

## Healthy Tips

- When you buy yogurt, go for low-fat 'live bio' versions. These help to restore the 'good' bacteria that aid digestion.

- Are you hydrated? If you experience dizziness, lack of concentration, irritability or headaches, you may be experiencing symptoms of dehydration. Aim to drink 6-8 glasses of water and you will stay well hydrated.



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# Healthy Kansas Kids

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## National Nutrition Month

The National Nutrition Month® campaign reinforces the importance of nutrition as a key component of good health, along with physical activity.

### Eating Out as a Family

Eating at a restaurant does not have to sabotage a healthy diet. Use smart-eating strategies: consider items listed as 'healthy options' on the menu, pay attention to portion sizes, and remember to factor in calories from beverages consumed.

### Suggestions on Eating Out with Kids:

- Choose a restaurant that caters to children and has a healthy children's menu that includes smaller portion sizes and meals designed to provide ample nourishment for smaller bodies.
- For kids' meals, opt for milk as a beverage and fruit for dessert.
- Order foods plain with sauce on the side.
- Substitute healthier "sides" in place of fries, like carrots with dip, steamed vegetables, fresh

fruit or applesauce.

- Choose two or three suitable menu items, then let your child pick one.
- Eat slowly. It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters often are overeaters, while slow eaters tend to eat less and are still satisfied.
- Calcium is important at all ages, but especially for growing bones. To get more calcium, drink low-fat or fat-free white or chocolate milk or add a slice of cheese to their sandwich. Choose dairy-based treats like yogurt, a milkshake or frozen dairy dessert.

Restaurants may be intimidating to people trying to stick to a healthy diet, but with preparation and confidence, you can enjoy your restaurant meal without abandoning healthy eating.

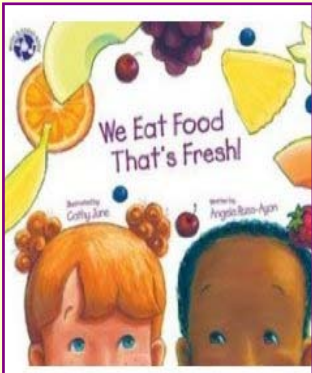
For more ideas, [Download a handout with 30 helpful tips](#) on keeping to a healthy diet when eating away from home.  
<http://www.eatright.org>

Improve your nutrition from the ground up!



1. **Focus on fruits and veggies:** "Take a good look at your current diet you'll probably realize you're not eating enough fruits or vegetables. Add a serving each day to one meal and increase it every few weeks.
2. **Look locally:** From farmer's markets to community-supported agriculture, you have many options to find new, fresh foods in your area.
3. **Trick yourself with treats:** A healthful diet doesn't mean deprivation. If you have a sweet tooth, have fruit and yogurt for dessert. If you want a snack in the afternoon, have some trail mix or nuts. There is no reason to go hungry just because you're making healthful changes.

## We Eat Food That's Fresh!



A whimsical chef introduces young children to fun food experiences that stir up their interest in fruits and vegetables.

Join them as they pick from the garden, prepare in the kitchen, and relax by the shore.

The chef wants the children to try something

new, and they just might, before he's through.

Easy rhymes and repetitive verses are combined with deliciously colorful pastel illustrations.

This picture book comes with a companion song, audio book, and instrumental on CD.

- **Reading level:** Ages 4-8
- **Hardcover:** 32 pages
- **Publisher:** Our Rainbow Press; Har/Com edition (June 19, 2009)
- **Language:** English
- **ISBN-10:** 193421406X
- **ISBN-13:** 978-1934214060

## Dip It!

Children love to dip foods. Try these great dipping ideas!

- Dip baby carrots and cherry tomatoes in low-fat ranch dressing.
- Dip a granola bar in low-fat yogurt.
- Dip pita chips in hummus.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip or salsa.
- Dip animal crackers in low-fat pudding.
- Dip bread sticks in marinara sauce.
- Dip whole wheat pretzels in mustard.
- Dip strawberries in low-fat yogurt.
- Dip mini-toaster waffles in cinnamon applesauce.

## Nutrition for Toddlers

Most 2- to 3-year-old children need to consume about 1,000 calories per day. Here's how to distribute those calories in a healthy eating plan:

- **Grain Group:** About 3 ounces of grains per day, preferably half of them whole grains. That is about three regular slices of bread or one slice of bread plus 1/3 cup cold cereal and 1/4 cup cooked rice or pasta.
- **Vegetable Group:** 1 cup raw and/or cooked vegetables per day. Like adults, young kids need variety: mashed sweet potatoes, broccoli with low-fat dip or tomato sauce for pasta.
- **Fruit Group:** 1 cup fresh, frozen, canned, dried and/or 100% percent juice per day. Emphasize whole fruits rather than juice. Kids love melon balls, Mandarin oranges (fresh or canned in juice) and frozen berries.
- **Milk Group:** 2 cups per day. Whole milk is recommended for children younger than 2. Older children need lower-fat, calcium-rich choices such as fat-free or low-fat milk, yogurt and cheese.
- **Meat and Beans Group:** 2 ounces total per day. Options include one ounce of lean meat or chicken plus one egg or 1 ounce of fish plus 1/4 cup of cooked beans (black, pinto, etc.).
- **Oils:** 3 teaspoons or less per day of liquid oil or margarine.

