

# Healthy Ways to Family Fitness

issue 12

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

## Outfit Your Child For A Healthy Day

You found time to help your children with their latest homework or art project and their clothes are laid out for school. A plan for what you are going to feed them the next day will help them do their best. Healthy food gives them energy and brainpower.

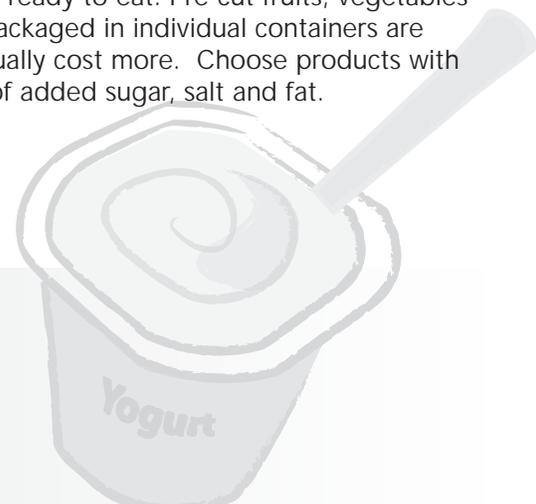
**Breakfast** - A balanced breakfast is a good way to start the day. Eating a combination of carbohydrates, protein and fat will provide lasting energy.

### **Fast Breakfast Tips:**

- Purchase whole-grain or whole-grain blend pancake or waffle mix. Make a batch over the weekend and reheat during the week. Try frozen ready-made 100 percent whole-wheat waffles and top with a tablespoon of yogurt, peanut butter, jelly or ¼ cup sliced fruit such as bananas.
- For cereal on the go, place 1 cup of their favorite whole-grain cereal and a ¼ cup dried fruit (without added sugar) in a bag. Give them an 8-ounce box of low-fat milk to drink for a balanced meal.

**Lunch** - Children can help pack their lunch. Try to include all the food groups: grain, fruit, vegetable, dairy and protein. For example, a peanut butter sandwich on 100 percent whole-wheat bread, low-fat string cheese, baby carrots and an apple.

**Snacks** - Prepare healthy snacks to go. Wash, peel and cut produce at the beginning of the week so they are handy to grab and ready to eat. Pre-cut fruits, vegetables and other foods packaged in individual containers are convenient but usually cost more. Choose products with the least amount of added sugar, salt and fat.



## Make Balanced Choices

Choose foods from each of the following food groups to build balanced and nutritious meals and snacks for your children:

### **GRAINS**

- Sandwiches with 100 percent whole-wheat pita pockets, tortillas, crackers or English muffins make for something interesting, fun and healthy.
- Whole-grain cereal, crackers or pretzels make great, crunchy snacks.

### **FRUITS AND VEGGIES**

- Stock up on frozen or canned fruits and vegetables such as frozen strawberries or canned green beans. These fast fruits and veggies can be added to meals in a hurry.
- Purchase varieties without added sugar or sodium.

### **DAIRY**

- Fat-free milk boxes travel well and don't need refrigeration. If your child prefers it chilled, pack it next to the freezer gel pack.
- 1 ounce single serving low-fat string cheese or cheddar cheese is a good quick dairy pick.
- Low-fat, low-sugar yogurt is a healthy choice.

### **PROTEIN**

- Low-fat deli meat, water packed tuna, peanut butter or bean dip provide fast and easy protein.
- Snack on almonds, peanuts or walnuts without salt added for an energy boost.

**Food Fuels Fun!** Provide healthy food and drinks to help give your child the energy for fun activities! See the other side of this sheet for ideas to help maintain strong bones for active play.

