

Nutrition Nuggets™

Food and Fitness for a Healthy Child

March 2017



BEST BITES

I'm full

Help your child avoid overeating by taking time to talk about the color, texture, or taste of his food. If you say, "I love the color of carrots," he may respond, "I like how crunchy they are." By stopping to think, he'll slow down his eating pace, giving him time to feel full.

Building strength

Let your youngster create her own weights using two empty quart-sized milk jugs. Help her fill them a quarter-full with sand or dry rice and screw on the cap. Suggest that she hold one in each hand as she squats, lunges, or does bicep curls. As she gets stronger, she could add sand or rice to make her weights heavier.



DID YOU KNOW?

Most children consume too much sodium. Lower your child's salt intake by offering a variety of spices and fresh herbs instead. Let him smell the basil, oregano, or ginger and sprinkle it in while you're cooking. *Idea:* Read spice jar labels together for ideas of where to use the spices. He'll learn about different flavors—and forget about the salt shaker!

Just for fun

Q: How do you fix a torn pizza?

A: With tomato paste.



Go for whole grains

Get your youngster used to eating whole grains while she's young, and you'll help her build a healthy habit for a lifetime. Try these strategies.

Give details

Begin by explaining why whole grains are good for her. You can tell her that these grains are still "wearing their coats"—they contain the entire grain kernel with all its fiber, vitamins, and minerals. Processed grains like white bread have the outer layer removed, so they've "lost their jackets"—where the important nutrients are.

Make it gradual

Help your youngster adjust to whole grains by working them in gradually. For instance, make both white and brown rice, and mix them together. Or prepare regular and whole-grain pasta, and toss them in a bowl with sauce. As she becomes accustomed to the taste, build up to three-quarters whole grains and then eventually to all whole grains.



Use daily

Try adding whole grains to foods your child regularly eats. You can stir oats into lean ground beef when you're fixing hamburgers. Or put barley or bulgur wheat in soups and casseroles. When shopping, go for the whole-grain varieties of bagels and tortillas.

Note: Many chronic conditions that develop later in life might be avoided by eating more whole grains. The fiber and other natural compounds may reduce the risk of diabetes, heart disease, and some cancers. ♥

Get your winter wiggles out

Winter's chill might still be lingering, but your youngster can burn off pent-up energy—and get physical activity—with these indoor ideas.

● **"Drive" around the house.** Let your child use a kitchen pot lid as a pretend steering wheel. He could pick up speed by marching down the hallway or slow down as he maneuvers around furniture.

● **Follow the path.** Have your youngster make a color trail with different-colored socks (or pieces of construction paper). Then, take turns saying a color, and everyone has to walk down the path, stepping only on that color. *Variation:* Step on any color except the one called out. ♥

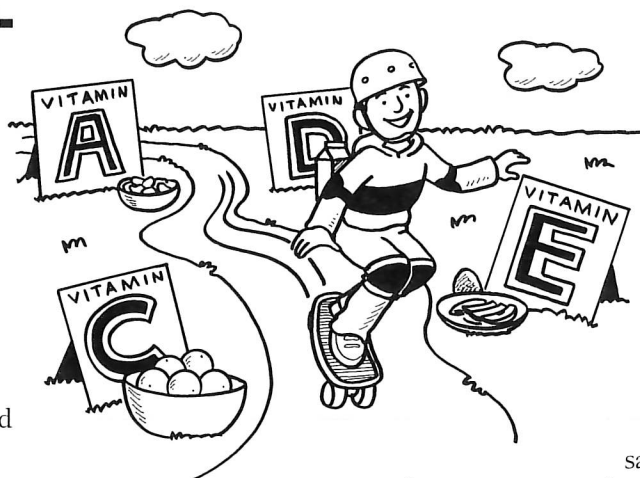


Q&A Healthy after-school snacks

Q: I'm concerned that my son snacks too much after school. How should I handle this?

A: Most children are hungry when they get home from school—it's a long time since lunch and a few hours until dinner. So think of your son's snack as a bridge between meals.

