



Color Me Healthy NEWS

preschoolers moving & eating healthy

AUGUST

Guilt And The Working Mom

Sometimes working moms feel guilty about being away from home, and they try to make it up to children by giving them only foods that they know the children like.

While you might avoid mealtime hassles, you aren't teaching your child about a healthy eating. It won't be easy if your child has already learned that he can refuse to eat what is served and get something else instead. But remember, you are in charge of what is served!

If you have this problem in your family, you aren't alone. Helping children understand a healthy diet is hard work, but the rewards of good health, reduced risk of disease, and overall positive attitude towards eating are worth the effort. Try some of the "Foods for Families on the Go" recipes to get you over the hurdle of trying new foods.



How Do I Get My 5 A Day?

Often we confuse a serving with a helping or what we are served on our plates. You may be closer to eating the recommended 5 servings of fruits and vegetables per day when you examine just what a serving is. A good guide is that the size of your fist is about 1 cup.

A SERVING IS:

- 1 medium sized piece of fruit
- 3/4 cup of 100% fruit or vegetable juice
- 1/2 cup cooked vegetables or fruit (fresh or canned)
- 1 cup raw leafy vegetables like lettuce
- 1/2 cup cooked, dry beans or peas
- 1/4 cup dried fruit

Eat 5 or more servings of fruits and vegetables a day for better health!




Wonderful Water


Our children (like us) don't drink enough water! Children need between 4-8 glasses of water per day to prevent dehydration and promote overall good health. Your child may need even more in hot weather. Getting enough water is not easy. Here are some steps to help you and your family get the water they need.

- When your child asks for something to drink, serve water
- Serve water with meals
- Add lemon, lime, or orange slices to water
- Let children keep a water bottle in the refrigerator
- Add a splash of orange juice or other fruit juice for flavor
- Let your child drink water out of a sports bottle like the athletes, it may encourage them to drink more
- When you do serve soft drinks or fruit drinks, mix them half and half with water


Color Me Healthy Parent Bulletin Board



To encourage good eating habits in children, try not to barter or make deals with children using food, limit the amount of unhealthy foods kept in the house, and provide a variety of choices.



The increase in TV viewing has been associated with elevated cholesterol levels and poor cardiovascular fitness in youth.



Eat moderate portions. If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy.



Kids Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

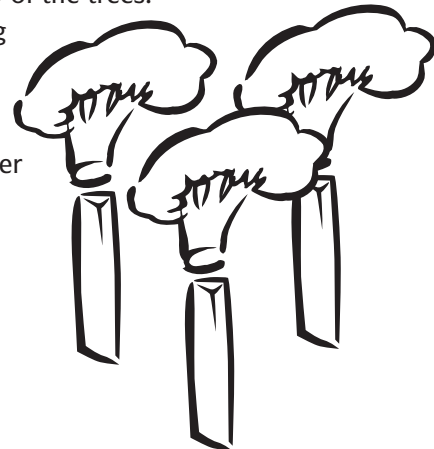
A Forest Full of Color

INGREDIENTS

- 2 carrots cut into strips (or mini carrots or prepared carrot strips)
- 1 cup broccoli or cauliflower florets (or some of each)
- low-fat Ranch salad dressing

INSTRUCTIONS

1. Wash and cut up vegetables.
2. Put the carrot strips on a plate so they look like tree trunks.
3. Place the broccoli and cauliflower at the top of the carrot sticks as the top of the trees.
4. Put the Ranch dressing at the bottom of the carrots.
5. Dip the carrots, broccoli, and cauliflower in the dip and dig in!



Food For Families On The Go

Turkey Sloppy Joes *6 servings*

INGREDIENTS

- 1 pound ground turkey or lean ground beef
- 1/4 cup chopped onion
- 1/2 cup ketchup
- 3 tablespoons barbecue sauce
- 1 tablespoon yellow mustard
- 1 tablespoon vinegar
- 1 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/4 teaspoon pepper
- 6 whole wheat hamburger buns

INSTRUCTIONS

1. In a nonstick skillet, cook the turkey and onion for 5 minutes or until turkey is no longer pink.
2. Add the next seven ingredients; simmer for 10 minutes. Stir occasionally.
3. Serve on buns.

Prep Time: 15 minutes
Cook Time: 10 minutes
Calories per serving: 236
Fat per serving: 3 grams