

# Nutrition

# *Niblets*



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## *Tips for Healthy Eating*



Teens, did you know unhealthy dieting can stop you from growing to your full height? Your body needs calories and other nutrients to grow and develop fully. That's why most teens shouldn't "diet."

Your bones take in the most calcium during your teen years and early twenties. The best sources are milk, yogurt and cheese, and most teens need the equivalent of three cups of milk daily.

If you don't eat breakfast, your body is like a computer without power.

Eating cookies, candy or other sweet foods before an athletic event won't give you an energy boost.

Eating smart and moving more will help you feel good, look good and do your best.

Source → [www.eatright.org](http://www.eatright.org)

**Food Focus – Garbanzo Beans**  
Garbanzo beans (also known as chickpeas) have a delicious nutlike taste and buttery texture. They are a good source of protein and iron and an excellent source of fiber.

## **Work up a sweat**



Vigorous work-outs -- when you're breathing hard and sweating -- help your heart pump better, give you more energy and help you look and feel your best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging or dancing. Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then cool down with more stretching and deep breathing.



## KEEP KIDS DIABETES FREE - HELP YOUR CHILD DEVELOP GOOD HABITS FOR A LONG, HEALTHY LIFE

The statistics are sobering. If childhood obesity rates continue, one-third of Americans born in the year 2000 or later will develop Type 2 diabetes at some point in their lifetime. Fortunately, you can help your child fight against Type 2 diabetes a three pronged approach: eating well, getting enough exercise, and considering certain supplements.

### Parental Intervention

Help your kids make smart food choices. Don't buy products that contain white sugar or refined carbs like white bread, white rice, and white pasta. Start experimenting with healthier substitutes like brown rice, whole wheat bread and pasta. Start kids off on the right foot each morning with a high fiber breakfast. One study showed that eating whole grain cereals such as oatmeal, barley or rye cereal lowered blood glucose and improved glucose tolerance at subsequent meals compared with white bread. Research shows that those who eat a low glycemic breakfast – which increases your feeling of fullness – eat less at lunch than those who eat high glycemic breakfasts. Overall choose food items that are a whole grain. A good rule of thumb is to look at the ingredient statement and the FIRST word should start with "whole."

Be sure to include one low glycemic carb at each meal. Good choices include beans and lentils, most fruit and vegetables, and oats or quinoa. Between meals, offer kids protein-based or low-carb snacks. Some choices might be string cheese, hard boiled eggs, and nuts. Low-carb vegetables like salad greens, cucumbers, broccoli, cauliflower, and celery are good choices.

### Consider supplements

Research shows that people with higher levels of vitamin D are 40% less likely to develop diabetes. This vitamin helps the pancreas secrete insulin. Vitamin D also eases systemic inflammation, a factor insulin resistance. Since many Americans are typically low in this vitamin, supplementation should be considered.

If children are not eating enough produce every day, it can be hard for them to meet the fiber recommendations of the American Heart Association. Fortunately, fiber supplements made for children are now on the market.

### Other tips:

1. Limit media time for kids to 1-2 hours daily.
2. Serve your family water instead of sugary drinks.
3. Make sure your child exercises each day. Regular exercise can lower the risk of developing diabetes by 40%. Even something as simple as taking 30 minute walks five days a week lowers the risk for diabetes.

## SANITIZE YOUR SPONGE



Do you know what's lurking inside of your kitchen sponge? A smelly, wet sponge is a sure sign of one thing: bacteria. Reusing a sponge that's contaminated is dirty business. You can easily spread bacteria to other kitchen surfaces and utensils, increasing your chances of foodborne illness.

Keep your kitchen clean by swapping out kitchen sponges regularly and following these rules:

- Replace worn sponges rather than reusing.
- To clean a sponge, wash it in the hot cycle of your washing machine or wet the sponge well and microwave it on high for about 2 minutes. Microwaving a dry sponge could start a fire.
- Pay close attention to what the sponge was used to wipe up. If it was a drip from raw meat, it's necessary to clean the sponge and sanitize it in a diluted bleach solution (1 tablespoon of bleach added to 1 gallon of water) before using a second time.

Since bacteria also can live in dish cloths and kitchen towels, wash these items often on the hot cycle of your washing machine, too.

## Family Meal Time Activity

*Has it been a while since you have eaten together as a family? Here are some questions to get the conversation going at your table?*

*\* If you could have any super power in the world, what would it be?*

*\* If you could be any famous person for a day, who would it be?*

*\* If you could go anywhere in the world, where would you go?*

*\* What's your favorite food?*

*\* What was the best part of your day?*

*To keep yourself motivated, don't do the exact same exercise routine every day – MIX IT UP*

If you always run on the treadmill, run outside on a nice day. Take a week off your lifting routine and do a salsa class instead. As soon as you feel your exercise routine becoming a rut, find something else to do.

### Fruits & Veggies