

Bite Into a Healthy Lifestyle

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For more information on ways to lead a healthier lifestyle visit our website gethealthyct.org

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March 2015





National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2015 is "**Bite into a Healthy Lifestyle**," which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

Healthy Eating on the Run: A Month of Tips

You probably eat out a lot—most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 30 tips to help you eat healthy when eating out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.
3. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.
4. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
6. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
7. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
8. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
9. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
10. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.
11. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
12. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.



13. A baked potato offers more fiber, fewer calories and less fat than fries if you skip the sour cream and butter. Top your potato with broccoli and a sprinkle of cheese or salsa.
14. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or lowfat spreads. And, don't forget the veggies.
15. In place of fries or chips, choose a sidesalad, fruit or baked potato. Or, share a regular order of fries with a friend.
16. Enjoy ethnic foods such as Chinese stirfry, vegetable-stuffed pita or Mexican fajitas. Go easy on the sour cream, cheese and guacamole.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
18. Eat your lower-calorie food first. Soup or salad is a good choice. Follow up with a light main course.
19. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat.
20. Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.
21. If you do choose the buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.
22. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat and calories.
24. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
25. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the fat and calories of the regular size.
26. Try a smoothie made with juice, fruit and yogurt for a light lunch or snack.
27. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours.
28. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad and fresh fruit.
29. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.
30. For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.



The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by American Dietetic Association staff registered dietitians.

Source: *Finding Your Way to a Healthier You*, U.S. Department of Health and Human Services, U. S. Department of Agriculture.

A Year of Being Well

For the 2015 monthly health features, Get Healthy CT is going to feature a chapter every month from a wonderful book called A Year of Being Well produced by the Michael and Susan Dell foundation. This book contains messages from real families across the country on their journey to live healthier lives and is meant to be a guide for you and your family's journey to better health. Use this guide to help meet your health goals and spark a discussion with your family, friends, coworkers and members of your community.

This book "is intended to help you take a single step – one each month for a year – toward healthy living. There are specific examples of how moms, dads, and kids cut down on sugar- sweetened beverages, ate more fruits and vegetables, became more physically active, and started movements in their schools and communities. These families have also shown us that being healthy doesn't necessarily mean being thin. This new book is also meant to give you some resources where you can find even more information on eating and living better." – Susan Dell

Para los artículos de salud mensuales 2015, Get Healthy CT va a presentar un capítulo cada mes de un libro maravilloso llamado A Year of Being Well (Un Año de Estar Bien) producido por la fundación de Michael y Susan Dell. Este libro contiene mensajes de familias reales de todo el país en su camino para vivir una vida más saludable y es para que usted lo use como guía mientras que usted y su familia continúan en su camino hacia una vida más saludable. Utilice esta guía para ayudarlo alcanzar sus metas de salud y para provocar una conversación con su familia, amistades, compañeros de trabajo y miembros de su comunidad.

Este libro "está diseñado para ayudarlo a dar un solo paso – uno cada mes durante un año – hacia una vida saludable. Contiene ejemplos específicos de mamás, papas, e hijos que redujeron su consumo de azúcar, bebidas endulzadas con azúcar, como comieron más frutas y verduras, emprendieron más actividad física, e iniciaron movimientos en sus escuelas y comunidades. Estas familias también nos han demostrado que estar sanos no significa necesariamente estar delgados. Este nuevo libro también es para brindarle algunos recursos donde pueda encontrar más información sobre comer y vivir bien." – Susan Dell

A Year of Being Well ----Table of Contents

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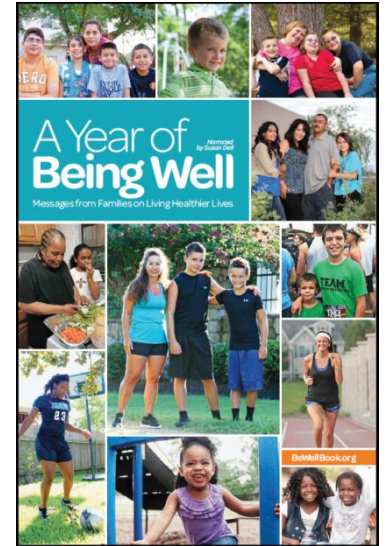
Get your free copy of *A Year of Being Well* at www.bewellbook.org.

Available in English and Spanish

4

EASY STEPS TO
be well
this month

At the end of each chapter, in A Year of Being Well, there are “4 easy steps to be well this month.” Check out these simple tips from Get Healthy CT to help you take the 4 easy steps each month. All of the **resources are free** and provided by Get Healthy CT and their partners.



1

Don't **expect** your family to do anything you don't do yourself. Check out MyPlate's 10 Tips to "**Be a Healthy Role Model for Children**" on the next page.

2

Be honest with your family. If you cheat on your plan don't hide it, but admit the mistake and why you did it. Everyone should **feel comfortable sharing successes and challenges** throughout the year of healthy living. Make this a **topic of discussion** as you sit down and **eat a family dinner together** that your **kids helped you prepare**. Flip 2 pages to check out these "**parent tips for getting kids in the kitchen.**"

3

At the end of this packet, check out the **activity calendar** to explore the different ways to **get moving with your kids in a small way each day**. **Keep track** of how much you move using the "Let's Move!" **family activity chart** found toward the back of this packet.

For more ideas and **local activities** near you, visit gethealthyct.org and refer to our **local monthly event calendar** as well as our **searchable directory**. The directions are found in this packet.

4

You don't all have to like the same types of exercise, but **carve out the same time each day to be active together**. To find tips on how to **be active together in your community** at low or no cost and how to "**Make physical activity a part of your family's routine,**" check out the articles found in this packet.

