



Healthy Ways to Family Fitness

issue 11

A NEWSLETTER PROMOTING CHILDREN'S HEALTH FROM THE ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH

GRAINS: Fuel for an Active Family

The Dietary Guidelines for Americans

As you may have heard, the Dietary Guidelines for Americans from the U.S. Department of Agriculture (USDA) give helpful advice for healthy eating. Some of the guidelines are different from the older ones – for example, at least half of the grain foods you eat should contain whole grains. Whole grains are a good source of energy, vitamins, minerals and fiber for growing children and adults.

When buying grain foods – such as bread, cereal, pasta and rice – read the ingredient list. Your best choice of ingredients is 100 percent whole grain, such as whole wheat and whole oats.

Some grain products are a blend of whole and refined grain. If you choose a blended product, make sure that whole grain is the first ingredient, and check the sugar and fat content, too.

For more information, go to mypyramid.gov or health.gov/dietaryguidelines.



Making Whole Grain Choices

Here are some easy ways to give your family more whole grains at snacks and meals:

- Provide whole grain varieties of breads, muffins, bagels, rolls and crackers (whole wheat, oatmeal, rye and whole cornmeal)
- Serve whole grain hot or cold cereals
- Make whole wheat pancakes or waffles
- When a recipe calls for flour, use at least half whole wheat flour
- Use whole wheat noodles or brown rice in recipes

Learn To Live

Healthy Living from the Anne Arundel County Department of Health
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How Much Is a Serving of Grains?

The Dietary Guidelines call a serving a "1 ounce-equivalent." Children 2 years and older should eat 3 to 6 ounce-equivalents of grain products each day, and adults should eat 5 to 8 ounce-equivalents. Each of the following counts as a 1 ounce-equivalent (1 serving):

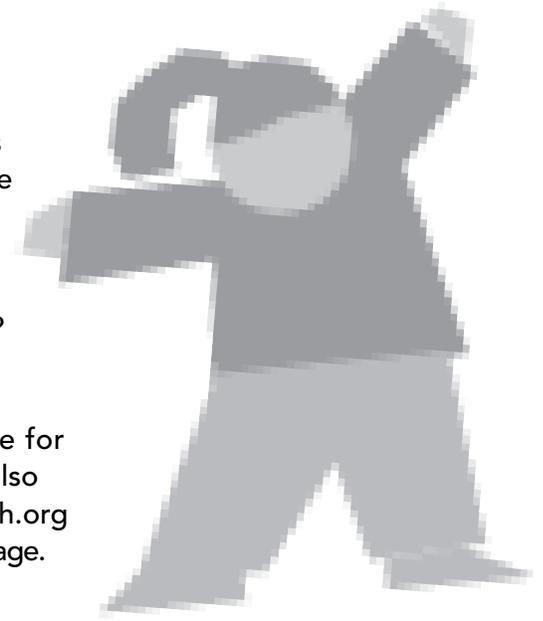
- ✓ 1 slice of bread
- ✓ ½ cup of cooked rice or pasta
- ✓ ½ cup cooked cereal
- ✓ 1 cup ready-to-eat cereal flakes
- ✓ 1 small muffin (1oz.)

Don't forget to check product labels and choose whole grains most often.

MOVE IT!

Being active helps strengthen bones and build muscles and helps burn off energy that otherwise turns to fat. How physically active are you and your family? Keep a physical activity diary for a week or more to find out. Review and discuss the results with your family. Did everyone get 30-60 minutes of activity every day? How can you and your family fit more physical activity into your lives? What can you do together?

Check out the Department of Health's Family Fitness Challenge for fun ideas to help get your family up and off the couch. The site also provides a fun way to keep track of your progress. Go to aahealth.org and click the Family Fitness Challenge button on the bottom of the page.

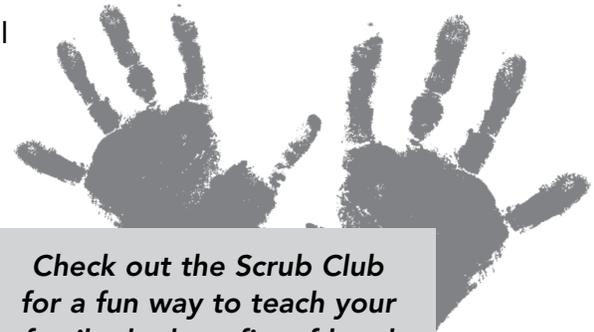


Stay Healthy and Well – Wash Those Hands!

Everyone needs to eat nutritious foods and get plenty of physical activity, sleep and water to help stay healthy all year. In addition, hand washing helps to prevent the spread of germs.

Remember:

- Wash your hands for 20 seconds with soap and water, especially after you cough or sneeze. If water is not available, use an alcohol-based hand cleaner.
- Cover your nose and mouth with a tissue when coughing or sneezing. Throw the tissue away after use.
- Do not touch your eyes, nose or mouth. Germs often spread this way.



Check out the Scrub Club for a fun way to teach your family the benefits of hand washing: scrubclub.org.

100% WHOLE WHEAT Tortilla Pizza

This easy recipe will be a new favorite in your home and is a great way to introduce a whole grain food. Look for 100 percent whole wheat tortillas at your local grocery store. Be sure to read the label to make sure they are whole grain. Serve this pizza as a snack or as a meal with a green salad and a glass of milk. Set out all the ingredients and let family members create their own personal pizzas!

- 1 6-inch 100% whole wheat tortilla (counts as 1 whole grain serving)
- 2 Tbsp. pizza sauce
- ¼ cup cut veggies (such as tomatoes, green peppers, onion and broccoli)
- 2 Tbsp. shredded low-fat mozzarella cheese
Dash of oregano or Italian seasoning

Toast tortilla in oven at 300 degrees for 5 minutes. Then top tortilla with sauce, veggies, cheese and seasoning. Place back in oven for 5 minutes or until cheese is melted. Makes one serving.

Per Serving: 120 calories, 4 fat grams, 400 milligrams of sodium

For more healthy recipes, visit the Learn To Live pages on the Department of Health Web site: aahealth.org.