat a GREEN FOOD every day: *

- Go great all day with GREEN vegetables. There are so many, it's hard to choose: broccoli trees, pea pods, beans, peppers, and cool leafy salad stuff, like lettuce and baby spinach.

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Eat a RED FOOD every day: *

- RED fruits are so, so sweet – delicious and smart to eat. Pick your favorite red fruit, like watermelon, Gala apples, red grapes, strawberries, raspberries, and those fun raisins.

*Eat a RED FOOD every day: *

- RED veggies are awesome too and very, very good for you. Enjoy bright red tomato sauce on your pizza or spicy red salsa with your tacos, burritos, and quesadillas.

*Eat a YELLOW or ORANGE FOOD every day: *

- Yummy YELLOW/ORANGE fruits are fun to eat – like the sweetness of tropical pineapples or mangos (fresh, canned, or dried). Oranges and tangerines are juicy and fun too!!

*Eat a YELLOW or ORANGE FOOD every day: *

- Awesome ORANGE/YELLOW veggies are great for snacks or meals – like crunchy baby carrots with low-fat Ranch dip or frozen carrots and peas cooked together.

Five Easy Ways to Eat for a Healthy Weight

The lure of quick weight loss is hard to resist, especially when you see 'magical' results on TV and in magazine ads. In reality, many diets and weight loss products are expensive, empty promises. For real weight management success:

*Eating for a Healthy Weight - **Forget the fads. *

Diet fads come and go – without offering a permanent weight solution. When you hear about the latest diet, always ask yourself a few important questions: Do the results sound too good to be true? Is there any proof besides a few personal testimonials? Can I really eat this way for the rest of my life?

Eating for a Healthy Weight - **Make a realistic commitment.

Any eating plan needs to work for you. It needs to fit with your schedule, food budget, and cooking skills. If a diet is complicated, expensive, or eliminates all your favorite foods, you won't stick with it. Once you have a realistic plan, share your commitment to make healthier food choices with your family.

***Eating for a Healthy Weight - **Start slowly and make it a habit. ***

Drastic changes can be a recipe for failure; small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit. Experts say that it takes about 21 days for a behavior to become habit. To start a breakfast habit, write down 21 breakfast 'menus' you'd love to eat.

***Eating for a Healthy Weight - **Plan ahead and stock up on options. ***

Make a list of the possibilities – like all the breakfast foods you enjoy: at home; in the car or on the bus; at work; or from a vending machine. Once you have a list of healthful possibilities, stock up. Make sure that there is a smart option anywhere that you might have the opportunity to eat breakfast.

Eating for a Healthy Weight - **Forgive your lapses and celebrate your successes.

Healthy eating doesn't have to be perfect eating. If you make a mistake – like missing a few morning meals, no biggie. Get back on track as soon as you can! Changing eating habits takes a bit of time. Just think how long you've had your current habits – and give yourself a pat on the back for any positive changes.

Five Fun Ways to Walk Your Way to Fitness

A daily walk is a wonderful way to maintain a healthy weight. A 30-45 minute walk can help to lower your stress level, improve your mood, boost your immune system, and reduce your risk of disease.

***Walking Your Way to Fitness - **Walk and talk. ***

Walking and talking with a friend is good for your body, good for your heart, and good for your soul. Walking and talking with children or grandchildren is an active way to spend some quality time together. It can also be a time to discuss serious issues, like school or grades, in a less threatening atmosphere.

Walking Your Way to Fitness - **Walk and listen.

Music lightens every step – and it seems to make time go faster. Pick your favorite tunes, pick up the pace, and sing along if you want! Walking and listening to books "on tape" is another fun way to add extra value to your daily walk. Language tapes, CDs, or Podcasts also make ideal walking companions.

Walking Your Way to Fitness - **Walk and learn.

A new language is just one of the many things you can learn on a walk. With kids, you can count different colored cars, talk about how plants change with the season, or listen for new sounds. Wherever you walk outdoors, there are birds to learn about. Perhaps it's time to start a list of feathered friends.

Walking Your Way to Fitness - **Walk and shop.

Using your legs for transportation is a simple way to accomplish two things at the same time. Put on a backpack for your purchases – and walk to the grocery store, walk to the post office, or walk to the mall. If you live too far to walk all the way from home, drive to a central location and walk from there.

Walking Your Way to Fitness - **Walk and enjoy.

Enjoyment is the key to success for all fitness activities – because, over the long haul, you'll only stick with what you like to do. Some people enjoy doing the same walk every day, while others want a different route every time they go out. Think about what kind of walk really gets you going – and just do it!