Lead by Example

Studies have shown that much of the learning that occurs during development is gained through observation and imitation. While kids look to friends, celebrities, and athletes to be role models, as parents, we still have an enormous amount of influence on our children's lives. Our kids are more likely to imitate our good behavior if we spend time with them and are intentional about what we want to model.

Throughout my involvement in the Be Well project, I'm continually reminded that we all seem to learn best through examples of people like us. We look at those around us, identify common goals, relate to common challenges, and use the successes of others to help shape our own stories.

The parents featured in this book are from all across the United States. Their children range in ages from 2 to 26. They each faced different obstacles when trying to improve their children's overall health, and they shared their stories simply because they wanted to help other families.

The parents in this book each started instilling healthy habits by adopting good habits themselves. They could then be credible resources and role models for their own children — and for other parents who want their children to be well.

The kids in this book are trendsetters in their own right. They took it upon themselves to get smarter about healthy living, to start moving, to play more, and model the healthy habits. — *Susan Dell*

Did you know?

Research shows that when parents increase their physical activity, children increase theirs as well.
Journal of Physical Activity and Health
(July 2012)

Parental fruit and vegetable intake may be the strongest predictor of fruit and vegetable consumption among young children.
National Institutes of Health

Ashley

and her family

Ashley never thought she'd be a runner, but she's always wanted to be a good mother. Now, she's both.

Ashley learned about the benefits of running from her own father, but she didn't start running herself until her children were in elementary school. Each day she ran a little bit farther, until she achieved her first major milestone of running a 10K. Now her two sons are following in her footsteps and run with her in their Houston-area neighborhood every day. — *Susan Dell*

“There is nothing I want more in this world than for my boys to be the best they can be and as healthy as they can be. It's my job to give them the life tools they'll need now, so they're more likely to make good decisions later.

One of the things I've tried to teach them is something my dad taught me — the importance of exercise. I've put an emphasis on what exercise is and also what it isn't. It doesn't have to be painful. It is something that can be fun, and it is something we can do together every day.

My boys have a lot of energy. We needed

an activity that we could all enjoy outside together. So every night, we go running as a family. My husband and I both work, but we make the time to have dinner with the boys, do homework, and run for at least an hour before we call it a night. We also try to eat well, and we'll sometimes have a treat. But you won't see us eating a piece of pizza without going out and exercising afterward.

You won't see me send my boys out to run by themselves. They look to me for guidance, so I'm going to lead them as well as I can as they are running down our street or down the road of life.”



Cindy

and her family

Cindy involved her family from the moment she was diagnosed with Type 2 diabetes. She knew that she had to involve them in the process of changing their lifestyle and get their ideas on ways they thought their family could be healthier. — *Susan Dell*

“When I was diagnosed with Type 2 diabetes, I knew I'd need the support of my entire family. But they were all looking to me to be their example. They needed mom to be the one — to be the real person they knew who could get healthier. So I had to be the first person in our family to make changes and the last person who would allow anyone to get by with eating junk or following the same unhealthy path I had been on.

It was easier for me to make the changes that needed to be made because I knew my entire family was watching me: my mom, my husband, my three kids, other people in our family. They watched me gain weight, and they gained it right along with me. I figured if they watched me lose it and get healthy, they'd lose weight and get healthy with me, too.”



Lakeysha

and her family

Lakeysha didn't consider herself to be a healthy mom. She just felt that it was her responsibility to make sure that her kids were eating the right things and doing plenty of physical activity. She not only tries to instill healthy habits, she makes sure that they understand what it means to live a healthy life.

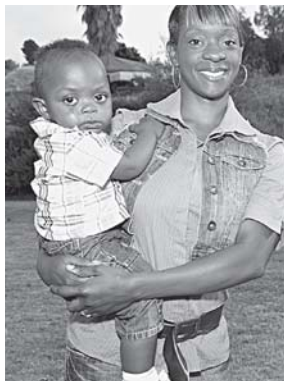
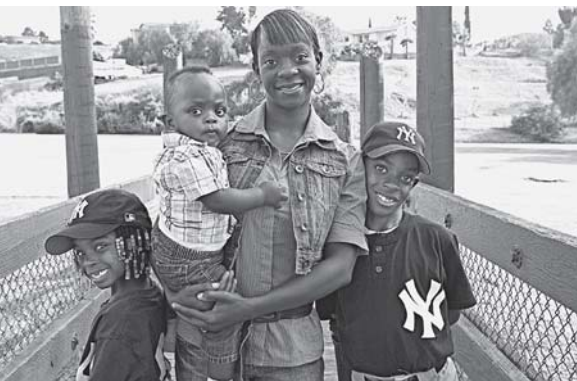
— Susan Dell

“For me I really believe that leaving a healthy legacy for my family is important. When I'm long gone, I want them to have in their minds what they should do to live a healthy life and then teach their families to live a healthy life. I make sure they know the benefits of eating fruits and vegetables and how important it is to not only do physical activity but to enjoy it. I let them pick out things that they enjoy doing so they'll stay active.

Awhile ago, I was trying to teach my kids how to run and how to enjoy it. At first they didn't like it. They wanted to do other things.

So it became a give-and-take. I tried the things they enjoyed — like skateboarding and swimming — and they kept trying running. Now they like running, and we do 5K races together.

I've tried to model good habits and behaviors for them, and they've responded to that. I love that we teach each other and play together to stay active. We are lucky enough to live in a place where we have a beach to come to and play. But even if we lived in a different climate, I'd try to keep them active by staying active with them. I'm just happy that we're healthy together.”



4

EASY STEPS TO
be well
this month

- 1 Don't **expect** your family to do anything you don't do yourself.
- 2 **Be honest** with your family. For example, if you cheat on your plan, admit the mistake, talk about why you think you did it, **discuss ways** to avoid similar events in the future, and start where you left off. Everyone should **feel comfortable** sharing successes and challenges throughout the year of healthy living.
- 3 If possible, find nonsedentary **activities that you like doing together** as a family. Simply ask your kids what they would like to play. All of a sudden, exercise that might have been viewed as work will be seen as **something fun**.
- 4 You don't all have to like all of the same types of exercise, but carve out the **same time each day** to be active together.