The important thing is to make sure the snacks he eats are healthy ones. This is a good time to get in nutrients he may be short on,



like vitamins A (dried apricots), C (oranges), D (fortified milk), and E (avocado), plus minerals like calcium (bok choy) and magnesium (garbanzo beans).

The best options are often smaller portions of foods you would normally eat at mealtime, such as turkey sausage tucked into a mini

pita or a cup of tomato soup. In fact, try to avoid foods typically sold as snacks, like cookies, cakes, crackers, chips, and fruit drinks. They're loaded with sugar and empty calories that will give him only a short burst of energy—and won't satisfy his hunger for the long term. 🍌

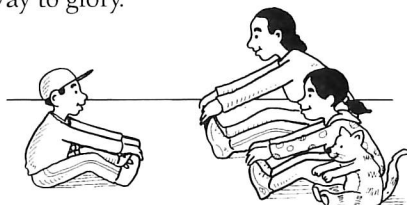
ACTIVITY CORNER

Stage a performance

Encourage your youngster to put on a live show that highlights fitness. No props required! Suggest these three themes.

1. Imagine the action. Your little actor may decide to be an action hero who saves the planet from aliens. What leaps and bounds will he use to rescue small children and animals?

2. Set up for sports. Maybe your child will reenact a scene from his favorite sports movie. He might act out a character hitting the ball and running around the bases or be a track star hurdling his way to glory.



3. "If I were a teacher..." Ask your youngster to pretend he's the PE teacher at school. He could demonstrate games or exercises he will teach the kids—and then lead you in a "class." 🍌

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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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IN THE KITCHEN

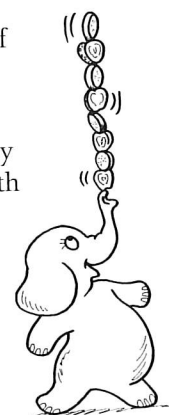
Inspired by Dr. Seuss...

March 2 is Dr. Seuss's birthday. Celebrate his gift of rhyme with some cooking time!

Cat-in-the-Hat fruit snacks. Your child can make the cat's hat by alternating strawberry halves and banana slices on a plate. To enjoy her snack, she could dip the fruit into Greek yogurt sweetened with a little honey.

Green Eggs and Ham. Heat 1 tsp. olive oil in a skillet. Add 5 oz. (about 3 cups) fresh spinach leaves, and cook until wilted, about 1 minute. Pour in 2 whisked eggs, and stir until they're set. The spinach turns them green! Serve with lean ham slices.

Who hash. In honor of the tiny Whoville-ians in *Horton Hears a Who*, dice potatoes, carrots, and radishes. In a skillet, heat 2 tbsp. olive oil, and saute 4 cups of the vegetables until tender. Add 2 cups shredded left-over pot roast or chicken. Heat through. 🍌



Savvy food shopping

Serving healthier food to your family and saving money can go hand in hand. Here's how:

● To cut down on impulse purchases, make a shopping list, and stick to it. Also, don't shop when you or your children are hungry. *Tip:* Enjoy a healthy meal or snack together before heading to the store.

● Consider less-expensive sources of protein. Eggs, beans, and tofu usually cost less than meat or fish.

● Buy in bulk for family staples. For instance, get family packs of chicken, and freeze meal-size portions. Or purchase rice, cereal, and other grains in bulk, and store in airtight containers.

● Avoid packaged cookies, bakery items, processed foods, and frozen treats. They're not only high in fat and low in nutrients, they're also pricey. 🍌



Nutrition Nuggets™

Alimentación y forma física para niños sanos

Marzo de 2017



BOCADOS SELECTOS

Estoy lleno

Ayude a su hijo a que evite comer en exceso hablando del color, la textura o el sabor de su comida. Si usted dice “Me encanta el color de las zanahorias”, quizá él responda “Me gusta lo crujientes que son”. Al detenerse a pensar aminorará la velocidad con la que come y tendrá tiempo de sentirse lleno.

