

Healthy Lifestyles Gazette

Fall 2010

A newsletter for childcare providers and families of preschool children.

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COLOR, COLOR EVERYWHERE



This time of year is full of color. Looking at the trees and across the sky is like staring into a box of crayons. Beautiful colors are everywhere.

Make your meal plate as colorful as the sites outdoors. Eating lots of different colored fruits and veggies is one of the best things you can do to stay healthy. The different colors - **red, dark**



green, yellow, blue, purple, white and orange - have vitamins and minerals that can help protect your health. Eating a rainbow of colors every day can help

decrease your risk of heart disease, high blood pressure and infections. Vitamins and minerals also help build strong bones, muscles, eyes and teeth. Eat a rainbow of colors every day, just for the health of it!

HOW MUCH MATTERS?

People of all ages, from babies to the elderly, need to eat fruit and veggies for best health. How much depends upon age, gender and level of physical activity.

Recommended Daily Servings

Gender/Age	Fruits	Vegetables
Women	2 cups	2 ½ cups
Men	2 cups	3 cups
Children [ages:]		
2-3 years	1 cup	1 cup
4-8 years	1-1½ cups	1½ cups
9-13	1 ½ cups	2 - 2 ½ cups
14-18 years	1 ½ - 2 cups	2 ½ - 3 cups

These amounts are for less active people. Visit www.fruitsandveggiesmatter.gov to see the amounts needed by more active and inactive people.

FALL INTO ACTION

CALLING ALL PARENTS AND CAREGIVERS!

As a parent or caregiver, you can help shape your child's attitudes and behaviors toward physical activity. Being physically active every day helps to keep bodies strong and at healthy weights. Encourage children to be physically active for one hour or more each day. It can be lots of fun for you *and* your child! Here are some easy ways you can do this:

- Set a positive example - lead an active lifestyle yourself.
- Get in the habit of being a physically active family. Go on walks, play ball, ride bikes. After school, after dinner, before bedtime, whenever works best for you! Everyone in your family will look forward to it every day!
- Go to the playground or ball field where you all can run and play.
- Give your children things that encourage physical activity, like a tricycle.
- Allow your preschoolers to enjoy lots of simple “free-play” - running, jumping, climbing on the jungle gym. Don't force the issue of playing team sports. Most children are not ready for a team sport until they reach the age of about 6 years old. [American Academy of Pediatrics]
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.









WHAT DOES A CUP LOOK LIKE?



Learn what 1 cup and ½ cup look like to be sure you and your family eat the right size portions.

Log onto www.fruitsandveggiesmatter.gov for more examples.

EACH COUNTS AS 1 CUP		EACH COUNTS AS ½ CUP	
 1 large orange		 5 broccoli florets	
 1 large bell pepper		 4 large strawberries	

When a child is taught from an early age to eat right and play hard, the benefits last a lifetime!



STRESSED FOR TIME?

Planning dinners and packing lunches can be stressful. It may seem easier to just grab a quick meal from a fast food place or throw a frozen dinner into the microwave, but these options are generally not the healthiest choices. Fast food and packaged prepared meals usually are high in fat and sodium and can be very expensive.

There's no need to stress about making healthy meals and snacks. There are many great frozen, canned, dried and 100% juice options that can make it so easy for you and your family to eat a healthy way, every day.



Try these quick and simple ideas:

- * Keep frozen bags of veggies in your freezer. Steam as directed then toss with some whole grain pasta for a great dinner. Pack left-overs for lunch the next day.
- * Freeze bananas, berries, and slices of melon, peaches and other fruit. Serve on top of oatmeal or place frozen fruit in blender with non-fat vanilla yogurt to make great smoothies. Serve as breakfast, snack or dessert.
- * Add canned beans to salads or brown rice for a delicious and filling meal or side-dish.
- * Fill an ice-cube tray with 100% juice and freeze. Add cubes to glasses of seltzer or sparkling water as a great alternative to soda.



Cold Nights, Warm Tummies

Oven roast a rainbow of colored veggies to warm chilly tummies and please hungry mouths!

Ingredients:

Cauliflower, broccoli, carrots, yams, squash, red peppers, green beans

Wash veggies and peel, if desired. Preheat oven to 350°. Cut florets off of cauliflower and broccoli. Cut other veggies into chunks.

Place all veggies, except for red pepper, on a cookie sheet. Sprinkle with olive oil, kosher salt and pepper. Roast in oven for about 30 minutes. Add red pepper to tray of veggies and roast for about 10 more minutes. Veggies will be done when cauliflower is golden brown and all veggies are tender.

Be creative - add different veggies to the mix or make a totally new veggie mix! Just remember to use different colored veggies for great taste and health!

Your roasted veggies can be enjoyed in so many ways! Here are just a few:

- ⇒ As a delicious side-dish or add a grain [barley, rice] and serve as a meal.
- ⇒ Add to a salt/sodium free broth with noodles for a yummy soup.
- ⇒ Blended into tomato sauce for a fantastic pasta sauce.
- ⇒ Served on a bed of dark greens for a flavorful salad.

BUILD A BUDDY

You'll have great fun building a buddy to sit by your entry way or on your porch. All you need is an old pair of jeans, a shirt, a pillowcase and hat.

Use a permanent marker to draw a face on the pillowcase. Work together to rake leaves into a pile. Stuff leaves tightly into the jeans, shirt and pillowcase. Knot the bottom of the pillowcase.

Now simply sit the stuffed jeans on a chair, in front of a tree or against a banister. Prop the stuffed shirt on top of the jeans. And, finally, place the pillowcase face on top of the shirt's neck opening. Add a hat, gloves or whatever you'd like to make your buddy just the way you want it!

Make a whole family of stuffed buddies...more, the merrier!!



A Trick for A Treat



Brownies are a special treat. Try this little trick to make those brownies low-fat and cholesterol free. It may sound a little strange but the results are absolutely delicious!

All you need is one box [approx 1lb, 4.5 oz size] of low fat brownie mix and one 15 ounce can of pumpkin.

Combine the pumpkin and the brownie mix together. Do not add any of the other ingredients listed on the brownie box. Bake according to the directions on the box.

These yummy treats will disappear quickly! *ENJOY!*

Dennis McNerney, Bergen County Executive

Bergen County Board of Chosen Freeholders

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For more information on Comprehensive Cancer Control in New Jersey, please visit: www.njcancer.gov.