Important tips:
• Small steps can have a big impact.
• Choose one or two steps to begin each month.



Resources

-  **PUBLICATION**
My Food Plan
Carole Lewis
-  **MOBILE APP**
The Walking Deck
-  **ORGANIZATION**
Centers for Disease Control and Prevention
www.cdc.gov
-  **COMMUNITY**
Your community center



Guíe con el ejemplo

En estudios, se ha demostrado que gran parte del aprendizaje que ocurre durante el desarrollo se obtiene mediante la observación e imitación. Aunque los hijos buscan modelos de conducta en sus amigos, personajes célebres y deportistas, todavía podemos ejercer una influencia enorme en su vida. Es más probable que nuestros hijos imiten nuestro buen comportamiento si pasamos tiempo con ellos y estamos decididos en cuanto a la conducta que deseamos modelar.

A raíz de mi participación en el proyecto Be Well, recibo recordatorios constantes de que todos parecemos aprender mejor a través del ejemplo de personas como nosotros. Vemos a quienes nos rodean, identificamos metas comunes, nos identificamos con retos comunes y usamos los éxitos de otras personas como ayuda para conformar nuestra propia historia.

Los padres descritos en este libro provienen de todas partes de los Estados Unidos. Sus hijos tienen edades de 2 a 26 años. Enfrentan obstáculos distintos cuando tratan de mejorar la salud general de sus hijos, y compartieron sus historias simplemente porque desean ayudar a otras familias.

Cada uno de los padres mencionados en este libro empezó a inculcar hábitos al adoptar los mismos buenos hábitos. Así, podían ser recursos creíbles y modelos de conducta para sus propios hijos y para otros padres que también desean que sus hijos estén bien.

Los hijos descritos en este libro son personas que marcan tendencias por sí mismos. Asimilaron el ser más inteligentes acerca de vivir en forma más saludable, al empezar a moverse, jugar más y ser modelos de hábitos saludables.

– Susan Dell



¿Sabía
usted
que...?

En investigaciones, se demuestra que cuando los padres aumentan su actividad física, los hijos también la incrementan.
Revista de Salud y Actividad Física
(julio de 2012)

El consumo de frutas y verduras por parte de los padres podría ser el factor de predicción más importante del consumo de frutas y verduras en niños pequeños.
Institutos Nacionales de Salud

Ashley

y su familia

Aunque Ashley jamás pensó que sería corredora, siempre quiso ser una buena madre. Ahora es ambas cosas.

Aunque Ashley aprendió de su padre sobre los beneficios de correr, no empezó a correr hasta que sus hijos estaban en la escuela primaria. Cada día corría un poco más, hasta que alcanzó su primer gran logro de correr una carrera de 10K. Ahora, sus dos hijos están siguiendo sus pasos y corren con ella todos los días en su barrio de Houston. — *Susan Dell*

“No hay nada que desee más en este mundo que ver que mis hijos sean lo mejor que puedan ser y que estén tan sanos como puedan estarlo. Es mi función darles ahora las herramientas que necesitarán para la vida, para que sea más probable que tomen buenas decisiones más adelante.

Una de las cosas que he tratado de enseñarles es algo que me enseñó mi padre: la importancia del ejercicio. He hecho énfasis en qué es y qué no es el ejercicio. No tiene por qué ser algo doloroso. Es algo que puede ser divertido, algo que podemos disfrutar juntos todos los días.

Mis hijos tienen mucha energía. Necesitába-

mos una actividad que pudiéramos disfrutar juntos al aire libre. Así pues, todas las noches corremos juntos en familia. Aunque mi esposo y yo trabajamos, apartamos tiempo para comer con los niños, hacer la tarea y correr cuando menos una hora para cerrar la noche. También tratamos de comer bien y, bueno, a veces nos damos un gusto. Sin embargo, no nos verán comer una rebanada de pizza sin salir después a ejercitarnos.

No verán que envíe a mis hijos a correr solos. Ven en mí a una guía, de modo que los guío tan bien cómo puedo en nuestra calle y en el camino de la vida”.



Cindy

y su familia

Cindy involucró a su familia desde el momento en que le diagnosticaron la diabetes tipo 2. Sabía que tenía que involucrarlos en el proceso de cambiar su estilo de vida y recibir ideas de ellos sobre formas en que su familia podía estar más sana. — *Susan Dell*

“Cuando me diagnosticaron la diabetes tipo 2, supe que necesitaría el apoyo de toda mi familia. Sin embargo, todos volteaban hacia mí para que les sirviera de ejemplo. Ellos necesitaban que su mamá fuera esa persona — la persona real que sabían que podía estar más sana. Así pues, tuve que ser la primera persona de nuestra familia en hacer cambios y la última que permitiría que alguien se saliera con la suya de comer comida chatarra o seguir

el mismo camino poco saludable que yo había recorrido.

Me fue más fácil hacer los cambios que necesitaba hacer porque sabía que toda mi familia me observaba: mi mamá, mi esposo, mis tres hijos, otros familiares. Me veían aumentar de peso, y ellos aumentaban junto conmigo. Me di cuenta de que si me veían bajar de peso y estar sana, ellos también bajarían de peso y estarían sanos”.