Desarrollar la fuerza

Que su hija cree sus propias pesas usando dos recipientes vacíos de leche de cuarto de galón. Ayúdela a que llene



un cuarto de cada recipiente con arena o arroz crudo y que los cierre

con su tapa. Sugírole que sujete uno en cada mano mientras hace sentadillas, zancadas o flexiones de bíceps. Según vaya ganando en fuerza puede añadir arena o arroz para que sus pesas sean más pesadas.

¿SABÍA USTED?

La mayoría de los niños consume demasiado sodio. Reduzca la cantidad de sal que ingiere su hijo ofreciéndole a cambio una variedad de especias y hierbas frescas. Que huela la albahaca, el orégano o el jengibre y que él se encargue de condimentar mientras usted está cocinando. *Idea:* Lean las etiquetas de las especias para informarse de dónde usar las especias. Su hijo aprenderá sobre los distintos sabores ¡y olvídense del salero!

Simplemente cómico

P: ¿Cómo arreglas una pizza rasgada?

R: Con pasta de tomate.



A por cereales integrales

Consiga que su hija se acostumbre a comer cereales integrales mientras es pequeña y la ayudará a desarrollar un hábito sano para toda su vida. Pruebe con estas estrategias.

Dele detalles

Explíquele primero por qué los cereales integrales son buenos para ella. Puede decirle que estos granos siguen “llevando sus abrigos”, que contienen el grano entero con toda su fibra, vitaminas y minerales. A los granos procesados como el pan blanco se les ha quitado su capa exterior, “han perdido sus chaquetas” en las que se encuentran los nutrientes principales.

Vaya poco a poco

Ayude a que su hija se acostumbre a los cereales integrales introduciéndolos poco a poco. Por ejemplo, cocine arroz blanco y arroz integral y mézclelos. O bien prepare pasta normal y pasta integral y júntelas en una fuente con salsa. Cuando se vaya acostumbrando al sabor, aumente los cereales integrales a tres cuartos y finalmente a todo integral.



Úselo a diario

Procure añadir cereales integrales a las comidas que su hija come con regularidad. Puede mezclar avena con la carne molida cuando hagan hamburguesas. También pueden poner cebada o trigo bulgur en sopas y estofados. Cuando compren elijan las variedades integrales de bagels y tortillas.

Nota: Muchas enfermedades crónicas que se producen más tarde en la vida pueden evitarse comiendo más cereales integrales. La fibra y otros componentes naturales pueden reducir el riesgo de diabetes, enfermedades del corazón y algunos cánceres. ♥

Adiós al desasosiego invernal

El frío del invierno perdura, pero su hijo puede quemar la energía acumulada—y realizar actividad física—con estas ideas para el interior de casa.

● **“Manejar” por casa.** Que su hijo use la tapa de una cacerola como volante imaginario. Podría acelerar marchando pasillo abajo o disminuir la velocidad al maniobrar entre los muebles.

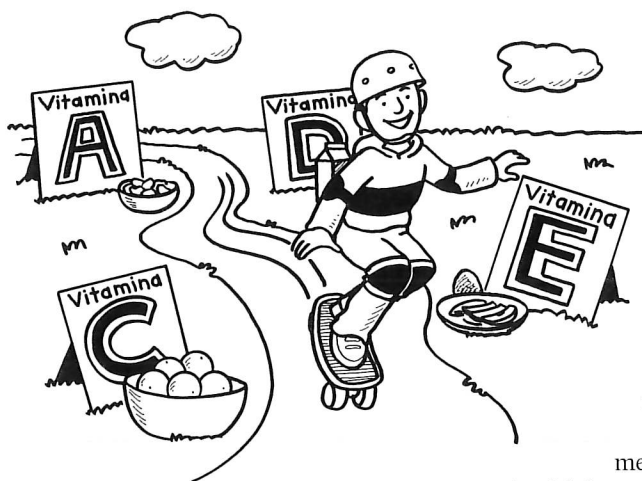
● **Seguir el camino.** Dígale a su hijo que haga un sendero de colores con calcetines de distintos colores (o con trozos de cartulina). Luego digan por turnos un color para que cada participante camine por el sendero pisando sólo en ese color. *Variación:* Pisen en cualquier color excepto en el que han nombrado. ♥



P&R Meriendas sanas para después del colegio

P: Me preocupa que mi hijo picotee demasiado después del colegio. ¿Cómo podría controlarlo?

