

Points of Interests:

- Wiggles chosen for this years Kansas Reads to Pre-schoolers book
- Stop the POP! Campaign
- Where the Wild Things are, encourages children to run, move, have fun!

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Healthy Kansas Kids

Volume 1 Issue 3

November 2009

Comparing Cookbooks

Looking for recipes that are kid-friendly and nutritious? We've compared two of the top selling cookbooks on the market.

Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food (Spiral-bound) by Jessica Seinfeld

DECEPTIVELY DELICIOUS has
 a) pictures, which are helpful and fun
 b) tips and comments by her taste-testers
 c) one type of puree for each recipe
 d) spiral binding so it will lay flat.
 The whole layout is really nice, just like a cookbook to read!

The Sneaky Chef by Missy Chase Lapine

THE SNEAKY CHEF has:
 a) combination purees, which add a lot of variety and ease into the cooking, plus really cute names for the dishes. Makes it easy to remember!
 b) isn't afraid to use butter and milk!
 c) goes seriously into the nutrition thing. Almost the first half of the book is an explanation of nutrition concepts.
 d) the recipes seem to taste a bit better!

Minuses:
 The recipes are a bit bland. If you're cooking for an adult palate,

you need to add more spices. One of the veggie purees her recipes call for isn't covered in the "how to prepare puree" part.

While the purees mentioned in these cookbooks use are the best way to get maximum nutritional benefit, they do require food processors. Busy parents can substitute homemade purees with organic baby food. For about \$.65 (or less) per jar, you can have 1/2 cup of organic winter squash, spinach, or plums. Plus, baby food will keep on the shelf until needed so it can be purchased when it's on sale.

Kansas Reads to Preschoolers

November 15-21, 2009

Get ready to Wiggle! Preschoolers all over the state will be wiggling along with the 2009 Kansas Reads to Preschoolers about Fitness selection.



Wiggle by Doreen Cronin! Kansas Reads to Preschoolers is an annual project held the third week of November. For more information and creative activities related to this book, visit www.kcfb.info.

Right-Size, Not Supersize

Right-Size Not Super-size Your Kids!!

1. No more "clean plate club!" Don't make your children finish everything on their plate when they are done eating.
2. Teach your children that saying "Thanks but, no thanks" to seconds is a healthy option.
3. You are a health role model for your children. Be a good one by making sure you eat healthy-sized portions.
4. Talk about how to visualize healthy portions of food (your palm is about the size of a serving of meat; a cup of fruit is about the size of a baseball; one tablespoon of peanut butter is about the size of your thumb).
5. Measure snacks into a bowl rather than eating out of

the bag.

6. Read food labels with your children to talk about serving sizes and how many servings are in a package. Use these conversations to help them make choices about healthy foods and healthy portions.
7. When eating out, choose regular-sized foods rather than supersized unless you plan to share. Or try family-style dining, or ordering one or two entrees to be shared.

Source: Eat Small is a project of the Maternal and Child Health Coalition. For information, go to www.MCHC.net Determining Healthy Portion Size, According to the USDA Food Pyramid:

- A serving of meat is about two or three ounces, or about the size of a deck of cards.

Serving sizes for other proteins would be two tablespoons of peanut butter, two eggs, and one third cup of dry beans.

- A serving of bread is equal to one slice of white or whole grain bread, one ounce of prepared cereal, or just one half cup of pasta, or rice.

- A serving is equal to one piece of fresh fruit, one half a cup of chopped fruit, or three-fourths cup of fruit juice.

- A serving of dairy is equal to one cup of milk or one and one half ounces of cheese.

- If you really can't picture these serving sizes, then you might wish to purchase a kitchen scale to help you.

SUPER SIZE ME



A Film of Epic Portions



Create a Wiggle Obstacle Course

Young children need lots of opportunities to practice and develop motor skills. Fitness is fun anytime when you set up an obstacle course for your child. Materials from your house and yard such as laundry baskets, jump ropes, card-

board boxes, and chairs can be used to create an obstacle course indoors or outside. Create obstacles that encourage your child to go under, over, through, around, inside, and outside. Have your child crawl through a tunnel made with couch cushions,

toss rolled up socks into a laundry basket, leapfrog over jump rope "rivers" and weave in and out of a row of chairs. Once the course becomes familiar, your child could try it moving backwards.

National Health Month

About 9 million children over the age of 6 are considered overweight in this country. The American obesity epidemic has been passed to our youngest generation.



Small steps to get you started:

Do's—Foods

- Eat leaner red meat & poultry
- Eat half your dessert

Overweight children are at far greater risk of developing some chronic diseases, including Type 2 diabetes and cardiovascular disease. In addition to putting their health at risk, overweight children are often subjected to exclusion by their peers, which can affect their emotional well-being.

Teaching kids the importance of eating well and being physically active at a young age is crucial to reversing the trend of childhood obesity in this country.

The campaign focuses on the importance of eating healthy and being physically active through several complementary efforts. The "Can Your Food Do That?" PSAs show kids that eating healthy can help them do the things they really love to do and do them better. The "Be a Player" PSAs feature players from the National Football League (NFL) and encourage children to get up and play for at least one hour every day, demonstrating the fun that they can have doing it. U.S. Olympic athletes, reinforce the "Be a Player" message, as well as



messages about "Energy Balance" and "Portion Size".

New PSAs featuring scenes, music, and characters

from the film *Where the Wild Things Are* encourage kids to run, jump, explore, discover, laugh, and of course, howl. Families are reminded that being physically active can be fun, and along with these new PSAs, www.smallstep.gov features new play idea for kids and families alike, along with other beneficial information on healthy eating and physical activity.

- Share an entree with a friend
- Snack on fruits and vegetables

Do's—Exercise

- Do sit-ups in front of the TV
- Bicycle to the store instead of driving
- Choose an activity that fits into your daily life
- Ask a friend to exercise with you
- Make time in your day for physical activity
- Exercise with a video if the weather is bad.

Stop the POP!

Reason #1: That much sugar and coloring isn't good for your teeth.

Reason #2: Soda isn't good for the rest of your body either, because you are replacing milk with soft drinks and thus lacking calcium.

Reason #3: Soda pop gets expensive

Reason #4: There are too many other options, including **better thirst**

quenchers. Water, of course, is the ultimate in healthy beverages. There

are also real juices, vitamin waters, Gatorade, and tea. While these beverages aren't perfect they are almost always better for you than soda and just as, if not more thirst quenching.