Lakeysha

y su familia

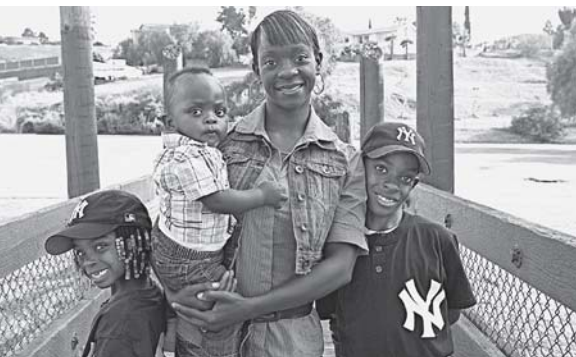
Lakeysha no se consideraba una mamá sana. Simplemente sentía que era su responsabilidad asegurarse de que sus hijos comieran lo adecuado y realizaran mucha actividad física. No solamente trata de inculcarles hábitos saludables, sino que también se asegura de que entiendan qué significa vivir saludablemente. — Susan Dell

“Realmente creo que es importante dejar un legado saludable para mi familia. Cuando ya me haya ido, quiero que tengan en la mente lo que deben hacer para vivir saludablemente y luego enseñar a su familia cómo llevar una vida saludable. Me aseguro de que conozcan los beneficios de comer frutas y verduras y que es importante no solamente realizar actividad física, sino también disfrutarla. Les permito que elijan lo que disfrutan hacer para que se mantengan activos.

Tiempo atrás, trataba de enseñar a mis hijos cómo correr y cómo disfrutarlo. Al principio, no les gustaba. Querían hacer otras cosas. Así pues, se convirtió en un toma y da. Hice la prue-

ba con las cosas que disfrutaban como patinar y nadar y ellos continuaron haciendo la prueba de correr. Ahora les gusta correr y corremos juntos carreras de 5K.

He tratado de ser un modelo de buenos hábitos y conductas para ellos, y han respondido a eso. Me encanta que nos enseñemos unos a otros y que juguemos juntos para mantenernos activos. Tenemos la fortuna de vivir en un lugar donde contamos con una playa a la que podemos ir a jugar. Sin embargo, incluso si viviéramos en un lugar con clima distinto, trataría de mantenerlos activos al mantenerme activa con ellos. Simplemente estoy contenta de que nos mantengamos sanos juntos”.



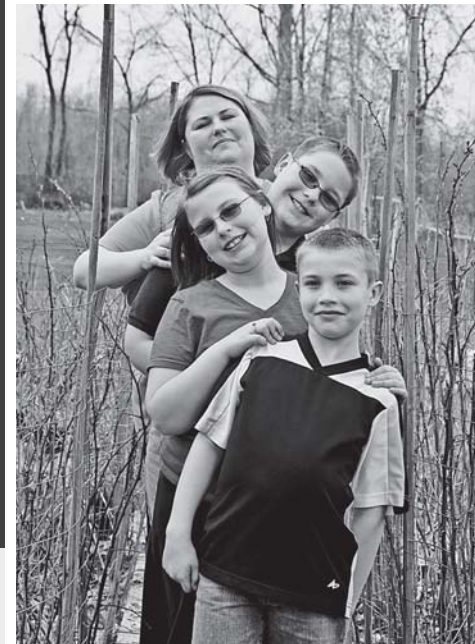
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PASOS FÁCILES de este mes para estar bien

- 1 No espere que su familia haga algo que usted no hace.
- 2 Sea honesto con su familia. Por ejemplo, si hace trampa en su plan, acepte su error, hable acerca de por qué cree que lo cometió, **analicen formas** de evitar que ocurra algo similar en el futuro y comience donde se quedó. Todos deben **sentirse bien** al compartir los éxitos y los retos durante todo el año de bienestar.
- 3 Si es posible, encuentre **actividades no sedentarias que les gustaría hacer juntos** en familia. Simplemente pregunte a sus hijos qué les gustaría jugar. De repente, el ejercicio que podría haber sido visto como trabajo será visto como **algo divertido**.
- 4 Aunque es posible que no a todo mundo le guste los mismos tipos de ejercicio, aparte **la misma hora cada día** para estar activos juntos.

Consejos importantes:

- Los pasos pequeños pueden tener un gran impacto.
- Elija uno o dos pasos para iniciar cada mes.



Recursos



My Food Plan
Carole Lewis



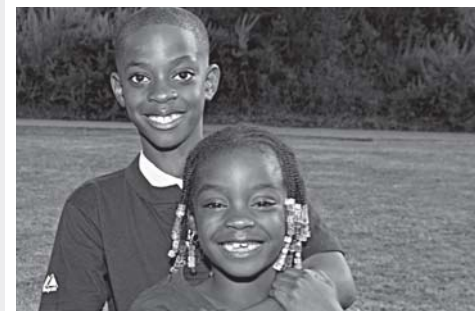
The Walking Deck



Centros para el Control y la
Prevención de Enfermedades
www.cdc.gov

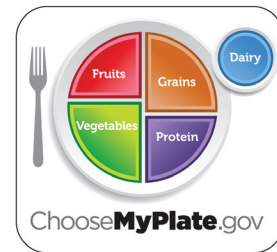


El centro social de su
comunidad



be a healthy role model for children

10 tips for setting good examples



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

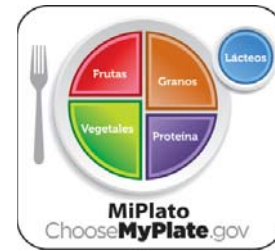


10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

dé buen ejemplo de salud a los niños

10 consejos para dar buenos ejemplos



Usted es la influencia más importante para sus hijos. Puede hacer muchas cosas para ayudar a sus hijos a desarrollar hábitos de alimentación sana, para toda la vida. Ofrecer una variedad de comidas ayuda a los niños a obtener los nutrientes que necesitan de cada grupo de alimentos. También tendrán mayores probabilidades de querer probar alimentos nuevos y que estos les gusten. Cuando los niños desarrollan un gusto por muchos tipos distintos de alimentos, es más fácil planificar las comidas de la familia. ¡Cocinen juntos, coman juntos, hablen y hagan que las comidas sean tiempos dedicados a la familia!