R: La mayoría de los niños tienen hambre cuando regresan del colegio a casa, ha pasado tiempo desde el almuerzo y aún quedan horas hasta la cena. Así que piense en la merienda de su hijo como un puente entre comidas.



Lo importante es asegurarse de que lo que come son cosas sanas. Es un buen momento para ingerir nutrientes que quizá le falten, como vitamina A (albaricoques secos), C (naranjas), D (leche reforzada) y E (aguacate), además de minerales como calcio (col china) y magnesio (garbanzos).

Las mejores opciones son a menudo porciones pequeñas de

lo que comen en las comidas del día, por ejemplo salchicha de pavo en un mini pan pita o una taza de sopa de tomate. Procuren evitar productos que se venden típicamente como "snacks", por ejemplo galletas, pasteles, galletitas saladas, chips y bebidas de frutas. Tienen mucha azúcar y calorías vacías que le darán sólo una breve inyección de energía pero no le quitarán el hambre a largo plazo. 🍌

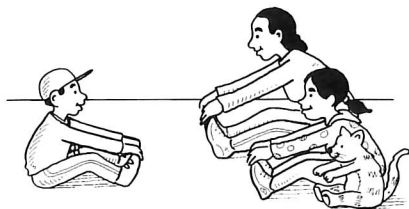
RINCÓN DE ACTIVIDAD

Preparen una representación

Anime a su hijo a que organice un espectáculo que resalte la buena forma física. ¡No hacen falta accesorios! Sugíerale estos tres temas.

1. Imagina la acción. Su joven actor puede decidir ser un héroe de acción que salva el planeta de los extraterrestres. ¿Qué saltos y brincos dará para rescatar a los niños y a los animales?

2. Escenarios deportivos. Quizá su hijo quiera representar una escena de su película de deportes favorita. Podría representar a un personaje que golpea la pelota y recorre las bases o ser una estrella del atletismo saltando obstáculos hasta la gloria.



3. "Si fuera maestro..." Díglele a su hijo que imagine que es el maestro de gimnasia en la escuela. Podría demostrar juegos o ejercicios que enseñará a los niños y luego darle a usted una "clase". 🍌

NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan la alimentación sana y la actividad física de sus hijos. Resources for Educators, una filial de CCH Incorporated
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La revisión de Nutrition Nuggets™ corre a cargo de un especialista en dietética. Consulte a su médico antes de introducir cambios importantes en la dieta o en el ejercicio físico.

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EN LA COCINA

Inspirados por Dr. Seuss

El 2 de marzo es el cumpleaños de Dr. Seuss. ¡Celebren su don para la rima con algo de cocina!

Bocaditos de El gato en el sombrero. Su hija puede hacer el sombrero del gato alternando mitades de fresa y rodajas de banana en un plato. Para saborear su platillo podría mojar la fruta en yogurt griego azucarado con un poco de miel.

Huevos verdes con jamón. Calienten 1 cucharadita de aceite de oliva en una sartén. Añadan 5 onzas (unas 3 tazas) de hojas de espinacas y cocínenlas hasta que se amustien, alrededor de 1 minuto. Añadan 2 huevos batidos y den vueltas hasta que los huevos cuajen. ¡Las espinacas los teñirán de verde! Sirvan con rodajas de jamón magro.

