

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

FAMILY HEALTH AND WELLNESS

Habits that young people establish in their early years will impact their future health. Parents, schools, and communities share the responsibility to help prevent unnecessary injury, disease, and chronic health conditions that can lead to a poor quality of life for our nation's youth. Read on to learn more about what you can do to improve your own health while helping your children and loved ones develop healthy habits.

Keep Your Resolution to Eat Healthy

Involve your family and boost the odds of keeping your resolution!

- Cook with fresh or frozen vegetables
- Look for leaner versions of meat
- Let kids play with their healthy food
- Prepare healthy snacks in advance
- Keep chilled water and calcium-fortified drinks in the fridge



Keep Your Resolution to be More Active

Be your child's playmate.

- Play active games such as tag or hide-and-go-seek.
- Plan active family outings. Choose age appropriate activities. Hiking is great for the entire family.
- Walk it out - Make walking a part of your day. Take an after school walk to help your child de-stress, enjoy a relaxing walk after the evening meal to help prepare for bedtime, and walk with your child when you need to have a serious conversation.
- Reduce your child's screen time. Enforce limits on all electronic devices; phones, ipods, computers, and television.
- Get involved with after school activities. Coach a team or referee a game.
- Consider joining an exercise program with your child.
- Register your entire family for a fun run, charity walk, or other active event. Plan a family training schedule prior to the event.

Must Haves for Your Refrigerator

Fruits and vegetables: Keep bananas, oranges, and vine-ripened tomatoes on the counter. Put apples and baby carrots in the crisper.



Lettuce or baby spinach in bags:

Make an instant side salad with pre-washed greens or the base for an entree with sliced chicken on top. Serve greens as filler for sandwiches, wraps, and burgers.

Cheese (reduced-fat): Keep sliced or pre-shredded cheese on hand for quick meals.



Eggs or egg substitutes: Reduce cholesterol and saturated fat in egg-based dishes by using half eggs and half egg substitute or egg whites.

Milk (skim or 1%): Use skim, 1% milk, and fat-free half-and-half in recipes that call for whole milk, half-and-half, or heavy cream.



Yogurt (low-fat): Eat it alone, as a parfait with fruit and cereal, or add it to smoothies.

Coach's Quick Take

Parents: You are your child's most powerful role model. Take a hard look at your own habits and don't keep your health goals or lifestyle challenges a secret. Talk with your kids and ask them to help you be the best role model you can be.

COACH TALK...NUTRITION

- How would you describe your family's meals and snacks during a typical day?
- What does your child eat at school?
- Who is responsible for a meal? Is it the parent, a relative, or another caregiver?
- How often does your child or teen eat away from home?

COACH TALK...PHYSICAL ACTIVITY

Do your children:

- Take part in physical activities before or after school?
- Ride or walk to school?
- Play actively with friends?
- Participate in organized sports?
- Enjoy invigorating activities during leisure time at home?

WHAT NEW HEALTH GOAL CAN YOU SET FOR YOUR FAMILY?



NEW YEAR MENU MAKEOVER

Just by making a few ingredient adjustments, you can make many kid's favorite foods lower in calories and fat and higher in fiber and nutrients.

PEANUT BUTTER AND JELLY SANDWICH

- Use 1 tablespoon of natural-style peanut butter.
- Use 1 tablespoon of less-sugar grape jelly (such as Smucker's Low Sugar).
- Use whole wheat or whole-grain bread, or fiber-enriched white bread.

BEFORE: 335 calories, 10.9 g fat, 2.1 g saturated fat, 2.5 g fiber

AFTER: 290 calories, 10.9 g fat, 1.7 g saturated fat, 5.5 g fiber

SAVINGS: 45 calories saved, plus 3 g fiber added!

FRENCH FRIES

- Choose lower-fat frozen french fries or slice up fresh potatoes from the store.
- Bake them instead of frying.
- Complement this side dish with a fruit and a vegetable, so the family does not overdo the fries.

BEFORE: 245 calories, 12 g fat, 5.6 g saturated fat, 0.8 g fiber per 3-ounce serving

AFTER: 122 calories, 4 g fat, 0.5 g saturated fat, 1 g fiber per 3-ounce serving

SAVINGS: 123 calories, 8 g fat, 5.1 g saturated fat, plus 0.2 g fiber added!

MACARONI AND CHEESE FROM THE BOX

- Add veggies on the side or in the macaroni. Try 1/2 cup of steamed broccoli per serving.
- Use 2 tablespoons of no-trans-fat margarine instead of 4 tablespoons of butter.
- Use low-fat milk instead of whole milk.
- Add one or two tablespoons of fat-free or light sour cream, if needed for creaminess.

SAVINGS: 72 calories and 8 g fat per serving of a four servings per box, plus 2.3 g fiber added!