1 eduque con su ejemplo

Coma vegetales, frutas y granos integrales en las comidas o como bocadillos. Deje que su hijo vea que a usted le gusta comer vegetales frescos.



2 vayan de compra juntos

Ir de compras de comestibles puede educar a sus hijos sobre los alimentos y la nutrición. Hablen sobre de dónde provienen los vegetales, las frutas, los granos, los productos lácteos y las proteínas. Permita que sus hijos tomen decisiones saludables.

3 sea creativo en la cocina

Use moldes para galletitas para cortar los alimentos en formas divertidas y fáciles. Nombre los alimentos que sus hijos ayuden a preparar. Sirva la “ensalada de Janie” o los “camotes de Jackie” a la cena. Anime a sus hijos a inventarse bocadillos nuevos. Prepare sus propias mezclas de nueces y frutas con granos integrales secos, cereales con bajo contenido de azúcar y frutas secas.

4 ofrézcales los mismos alimentos a todos

Deje de “cocinar a la carta” al preparar varios platos distintos para complacer a los niños. Es más fácil planear las comidas familiares cuando todos comen lo mismo.



5 recompense con atención, no con comida

Demuestre su amor con abrazos y besos. Consuele con abrazos y conversaciones. No ofrezca dulces como recompensas. Eso permite que sus hijos comiencen a pensar que los postres son mejores que otros alimentos. Si no se comen la comida, los niños no necesitan “otras cosas”, como dulces o galletitas, para reemplazarla.

6 en la mesa enfóquese en la familia

Hable sobre temas divertidos y felices a la hora de comer. Apague el televisor. No conteste el teléfono. Intente hacer que la hora de comida sea un período libre de estrés.



7 preste atención a sus hijos

Si sus hijos dicen que tienen hambre, ofrézcales bocadillos pequeños y sanos, aunque no sea hora de comer. Ofrezca opciones. Pregunte “¿Qué les gustaría en la cena: brócoli o coliflor?” en lugar de decir “¿Quieren brócoli con la cena?”

8 limite el tiempo frente a una pantalla

No permita más de 2 horas al día frente a la televisión o la computadora. Levántese y muévase durante los anuncios para hacer algo de actividad física.

9 anime la actividad física

Haga que la actividad física sea divertida para toda la familia. Involucre a sus hijos en la planificación. Camine, corra y juegue con sus hijos, en lugar de sólo observar. Dé el ejemplo al estar físicamente activo y usar equipo de seguridad, como cascos de bicicleta.



10 dé el buen ejemplo de alimentación

Pruebe alimentos nuevos también. Describa el sabor, la textura y el olor. Ofrezca un alimento nuevo a la vez. Sirva un alimento nuevo con algún otro que les guste a sus hijos. Ofrezca alimentos nuevos al empezar a comer, cuando sus hijos tienen mucha hambre. Evite las discusiones o el forzar a sus hijos a comer.

parent tips

Getting Kids in the Kitchen

Cooking with your kids is a good way to help them build healthy eating habits.



Get them interested

Most kids enjoy helping in the kitchen. While they help you cook, you can talk to them about healthy foods. Children like to eat food they make. This is a good way to get them to try new healthy foods.

Let them help

You can show your kids how to help you prepare meals. Here are ways that young kids can help in the kitchen:

2-year-olds can:

- Wipe tabletops
- Wash fruits and vegetables
- Tear lettuce or greens
- Break cauliflower or broccoli into pieces
- Carry ingredients from one place to another

3-year-olds can:

- Knead and shape dough
- Mix or pour ingredients
- Shake liquids in a covered container to mix them
- Apply soft spreads
- Put things in the trash

4-year-olds can:

- Peel oranges or hard-boiled eggs
- Mash bananas or cooked beans with a fork
- Cut parsley and green onions with kid-safe scissors
- Set the table

5 to 6-year-olds can:

- Measure ingredients
- Use an egg beater

Be sure to have kids wash their hands before and after helping in the kitchen. Be patient with spills and mistakes. Remember that the goal is to help your kids learn about healthy eating.

Let them be creative

Set out three or four healthy foods, and let your kids make a new snack or sandwich from them. Use foods your children can eat without choking.

Start with:

- A new kind of bread (whole grain or rye)
- Whole grain crackers or graham crackers
- Mini rice cakes or popcorn cakes
- Small bagels
- Small pieces of whole-wheat pita bread

Spreads could include:

- Fat-free or low-fat cream cheese or cheese spread
- Fat-free or low-fat peanut butter
- Bean dip
- Jelly with no sugar added

Toppings could include:

- Slices of apple or banana
- Raisins or other dried fruit
- Strawberries
- Slices of cucumber or squash
- Cherry tomatoes cut in small pieces

As you help your kids make the new snack or sandwich talk about why it is healthy. Point out each food group in the snack or sandwich. Explain that eating a mix of foods is good for you. Ask why the snack or sandwich tastes good. Is it sweet, juicy, chewy, or crunchy?

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

consejos para padres



Cocine con los niños

Despierte su interés

Cocinar con los niños es una buena forma de ayudarles a desarrollar hábitos de alimentación saludables. A la mayoría les gusta ayudar en la cocina, y mientras ayudan a preparar una comida les puede hablar sobre los alimentos saludables. A los niños les gusta la comida que ellos ayudan a preparar, y ésta también es una buena forma de lograr que prueben nuevas comidas saludables.