Revuelto de Quién. En honor de los diminutos Quién de Horton Escucha a Quién, corten en daditos papas, zanahorias y rábanos. En una sartén calienten 2 cucharadas de aceite de oliva y salteen 4 tazas de verduras hasta que se ablanden. Añadan 2 tazas de los restos de un asado de res o pollo. Calienten bien. 🍌



Hacer la compra con sagacidad

Servir alimentos más sanos a su familia y ahorrar dinero pueden ir de la mano. He aquí cómo:

● Para reducir las compras impulsivas, haga una lista de la compra y adhiérase a ella. No compre cuando usted o sus hijos tengan hambre. Consejo: Disfruten juntos de una comida o de una merienda sana antes de ir a la tienda.

● Tenga en cuenta fuentes menos caras de proteína. Los huevos, las legumbres y el tofu por lo general cuestan menos que la carne o el pescado.

● Compre a granel los alimentos básicos de su familia. Por ejemplo, compre paquetes de tamaño familiar de pollo y congele las porciones para cada comida. Compre también arroz, los cereales y otros granos a granel, y guárdelos en recipientes herméticos.

● Evite las galletas, los productos de panadería, los alimentos procesados y las golosinas congeladas. No sólo tienen mucha grasa y pocos nutrientes, sino que además son caros. 🍌



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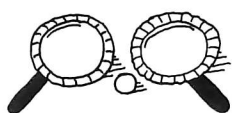
BEST BITES

Easy access

Make healthy snacks the first thing your child sees when she's hungry. Pick a cabinet or pantry shelf that is at her eye level, and stock it with raisins, baked crackers, and whole-wheat pretzels. The same for the fridge: Put string cheese, broccoli pieces, and fruit within easy reach.

Paper plate Ping-Pong

Here's a fun idea for indoor physical activity. Let your youngster make



paddles by gluing jumbo craft sticks to the backs of two sturdy

paper plates. Use the paddles to lob a Ping-Pong ball back and forth in the air. Or he could just hit a ball against a garage or basement wall for solo practice.

DID YOU KNOW?

More restaurants are adding calorie counts to their menus. The numbers can help you make smart choices for your family when you go out. You may opt to skip extras when you see how many more calories they have. And remember that calories are hard to burn off—a 65-pound child has to ride a bike for about 30 minutes to burn 90 calories.

Just for fun

Q: Why did the giant eat a volcano?

A: He wanted a hot lunch!



On tonight's menu...

Streamline weeknight dinner planning, and give your family interesting meals to look forward to, by coming up with daily themes. Let your child help you brainstorm ideas and menus. These thoughts will get you started.

Meatless Monday

What: Go vegetarian once a week.

How: Make whole-grain bowls. Top cooked brown rice, farro, or quinoa with vegetables and a protein like beans, a fried egg, or grilled tofu.

Tortilla Tuesday

What: Tortillas are a versatile base for a healthy meal.

How: Use any combination of meat, cheese, and veggies, and roll up into a burrito. *Example:* Grilled chicken, arugula, feta cheese. Or layer the ingredients instead to make tostadas.

Waffle Wednesday

What: Don't limit your waffle maker to breakfast!

How: Get your youngster grilling panini-like sandwiches using soft whole-grain bread, roasted vegetables, and provolone



cheese. *Tip:* Brush a little olive oil on the outside of each slice so it browns.

Throwback Thursday

What: Spotlight oldies but goodies.

How: Let your child list old family favorites, perhaps meatloaf or baked ziti. Then, look for ways to make them healthier (use lean ground beef or whole-wheat pasta, for example).

Stir-fry Friday

What: This is the night for anything stir-fried.

How: Get out the wok or a deep skillet, and stir-fry vegetables with shrimp, chicken, or pork. To create a noodle dish, add rice noodles to the mixture. 🍴

Chores reinvented

Chores are an easy way to add physical activity—and responsibility—into your youngster's routine. Try these twists.

Sock dusting. Have your child wear a pair of old white socks on her hands. Then, she can clean surfaces all over the house with her "sock hands."

Undercover chores. Refer to chores using code names. Picking up a messy room could be "Mission Impossible." Signal it's time to change the bed with "Inside Out." And "Dust Bunny Detail" might be code for sweeping the floor or vacuuming.

