

Nutrition Nuggets™

Food and Fitness for a Healthy Child

November 2016

Palmyra-Eagle Area School District



BEST BITES

Road trip activity

Planning a road trip over winter break? Take along a soccer ball or a Frisbee. Your child



could use these to let off steam—and get in some physical activity—during rest stops. Or teach her a few stretches to do on the way. For example, to loosen tight shoulders, slowly roll them forward 10 times and then backward 10 times.

DID YOU KNOW?

You can increase the whole grains your family eats by using white whole-wheat flour in recipes. This unbleached flour is milled from a type of wheat that is as nutritious as traditional whole wheat but milder in flavor. Replace up to half of the flour in your recipes with the white whole-wheat variety—without noticing a difference.

Healthy apps

Try using free apps to help reach your family's health and fitness goals. Look for kid-friendly ones that let your youngster run and jump while he solves puzzles and plays games. Or find ones that let you track calories, create an exercise routine, or assemble an upbeat playlist to dance to.

Just for fun

Q: Why did the turkey cross the road?

A: It was the chicken's day off!



Nutrition label reading 1-2-3

Help your youngster take charge of her health from the start by making healthy choices at the grocery store. Learning how to read the nutrition labels on food packages is as easy as 1-2-3!

1. Compare serving sizes

Have your child read the single-serving size on various cartons and bags. Does she think it's realistic? For example, a small package of chips may contain three servings. If she eats all of it, she has eaten three times the calories and salt shown. Help your youngster remember to check out serving sizes—and do the math!

2. Know your nutrients

Talk about where to look for higher or lower numbers on nutrition labels. For instance, healthier foods will be high in *fiber*, *vitamins*, or *minerals* and low in *sugar*, *sodium*, or *saturated fat*. Encourage your child to locate foods with 20%



or more Daily Values from the first group and 5% or less from the second group.

3. Read the ingredients

Ask your youngster to find the ingredient list, and then read it together. Point out that the items are listed in order from biggest to smallest amount by weight. Then, can she find foods with five or fewer ingredients? (Those tend to be healthier.) How about foods with sugar in the first few ingredients? (Those are less healthy.)

Pinpointing the right sport

How do you find a sport or activity your child will love? Consider these suggestions.

Ask for input. Talk to your youngster about what activity interests him. He may already have one in mind from what he has enjoyed on the playground, watched older siblings play, or seen on TV.

Match your child's personality. An outgoing youngster might like a team sport, such as soccer, basketball, or hockey. A quieter one may prefer something that relies more on individual effort, like ice-skating, gymnastics, or swimming.

Find a supportive coach. Check out the instructors or coaches. The best ones are focused on developing skills, encouraging teamwork, and having fun. Coaches who emphasize competition and winning are probably not a good fit at this age.

