

## Quick Facts

- Sweets, desserts, soft drinks and alcoholic beverages account for nearly 25 percent of all calories consumed by Americans.
- Salty snacks and fruit-flavored drinks add another 5 percent.
- Sodas alone contribute 7.1 percent of total calories eaten.
- Healthy fruits and vegetables make up only 10 percent of caloric intake in the U.S. diet.
- Children ages 11 to 18 years old visit fast food outlets an average of twice a week.

## You Are What You Eat

Eating out is very common with today's on-the-go lifestyle. To help you eat better, featured below are healthy items on the Chipotle® menu. Try to select some of these healthier options for your entree:

### **Fajita Vegetables Option**

(100 calories 8g fat 1g fiber)

### **Chicken Option**

(219 calories 11g fat 0g fiber)

### **Carnitas Option (Pork)**

(227 calories 12g fat 0g fiber)

### **Black Beans**

(130 calories 1g fat 4g fiber)

### **Roasted Chili-Corn Salsa**

(100 calories 1g fat 3g fiber)

## Picky Eaters

Many parents struggle with picky eaters. It can be difficult to get children to try new things or keep variety in their diet. You may know that good nutrition is important, but what do you do if your child turns up his or her nose at these foods?

Make eating times a positive experience. If food is forced on kids, they are more likely to keep pushing it away. A parent's job is to continue to provide healthy foods at meal and snack times, but the child can decide if they will eat the food or not. Children should not be punished or rewarded for what they eat or do not eat. Use meal times to talk with your family. Try not to focus on what they are eating or how much.

Don't give up! Keep offering foods at meals or snacks. It can take 15-20 exposures to a food before a child is willing to try it. If you give up the first time they turn up their nose, they will not eat much. The more familiar the child is with the food, the more likely they are to try it. You do not have to force them to eat it, but put a small portion on their plate for them to explore. This works for older children as well as younger children.

Do not become a short order cook. When preparing meals, include foods that you know they will enjoy along with some of the new foods. If the child decides not to eat, that is okay. It is good to provide meals and snacks at regular times. If they refuse to eat at a meal, they will probably eat better at the next snack or meal. Children are very good at regulating their intake and will eat when they are hungry.

Help your children work up an appetite. by being active with them. Limit screen time (television, computer and video games). Encourage your children to play and be active. Activity should be fun and involve the whole family.

It is common for children to have picky eating habits. As parents, remember to be patient, be a good role model, keep offering new things, and keep meal times pleasant. Children will learn to like new foods as they grow.



# Get Moving!

(Community Events)

## November 2006

### Beginning Yoga

Time: Thursdays, 7:00 - 8:15 PM

Location: Plainfield Public Library, C- West Meeting Room

Cost: \$40.00 for a four-week course. For those age 16 and over. Does not meet 11/23/06.

Description: Instructor will offer instruction in the beginning yoga postures, breathing, stretching and relaxation techniques. Wear loose, comfortable clothes, don't eat for 2 hours prior to class, bring blanket, large towel or yoga mat.

Contact: Plainfield Library, 839-6602

### Continuing Yoga

Time: Thursdays, 5:30 - 6:45 PM

Location: Plainfield Public Library, C-West Meeting Room

Cost: \$40.00 for a four-week course. For those age 16 and over. Does not meet 11/23/06.

Description: Continuing Yoga is designed for the student who has completed Beginning Yoga, does aerobics or another fitness discipline. Instructor will introduce more challenging postures to bring you to the next level in your yoga practice. Wear loose, comfortable clothing, don't eat for 2 hours prior to class, bring blanket, large towel or yoga mat.

Contact: Plainfield Library, 839-6602

### Indoor Cycling

Time: Varies. Monday, Tuesday or Thursday.

Location: Brownsburg Community Center

Cost: \$28 member / \$42 non-member for eight-week course.

Description: Indoor cycling utilizes stationary bicycles as the instructor coaches you through a workout. For those age 16 and over.

Contact: Brownsburg Parks, 858-4172

### 10K A Day Walking Program

Location: Stop by your local parks department, the YMCA, Hendricks County Fairgrounds or Metropolis Mall to register for this free program.

Description: Join the community in this new walking program. Pick up a free pedometer and register online, then start "walking" one of four famous American highways online while you walk close to home. For adults 18 and older. Receive a free t-shirt upon completion.

Contact: Lori Leyba, Hendricks Regional Health community relations at 745-8606.

# Including Physical Activity Daily

The benefits of physical activity include healthy muscles, bones, body weight, strength, flexibility and endurance. It can reduce your risk for diabetes, heart disease and many other health conditions, as well as improve self-esteem and reduce anxiety and stress. Exercise is important for all ages.

Exercise does not have to be hard. Teaching your children how to play and be physically active in their daily activities will help them learn to be physically fit as they grow. Find things that you can do together as a family so that everyone can benefit from daily activity. Below are some tips for keeping your family active.

1. Be aware of what your children enjoy doing. Some children love sports and like to be involved in team sports. Other children can be very intimidated by this situation. If your child is not athletic, find something else they may like to do such as hiking, dancing, playing tag, playing in a swimming pool, etc. Be aware of their ages and limitations. Many children are not going to get on a treadmill, lift weights, or go for a jog. They can learn to be physically active by just playing.
2. Change your activities with the day or the weather. If it is snowing, build a snowman or have a snowball fight. On warmer days, walk around the zoo, take a hike, play a sport or ride bikes. On a rainy day, you may need to find activities indoors such as walking around a museum, dancing in the living room, or playing volleyball with a balloon.
3. Take time out of your busy schedule to have time to be physically active. Many families are very busy and have a hard time finding time to do things between work, meetings, homework, daily chores, and many other things. Limit television and video games to free up some time and plan activity into your daily routine. Walk to the bus stop, dance to music as you clean, take the stairs instead of the elevator, take the parking spot farther out in the parking lot and walk in.

Teaching your children at a young age to be physically active will give them many health benefits for their future. Be a good role model and teach them to enjoy activity.

## Twice Baked Chicken Sandwich

Created by: Ben & Riley Hendricks

Winners of Kitchen Inventions 2006

### Ingredients:

2 Kaiser rolls or Hilligoss rolls	1/2 cup fresh spinach leaves
1 1/2 cup of grilled chicken, sliced	1/2 cup shredded lettuce
3 oz. of low fat shredded cheese	2 T. low fat sour cream
2 T. finely cubed dill pickle	

### Prepare:

Slice rolls in half. Evenly spread grilled chicken over each roll. Put even amounts of cheese on top of grilled chicken. Put spinach leaves and lettuce on top of cheese and chicken. Add 1 T. of low fat sour cream to both rolls. Top with 1 T. dill pickle.

### Variation:

If a knot roll is desired, melt cheese on grilled chicken before adding to roll, microwave chicken and cheese for 30 seconds.