Deje que ellos le ayuden

Usted les puede mostrar a sus hijos cómo ayudarle a preparar comidas. A continuación incluimos ideas para que los niños de distintas edades puedan ayudar en la cocina:

Los niños de 2 años de edad pueden:

- Limpiar las mesas
- Lavar con un cepillo y enjuagar las frutas y verduras
- Partir las hojas de lechuga o verduras
- Partir la coliflor
- Llevar los ingredientes de un lugar a otro

Los niños de 3 años de edad pueden:

- Envolver las papas en papel de aluminio para hornear
- Amasar y dar forma a la masa
- Mezclar los ingredientes
- Verter los líquidos
- Agitar los líquidos en un recipiente cubierto
- Untar mantequilla o cremas blandas
- Poner cosas en la basura

Los niños de 4 años de edad pueden:

- Pelar naranjas o huevos duros
- Hacer puré de plátanos o frijoles cocidos con un tenedor
- Cortar perejil y cebollinos con tijeras para niños
- Poner la mesa

Los niños de 5 a 6 años de edad pueden:

- Medir los ingredientes
- Utilizar un batidor de huevos

Asegúrese de que los niños se laven las manos antes y después de ayudar en la cocina. Sea paciente con los derrames y errores. Recuerde que el objetivo es ayudar a que sus hijos aprendan sobre una alimentación saludable.

Permita que sean creativos

Ponga a la vista tres o cuatro alimentos saludables y deje que sus hijos se inventen y preparen un nuevo refrigerio o sándwich. Utilice alimentos que sus hijos puedan comer sin correr el riesgo de asfixiarse.

Comience con:

Un nuevo tipo de pan (de grano integral o centeno)

- Galletas graham o galletas de grano integral
- Pastelillos de arroz o de palomitas de maíz
- Bagels pequeños
- Pedazos pequeños de pan pita

Entre las cremas para untar se puede incluir:

- Queso crema bajo en grasas o crema de queso
- Mantequilla de maní baja en grasas
- Salsa o “dip” de frijoles
- Jalea o mermelada sin azúcar agregada

Entre los ingredientes para cubrir se puede incluir:

- Rebanadas de manzana o plátano o banana
- Pasas u otra fruta seca
- Fresas
- Rebanadas de pepino o calabaza
- Tomates cortados en pedazos pequeños
- Tajadas de queso o huevo duro

A medida que ayude a sus hijos a preparar el nuevo refrigerio o sándwich, dígalos las razones por las cuales lo hacen un platillo saludable. Señale los distintos grupos de alimentos que están incluidos en el refrigerio o sándwich. Explique que es saludable comer una variedad de alimentos. Pregúntele por qué el refrigerio o sándwich sabe bien.

¿Es dulce, jugoso, o crujiente?

Adaptado de la publicación del Departamento de Agricultura de los Estados Unidos: “Tips for Using the Food Guide Pyramid for Young Children 4 to 6 Years Old”, (Consejos para utilizar la Pirámide de la Guía de Alimentos para los niños de 4 a 6 años de edad) 1999.

Adaptado de la publicación “With Every Heartbeat Is Life: A Community Health Worker’s Manual for African Americans,” (Con cada latido del corazón hay vida: Un Manual para promotores de salud comunitaria para los afroamericanos) producido por el Instituto Nacional del Corazón, los Pulmones y la Sangre (National Heart, Lung, and Blood Institute).

Low cost, fun and local family activities!



Are you looking for something fun to do this weekend with your family?

Did you know the average cost for a family of 4 (3 adults and 1 child under 11) to attend a movie on a Saturday night can add up?

4 tickets	\$39
1 large popcorn	\$7.50
2 candies	\$8
2 bottles of water	\$8
2 medium fountain drinks	\$10
Total:	\$72.50

If the cost of 4 tickets plus food didn't turn you away, did you know that a **large popcorn can contain 1,200 calories!** That is about **double the calories** of an **average person's dinner**, and the **same amount** of calories as **25 bananas!**

Instead of going to the movies, try these free or low cost activities to do as a family:

Bridgeport	New Haven
<p><u>Yoga Class for Adults and Teens</u> Cost: free Location: The Armstrong Gallery, 305 Knowlton St. Contact: 203-258-8957 Email: info@yoga4allco-op.org</p>	<p><u>Cornell Scott-Hill Health Center-Health Center Exercise Class</u> Cost: free Location: 303 Washington Ave.</p>
<p><u>Bridgeport Skating Club, Wonderland of Ice</u> Public skating: \$6 (adult) \$4 (child); \$4 skate rental Learn to Skate 8 Week Program - Cost: \$150 (about \$19 per lesson) Location: 123 Glenwood Ave. Contact: 203-576-8118</p>	<p><u>BEyond FITness- Zumba class</u> Cost: Free Location: 55 Laura St. Contact: 203-285-5393</p>
<p><u>Visit a local park:</u> Newfield, Beardsley, Seaside, Glenwood, Washington, Upchurch, Svihra, Ninety Acres, Old Mill Green, Bloodroot, St. Mary's by the Sea Frisbee: Average cost under \$5 Family nature walk/ run: Free</p>	<p><u>Newhallville Walking Club</u> Location: 130 Bassett St Contact: Alan Kendrix Alan.kendrix@yahoo.com</p>
<p><u>Connecticut's Beardsley Zoo</u> Cost: \$14 (Adult), \$10 (Child 3-11 years old), Free (Under 3 years) Location: 1875 Noble Ave. Contact: 203-394-6565</p>	<p><u>Family Fit and Fun Night- Every 4th Friday of the month</u> Cost: Free Location: John C. Daniels School, 569 Congress Ave.</p>
<p><u>Farmers Market:</u> Downtown Market- Bank St. at McLevy Green East End Market- 985 Stratford Ave Black Rock Market- 481 Brewster Street East Side Market- 752 East Main Street South End Market- 877 Park Avenue <i>(All markets have varying hours)</i></p>	<p><u>Learning Corridor- Fitness Walks on the Canal, Children's Activity Club</u> - Snacks, drinks, and children activities Location: Shelton Ave between Starr St. and Ivy St. Contact: 203-819-8398 www.newhavencanalfriends.net</p>
<p><u>Sledding/Snowshoeing/Winter hiking</u> Location: look at GHCT's searchable database to find a sledding hill near you (instructions on back) Cost: Free</p>	