## Learn To Live

Healthy Living from the Anne Arundel County Department of Health

[www.LearnToLiveHealthy.org](http://www.LearnToLiveHealthy.org) • 410.222.7979

# Kid-Friendly, Calcium-Packed Snacks or Lunch Additions

## Give Kids...

## Instead of...

Whole-grain cereal with low-fat or fat-free milk\*

Cereal and milk, breakfast bars and toaster pastries

Calcium-fortified 100% orange juice

Orange-flavored drinks or soda

Low-fat yogurt topped with fresh or frozen fruit

Yogurt-filled bars

Low-fat cottage cheese topped with fruit or served with carrot and celery sticks

High-fat mayonnaise-based dips

Low-fat mozzarella string cheese and 100 percent whole-wheat crackers

Pasteurized process cheese dip and crackers snack pack

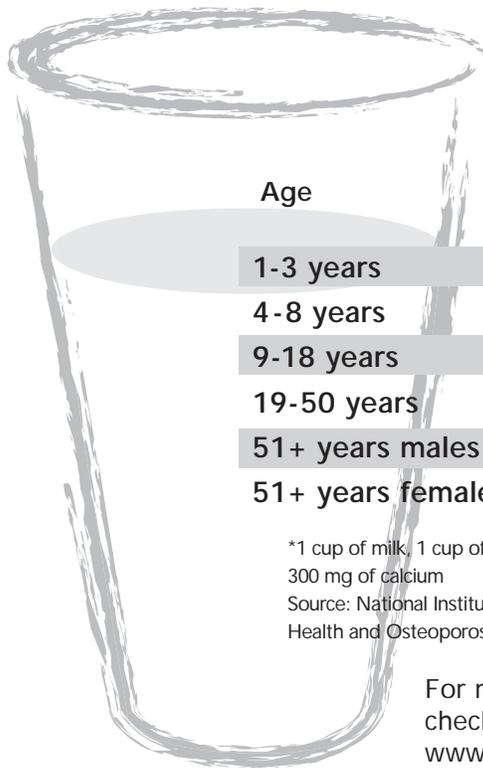
Grilled cheese sandwich made with low-fat cheddar cheese on 100 percent whole-wheat bread

Sandwich made with American pasteurized process cheese food slices and white bread (*Low-fat cheddar has twice the calcium of cheese food slices.*)

Low-fat or fat-free chocolate milk\*

Chocolate drink (the first ingredient is water!)

\*Children ages one to two should drink whole milk. Children ages two to five should be gradually switched to fat-free (skim) or low-fat (1 percent milk).



## Calcium Recommendations

Age	Recommended Dietary Allowances* (mg/day)
1-3 years	700
4-8 years	1,000
9-18 years	1,300
19-50 years	1,000
51+ years males	1,000
51+ years females	1,200

\*1 cup of milk, 1 cup of yogurt and 1.5 ounces of cheese all contain about 300 mg of calcium

Source: National Institute of Health, Surgeon General's Report on Bone Health and Osteoporosis, 2012

For more information on milk and calcium, check out the Milk Matters website at [www.nichd.nih.gov/milk/kids](http://www.nichd.nih.gov/milk/kids).

## Let's Get Moving

Encourage your kids to be active. Weight-bearing physical activities help build bone mass. Weight-bearing means your muscles (and bones) are working against gravity. Activities like dancing, hopscotch, running and jumping rope are all activities that help build bones and are lots of fun.

For more information on healthy snacks and physical activities, call the Learn To Live Line at 410-222-7979 or visit [www.LearnToLiveHealthy.org](http://www.LearnToLiveHealthy.org).

## Hopscotch and Chocolate Milk Build Bones!

Building strong bones begins in childhood. We build bone mass from birth until age 30. Most bone mass is developed before age 18. After age 30, we need to work on maintaining bone. Whether we are building or maintaining our bones, we all need foods rich in calcium, Vitamin D and other minerals to provide the right building blocks to make bones strong. Having a variety of healthy, calcium-rich snack choices on hand will help satisfy those hunger pangs. Avoid soda and high sugar fruit drinks that replace milk and water.