

Healthy Kids News

Brought to you by Hendricks Regional Health,
Hendricks County Action for Healthy Kids
& INShape Hendricks County

Healthy Tips For Your Family

Raising a healthy family can be fun and rewarding. Although trying to get your child to eat healthy can seem overwhelming at times, the good news is that you as a parent are responsible for providing the meals, but the children are responsible for what they choose to eat and how much to eat. Meals don't have to be a battle!

Provide regular meals and snacks every day. Children need snacks throughout the day to keep them nourished and satisfied between meals. These meals and snacks should be at regular times each day so the child knows when food will be provided next. Eating or drinking anything other than water should be discouraged other than at meal and snack time to avoid interfering with appetite. Children can be assured that something will be provided within the next couple of hours at the next snack or meal.

Meals and snacks should be given at the table. Children should not have their snack on the floor, in their bedroom, or in front of the television. When children eat meals and snacks around the table with their parents, they will learn how to eat, what meals should look like, table manners, and how to communicate with others. You may also find this is an enjoyable time to learn how their day was and what things are important to them.

Provide a variety of foods at meals and snacks. Introduce new foods along with some of their favorite foods. Try to include foods from each food group daily. There are no foods that are off limits, but some may need to be offered less often. As a parent, you do not have to force your children to eat their vegetables. Your job is to continue to offer these foods, but the child can choose how much of each food they will eat. They will eventually try new things and get a good variety in their diet. Although it can take a long time for them to learn to like something new, don't give up! Keep offering the new foods and don't make a big deal about them trying it or leaving it.

Limit television, computer time, and video game time to no more than two hours total per day. Spend more time each day being more physically active. The whole family can plan times to be physically active together. Find activities that your children enjoy and feel comfortable doing. Exercise does not have to be boring or hard. You can play tag or ball in the yard, dance around the house, walk in the park, hula hoop, jump rope, or anything else you and your children enjoy.

Raising a healthy family needs to involve all members of your family. If there are changes to be made in your family, you can make them gradually. Enjoy your time with your family and make meal times and activity an enjoyable experience at your house. Children will adjust to the new way of doing things and learn lifelong lessons about healthy eating and activity.

Cut Those Calories!

For delicious, lower-fat tacos, chili or spaghetti sauce, place ground beef in a strainer and rinse with hot water. This will help rinse out a lot of the fat. Drain well, and continue with your recipe.

To cut calories and fat the easy way, use a cooking spray instead of oil to sauté foods. Trim visible fat from meat and remove skin from poultry, too.

Use whole wheat pasta and breads instead of pastas and breads that use white or enriched flour. The fiber in whole wheat will help you feel full longer.

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 Burger King® menu.

Try to select some of these healthier options for your entree:

Tendergrill™ Chicken Garden Salad, no dressing

(240 calories 9 g fat 4 g fiber 720 mg sodium)

Tendergrill™ Chicken Sandwich, no sauce or mayo

(400 calories 7 g fat 4 g fiber 1090 mg sodium)

BK Veggie® Burger, no mayo

(205 calories 8 g fat 7 g fiber 1030 mg sodium)

Whopper Jr.®, no mayo

(290 calories 12 g fat 2 g fiber 490 mg sodium)

Get Moving!

(Family-Friendly Activities)

Hummel Park July 4th Celebration and Duck Race

Date: July 4

Time: 5 pm

Location: Hummel Park

Cost: FREE, \$5 per duck

Featuring a rock wall, inflatable games and food starting at 5 pm; Plainfield Chamber Duck Race at 6:45 pm; The Knightsmen concert at 7:30 pm (Performing Arts Center) and fireworks extravaganza at 9:45pm! Ducks must be adopted before the event at the Plainfield Chamber of Commerce.

Contact: Plainfield Chamber of Commerce, 839-3800

Plainfield Farmer's Market

Date: Wednesdays through October 3

Time: 4 - 7 pm

Location: Plainfield Chamber of Commerce

Cost: FREE

Take a leisurely walk while visiting local vendors selling vegetables, fruit, plants, honey, flowers, and more as produce becomes available.

Contact: Plainfield Chamber of Commerce, 839-3800

Countree Peddlers Arts in the Park

Date: Saturday, July 14

Time: 8 am – 3 pm

Location: Arbuckle Acres Park, Brownsburg

Cost: \$2

Come help us celebrate our 29th year with our new look! This show has been a long tradition in the town of Brownsburg. Artists come from Indiana and several other states featuring juried fine arts and crafts. Show will be held rain or shine, and concessions will be available.

Contact: Brownsburg Chamber of Commerce, 852-7885

Hendricks County Fair

Date: Sunday, July 22 through Saturday, July 28

Time: all day

Location: Hendricks County 4-H and Conference Complex

Cost: FREE; fee for parking

Participate in the county fair at the new fairgrounds. Games, livestock, competitions, midway and more.

Hendricks Regional Health will have free health screenings and "Ask A Doctor" sessions.

Contact: Hendricks County Fairgrounds, 718-6154

Eating Healthy For Less Makes Good Cents

For many families, the summer months are a time for family vacations and special activities. Most of us would rather put extra dollars towards a trip to a water park or some flashy new shades than our pantry. Here are some tips from the nutrition experts at Hendricks Regional Health to take the heat off your wallet during your next trip to the grocery store – while helping you stay swimsuit-ready.

Shop for seasonal fruits and vegetables

Fruits and vegetables in-season are more economical than those out-of-season – not to mention they are tastier when fresh. Take advantage of better prices by getting acquainted with the peak seasons for produce. (Some great summertime choices are peaches, plums, watermelon, cantaloupe, honeydew, blueberries, raspberries, corn, chili peppers, sweet peppers and tomatoes.)

Less is better

Foods with the least amount of processing are the best for you. If you can pluck it, pick it or grow it, it's usually a bargain both for your wallet and your health.

Make a list

Consumers who shop without a list are more likely to buy things they do not need. Remember to create your list while planning your weekly menu, with a focus on healthy, whole foods like fruits, vegetables, lean meats and whole grains. By planning ahead, you are less likely to make impulse purchases.

Swap convenience foods for the do-it-yourself kind

Convenience foods may be quick, but they can cost significantly more. For example, grilled chicken is a delicious ingredient for many healthy dishes. Purchasing the pre-cut strips can cost over six dollars a pound. Instead, you can pay under two dollars a pound for skinless, boneless chicken breast that you slice yourself. That can save you about four dollars a pound!

Follow these tips to see for yourself that eating healthy doesn't need to cost more. Learn more at hendricksregional.org/healthyliving/nutrition.

Homemade Strawberry Lemonade

Ingredients:

1/3 cup honey

1 cup fresh lemon juice

1 cup pureed strawberries

1 cup very hot water

4 cups cold water

Directions:

Dilute the honey in the hot water and set aside to cool. In a pitcher, combine lemon juice with cold water, then stir in honey water to sweeten. Stir in strawberry puree.

Recipe from Body and Soul Magazine; boudyandsoulmag.com



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