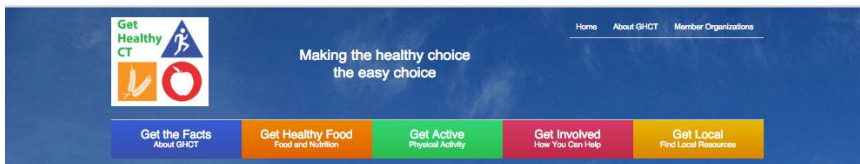


Get Local with GetHealthyCT.org

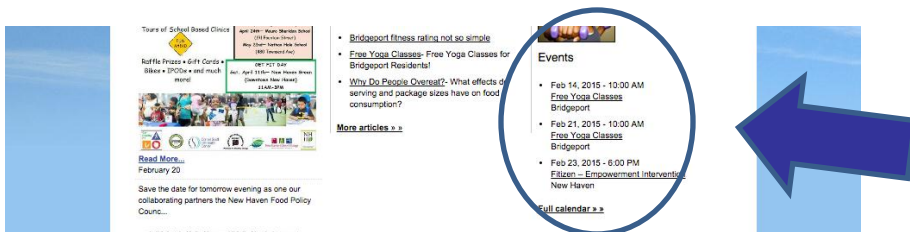
If you are looking for places nearby where you can be physically active, check out our Local Resource Directory:

The screenshot shows the website's navigation menu with five categories: 'Get the Facts About GHCT', 'Get Healthy Food Food and Nutrition', 'Get Active Physical Activity', 'Get Involved How You Can Help', and 'Get Local Find Local Resources'. The 'Get Local' button is circled in blue. Below the menu, the 'Find Physical Activity Resources in Your City' page is displayed. It includes a search bar, a 'Search by name' instruction, and a list of 45 physical activities with checkboxes. A dropdown menu for 'Select your city' is set to 'All cities'. A 'Search' button is at the bottom. On the right side of the page, there are promotional banners for 'Monthly Health Feature', 'Make a Healthy Eating Pledge', 'Make a Physical Activity Pledge', 'Find healthy food close to home!', and 'Find physical activities close to home!'.

If you are looking for local events in your community check out our local calendar. If you would like us to add your event to our calendar please email: atighe@gethealthyct.org



Scroll to the bottom of the homepage...



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America's Move to Raise a Healthier Generation of Kids

NAME _____

DATE _____

K
E
Y

= Your Fun Activity
 = Your Healthy Food

LET'S MOVE! HEALTHY FAMILY CALENDAR



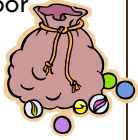




Day of the Week	Type of Activity	What Time of the Day	Who Will Participate	Did We Do It?
(For Example) MONDAY	walk 15 minutes	7am & 5pm	Mom & Sally	★
	eat 1 fruit	Lunch	Sally & John	★
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

HOW MANY STARS DID YOU GIVE YOURSELF? _____

MARCH

Get Moving Today!





ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start the month off with a game of follow the leader. Move around your house in different ways as someone copies your movements.	"Chair Exercise". Move around, under, and over a chair; sit down and stand up using a chair; turn on music and wiggle & stretch while sitting in a chair.	Loud and soft – first walk on your tip toes trying to be really quiet, then stomp using your whole foot trying to be really loud.	Tear newspaper into long strips – crunch them up into balls – throw the balls into a basket – Rip-Crunch-Throw.	Be a superhero! Think about all of your favorite superhero's and then spend some time moving just like they would.	Ask someone to go for a walk with you and as you walk, make up a little song about moving and having fun together.	Take a few minutes today to lie on the floor and stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax.
Using paper plates as pretend stones; make an indoor nature trail through your house. Walk through the nature trail by only stepping onto the make believe stones.	Make a pile of paper balls by crunching recycled paper. For one minute throw these balls all over the playing space – making a blizzard of balls. Collect them and do it again.	Using the balls from yesterday put them in a pile. Crab walk with one ball at a time on your tummy, carry it across the room. Move all the balls to a new pile.	Get outside and pick up trash in your yard.	Take a "spring is here" walk. Swing your arms as you walk quickly. Notice all the signs of spring! 	How many different ways can you carry a sock as you move around the house?	Crawling is a great way to work on the muscles in your arms. Try to crawl around your home for a few minutes – take a break and do it again.
Turn on some music and take turns choosing a way to move. 	Leaping! Put pillows on the floor and practice your leaping skills. Push off of your back leg and reach with your front leg.	Work on your locomotor skills – go outside and practice walking, running, galloping, skipping, jumping and hopping.	Pickup marbles with your fingers and toes. Lie on the floor and blow the marbles across the floor 	 Pull a wagon around outside as you pick up sticks. Create and obstacle course with the things you find.	Make it backwards day. Move from room to room backwards. Try to high and low, fast and slow.	Make a trail of paper plates through your home and pretend that you can only walk on the plates or you will fall in the water.
Get outside today and play "I Spy". Each time one of you says, "I spy", you have to all walk, run or gallop to that object.	Animal Action Fun! One person says the name of an animal and the other person has to move around the house like that animal would.	Using a scarf or handkerchief, practice your self-toss and catch skills. Watch the scarf with your eyes and move your body so the scarf can land in your hands.	Have an adult write your name really big on a sheet of paper, and then put your body into the shapes of each letter. Can you do this standing up? Can you do this laying on the floor?	Make up a nonsense word. Now make up a movement to go with that word.	Twins – for 2-5 minutes pretend as if you are connected to someone else and the two of you have to move exactly the same way.	Go on a walk through your home. Each time you get to a new space you have to change the way you are moving.
Pretend to have a beach party. Turn on some beach music and dance. Pretend to surf and swim as you work your body. 	Pretend your arms or foot or elbow or nose is a crayon and draw a big picture of a rainbow in your home.	Put a sock puppet on your hand and have it travel high, low, fast, slow, curvy and straight.	Pretend to be a balloon – first without air, then being blow up, then floating around the room, and then being popped!	Work on your tossing and catching skills with someone. Toss it right to their hands. 	Balance on two body parts. How about three parts or four or ever five body parts?	Repeat your favorite activity this month! 

