"Weigh to Go"

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Good Nutrition

Good nutrition is important for good health. Yet, all too soon children are made to believe your ideas for good meals are wrong. Between peer pressure and television commercials for junk food, getting children to eat well can be a nightmare. However, there is a lot that parents and children can learn about diets and eating healthy.

And How to Start

Your child may want to be like their friends and sometimes this can include eating junk food. The best thing you can do to start your child off on the right foot is to eat right yourself. When your child asks what you are eating, make sure you have the daily suggestions from the food guide pyramid. If you are asking your child to eat vegetables and fish, make sure your child does not see you grazing on soda, potato chips or candy. Your actions speak louder than words, so make sure you practice what you want to teach your child.

Guideline Requirements for a Healthy Diet

Vegetables: Three to five servings per day. A serving might be one cup of raw leafy vegetables, 3/4 cup of vegetable juice or 1/2 cup of other vegetables raw or cooked.

Fruits: Two to four servings per day. A serving may consist of 1/2 cup of sliced fruit, 3/4 cup fruit juice or a medium size whole fruit such as an apple, banana or pear.

Whole grains: Six to eleven servings per day. Each serving should equal one slice of bread, 1/2 cup of rice or one cup of cereal.

Protein: Two to three servings of 2-3 ounces of cooked lean meat, poultry or fish a day. A serving in the group may also consist of 1/2 cup of cooked dry beans, one egg or 2 tablespoons of peanut butter for each ounce of lean meat.

Dairy products: Two or three servings per day of 1 cup of low fat milk or yogurt or 1 1/2 ounces of natural cheese (cheddar).

Did you know when you say "Super Size", "Biggie Size" or "Mega Meal" you increase calories in:

- ☺ Salty snacks from 132 calories to 225 calories.
- ☺ Soft drinks from 144 calories to 193 calories.
- ☺ French fries from 188 calories to 256 calories.
- ☺ Hamburgers from 389 calories to 486 calories.

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Exercise and your 5 to 12 year old

Children who are 5 to 12 years old need exercise to build strength, coordination, confidence and to start the groundwork for a healthy lifestyle. It's also a time when children gain more control over the amount of exercise they want to do. It's important to give your school-age child as many chances as possible to exercise and to make sure your child is taking part in several activities, sports and games that are a good fit for his or her personality, ability, age and interests. Get together and let your child choose the activities that feel right. Usually, children won't mind a daily dose of exercise.

The National Association for Sports and Physical Education recommends that school age children get 60 minutes or more of physical EXERCISE every day. Do activities throughout the day which can be broken down in bouts of 15 minutes or more and avoid periods of inactivity of 2 hours or more.

Food Variety

By the time children enter grade school, his/her diet looks like the new food guide pyramid for adults. For kids ages 5-12, the key word is VARIETY. New food ideas will go a long way with keeping the healthy eating habits started in the first years of life.

What Makes a Serving?

- 1 or 2 small cooked broccoli spears.
- 5 to 7 cooked baby carrots
- 1/3 to 1/2 cup of melon
- 5 to 7 strawberries
- 1 cup yogurt or milk
- 1/3 to 1/2 cup of brown rice or mashed potatoes
- 1/4 cup meats such as turkey
- 1 or 2 chicken drumsticks

For kids ages 5-12, the key word is VARIETY.

V	H	P	S	D	D	V	W	E	S
A	E	R	S	I	I	E	N	G	E
R	A	O	E	M	E	G	U	Y	R
I	L	T	N	A	S	E	T	T	V
E	T	E	T	R	I	T	R	I	I
T	H	I	I	Y	C	A	I	V	N
Y	Y	N	F	P	R	B	T	I	G
D	A	I	R	Y	E	L	I	T	S
H	T	O	G	O	X	E	O	C	Y
C	H	O	I	C	E	S	N	A	C

ACTIVITY
CHOICE
DAIRY
DIET
EXERCISE
FITNESS
HEALTHY
NUTRITION
PROTEIN
PYRAMID
SERVINGS
VARIETY
VEGETABLES

Solve the word search to reveal the answer to the hidden message.

Hidden Message:

_____ __ __

Ways to Make Food Appealing to Kids

Packing a school lunch—give your child a choice. Ask if they prefer an apple, orange or banana. Ask if they prefer chicken or turkey. Studies show children eat healthier if they have a say. Sit down and plan out lunch together.

- Freeze a juice box. It can serve as an ice pack and is melted by lunch.
- Pack milk varying the flavor from day to day.
- Bagels, pita pockets and English muffins can be cut with a cookie cutter to make different shapes such as a star or triangle.
- Pasta salad is another option. Use different shaped pasta such as shells, wagon wheels or ABC's.
- Chicken, tuna or egg salad is packed with protein, healthy, filling and very nutritious.
- Jazz up your routine peanut butter and jelly sandwich by adding raisins or granola.
- Create lunch meats by using a cookie cutter. Do the same with cheese. Variety sometimes makes things taste better. Add crackers and a piece of fruit for a lunch on the go.
- Let your child help choose and pack lunch. A great time for them to tell you about things they really enjoy.
- Love goes a long way when packing lunch. Hide a special note card in your child's lunch box telling him/her how much you love them.

Fitness at Home

Many parents think of organized sports when they think of fitness. However, there are many ways you can keep your child moving at home. Have physical activity as part of your daily routine. Keep your family active by having them do household chores and making part of your routine to include an after dinner walk. Allow enough time for your child to have free play. Children can burn more calories and have more fun when left to do things they enjoy. Playing tag, riding bikes around the neighborhood and building snowmen are some favorite childhood pastimes.

Keep several different games and sports equipment available and on hand so your child will have a choice of things to do. It doesn't have to cost a lot to provide your child with balls, hula-hoops and jump ropes to keep him/her busy for hours.

Be active together. It'll get you moving and children love to play with their parents. Limit the time your child watches TV, playing computer games and video games.

Go to local playgrounds and parks. Make family exercise outings part of your family routine. Let family members choose an activity—go hiking, ice skating or try out the rock climbing gym. Anything goes as long as everyone can take part.

Pumpkin Muffins

2 cups	whole wheat baking mix
1/4 cup	sugar
2 teaspoons	baking powder
2 teaspoons	pumpkin pie spice
1	16 ounce can pumpkin
1/4 cup	honey or molasses
2	eggs
1/2 cup	low fat milk

Preheat oven to 400 degrees. Mix dry ingredients. Make well in center, add wet ingredients. Mix until just blended. Fill muffin cups 2/3 full and bake 15—20 minutes. Makes 12 large muffins.

Content in grams:

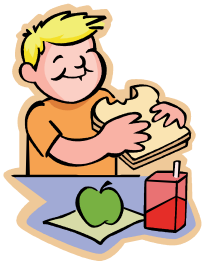
Calories	190
Protein	5
Fat	2
Carbohydrates	41
Fiber	5

Cabinet for Health and Family Services
KyHealth Choices
Medical Management and Quality Assurance
275 E. Main Street, 6C-C
Frankfort, Kentucky 40621

What Causes Obesity?

We hope you will take part in this program. If you choose not to take part in the program please call 1-888-564-3476 and leave the following information:

- Full Name
- Medicaid Number
- Date of Birth
- Phone number and address
- Reason for not taking part



People gain weight when the body takes in more calories than it burns off. Those extra calories are stored as fat.

Myth: Eating most of your calories in the evening promotes weight gain.

Fact: No matter when you eat, you gain weight when you eat more calories than you burn off. However, mindless munching in front of the TV at night can push calorie in-take over the top.

This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.