Dance party. Turn chore time into party time by putting on some tunes. Dance and sing your way to a clean house together. 🎵



New spins on salad

Want your youngster to eat more vegetables? Go beyond the traditional salad bowl with these clever suggestions.

Chopped salads. Cut salad ingredients into small pieces. Begin with a sturdy lettuce like romaine. Have your child select three or four other ingredients, perhaps cucumbers, bell peppers, and avocado. She could rinse the items and help you chop them. Then, let her toss everything in a large bowl with a bit of her favorite dressing.



Stick salads. No utensils needed when you put salad on a stick! Help your youngster spike her preferred veggies on a toothpick. Encourage her to try new tastes by skewering cherry tomatoes, cucumber chunks, and spinach leaves. Or try chunks of mango, papaya, and pineapple with turkey cubes.

Finger salads. Kids love finger foods, so why not make salad something your child can eat with her fingers? Fill Belgian endive leaves with shredded carrots and roasted beets. Or cook and chill jumbo pasta shells and stuff with chickpeas, marinated artichokes, and diced tomatoes. ♥

ACTIVITY CORNER



Be active— 10 minutes at a time

Inspire your youngster to get fit with 10-minute bursts of activity. Here are ways to put him on the road to getting 60 minutes, or more, of exercise a day:

✓ Do a routine with jumping jacks, toe touches, knee lifts, squats, and lunges. One person can be the leader, and the other follows his moves.



✓ Take “power walks” around the block or up and down the stairs in your apartment building. Pump your arms as you go.

✓ Start a skipping contest. You could skip across the backyard, through a nearby field, or down the sidewalk.

✓ Grab a ball, Frisbee, or beanbag, and play catch outside. Mix things up by catching with both hands, with one hand, or over your head. *Bonus:* Your child will also practice hand-eye coordination. ♥

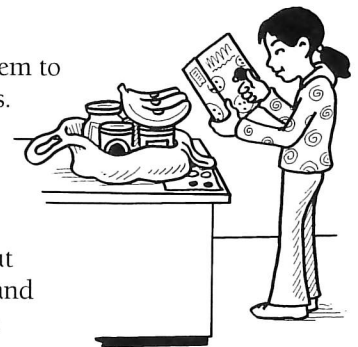
PARENT TO PARENT

Green means go!

I was frustrated because I couldn’t seem to get my children to choose healthy foods. While sitting at a red light one day, an idea suddenly dawned on me. Why not try a traffic-light approach to the foods in our house?

So I bought red, yellow, and green stickers and went home to discuss the plan. First, we talked about what makes a food healthy—it is high in nutrients and low in sugar, fat, and salt. Then I suggested we put a green sticker on foods to “go on” (fruits, vegetables), yellow on “sometimes” items (apple juice, cold cuts), and red on foods to “stop and think about” (cookies, ice cream).

Now when we get home from shopping, my kids have a job: label each item red, green, or yellow. And I’m happy to say they’re going for the green most often! ♥



IN THE KITCHEN

Fishing for tacos

Eating fish will give your youngster essential nutrients to keep his heart and brain healthy. Follow these steps for delicious fish tacos your family is sure to enjoy.

1. Make the fish. In a skillet coated with 1 tbsp. olive oil, saute four 4-oz. tilapia fillets for 3 minutes on each side. Or rub four skinless 4-oz. salmon fillets with olive oil, place on a foil-lined sheet pan, and roast at 400° for 12 minutes.



2. Prepare the vegetables. Heat 1 tbsp. olive oil in a skillet, and saute 1 sliced onion, 1 sliced green bell pepper, and ½ lb. sliced mushrooms until soft.

3. Mix the salsa. Stir together 1 cup chopped pineapple, 2 chopped plum tomatoes, ½ cup chopped red onion, ¼ cup chopped red bell pepper, 1 minced jalapeño pepper, and juice of 1–2 fresh limes.

4. Assemble the tacos. Break the fish into chunks, mix with the vegetables, and divide among eight taco shells. Top with salsa. Yum! ♥

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