MARZO

"A Moverse Hoy"!

CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Inicia el mes con un juego de "sigue al líder." Muévete al rededor de tu casa de diferentes maneras, mientras alguien copia tus movimientos.	"Ejercicio de Silla". Muevete al rededor de, debajo de, y sobre una silla, sientate y ponte de pie usando una silla, pon música y muevete y estirate mientras estés sentado en la silla.	Fuerte y suave – primero camina de puntitas tratando de ser muy silencioso, luego pisa buen fuerte con el pie entero tratando de ser muy ruidoso.	Rompe periódico en tiras largas – apreta el papel en bolas - lanza las bolas dentro una canasta - Romper-Apretar-Lanzar	Se un superhéroe! Piensa en todos tus superhéroes favoritos y luego pasa un tiempo moviendote igual como ellos lo harian.	Píde a alguien que salga a caminar contigo y mientras caminas crea una pequeña canción sobre movimiento y diviertanse juntos.	Hoy tóma unos minutos para echarte en el suelo y estirar tu cuerpo de pies a cabeza. Respira profundamente y relájate mientras te estiras y luego relájate nuevamente.
Usa platos de papel y pretende que son piedras. Haz un sendero natural en el interior a de tu casa. Camina por el sendero natural sólo pisando las piedras imaginarias.	Haz un montón de bolas de papel apretando papel reciclado. Tira estas bolas por un minuto en todo el espacio de juego - haciendo una tormenta de nieve con las bolas. Recogelas y vuelve a hacerlo.	Usando las bolas de ayer, ponlas en un monton. Camina como cangrejo con una bola en tu estomago, cargala através de la habitación. Haz otro monton moviendo todas las bolas a un nuevo lugar.	Sal a la calle y recoge basura de tu patio.	Toma una "caminata de primavera." Mueve tus brazos mientras caminas rápidamente. ¡Observa todas las señales de la primavera!	¿De cuántas maneras diferentes puedes llevar un calcetín mientras te mueves alrededor de tu casa?	El gatear es una gran manera de hacer trabajar los músculos de tus brazos. Trata de gatear al rededor de tu hogar por unos cuantos minutos- descansa y hazlo otra vez.
Prende música y toma turnos escogiendo una manera para moverse. 	¡Salto! Pon almohadas en el piso y practica tus habilidades de salto. Empuja con la pierna de atrás y alcanza con la pierna delantera.	Trabaja en tus habilidades locomotoras - sal afuera y práctica caminar, correr, galopar, saltar, brincar y saltar.	Levanta canicas con los dedos de tus manos y pies. Acuéstate en el suelo y sopla las canicas por el suelo.	Jala un vagón afuera mientras recoges palos. Crea una carrera de obstáculos con las cosas que encuentres. 	Que sea un día de al revés. Muévete de una habitación a otra del revés, trata de moverte alto y bajo, rápido y lento.	Haz un camino de platos de papel por tu hogar. Imagina que solo puedes caminar en los platos porque si no te caerás en el agua.
Hoy salgan afuera y jueguen "Yo espió." Este es un juego donde dicen "Yo espió___" y nombran algo que ven. Cada vez que digan "Yo espió" tienen que caminar, correr o galopar hacia ese objeto.	¡Diversión de acciones de animales! Una persona nombra un animal y la otra tiene que moverse alrededor de la casa como lo haría ese animal.	Usa una bufanda o un pañuelo para practicar tus habilidades de lanzar y coger. Mantiene la vista en la bufanda y mueve tu cuerpo para que la bufanda aterrice en tus manos.	Pídele a un adulto que escriba tu nombre bien grande en una hoja de papel y trata de poner tu cuerpo en las formas de cada letra. ¿Puedes hacerlo de parado? ¿Puedes hacerlo acostado en el piso?	Invéntate una palabra que no tiene significado. Ahora invéntate un movimiento que vaya con esa palabra nueva. 	Gemelos – imagina por 2-5 minutos que estas conectado cuerpo a cuerpo con otra persona y los dos se tienen que mover exactamente en la misma manera.	Camina por tu hogar. Cada vez que llegues a un espacio nuevo tienes que cambiar la manera en que te estás moviendo.
Imagina que estas teniendo una fiesta en la playa. Pon música de playa y baila. Mueve tu cuerpo como si estuvieras navegando o nadando. 	Imagina que tus brazos, pie, codo o nariz son un crayón; intenta dibujar un arcoiris grande en tu hogar usando tus "crayones".	Haz un títere de un calcetín y colócalo en tu mano. Muévelo alto, bajo, derecho y en una curva.	Imagina que eres un globo – primero sin aire, luego inflándote lleno de aire, luego flotando por el aire y últimamente reventando.!	Hoy con la ayuda de otra persona, practica tus habilidades de lanzar y coger. Lanza directamente a las manos de tu ayudante.	Balancéate usando dos partes de tu cuerpo. ¿Que tal tres partes, o cuatro o hasta cinco partes del cuerpo?	¡Repite tu actividad favorita del mes! 