

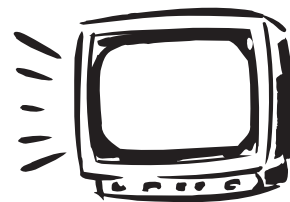


# Color Me Healthy NEWS

preschoolers moving & eating healthy

SEPTEMBER

## Media's Effect On Children



Television, video games, hand-held technology devices, and computers are all a part of most children's lives. The effects of too much media consumption are unhealthy weights and lack of physical activity; not to mention the unhealthy snacking that too often occurs while watching. In addition, children are exposed to thousands of ads for unhealthy foods.

With all of the time spent inactive in front of a screen, what can you do to help your child watch less:

- Allow your children to watch no more than 1 hour per day—this includes video games, computer, and hand-held devices.

- Instead of turning on the TV or playing video games, go outside and be active. Take a walk or bike around your neighborhood.
- Encourage drawing, reading out loud or alone, singing, and outdoor activities instead of using media.
- Turn the TV off and don't allow hand-held devices during mealtime.
- Begin to educate your child about advertising and help them understand they are selling a product.



### Eating Out And Eating Healthy

We are all so busy with work and family that eating out has become a way of life. Eating out, however, sometimes makes it hard to eat healthy. Try to limit the number of times you eat out per week. Sharing a simple meal at home is usually healthier. When you do eat out, try some of the tips below to keep you and your family healthy.

- If you are eating at a fast food restaurant, bring fresh whole fruit for dessert and order low-fat milk or water instead of soft drinks.
- Many restaurants now have nutrient information on their foods. Check out the total fat of menu items; try to choose foods that are moderate in fat.
- Choose a restaurant that serves healthy options.
- Share a meal with a family member. Portions in restaurants are usually much larger than what you should eat for one meal. Consider sharing an entrée with your child; the kid's menu items are sometimes not as healthy as some of the adult selections.
- Select roasted, baked, broiled, or grilled meats without sauces, gravies or breading.
- Order soup and salad instead of a traditional meal.
- Ask to substitute a baked potato or other vegetable for French fries.
- Go easy on salad dressing and sauces. Request them on the side so you can control the amount you eat.

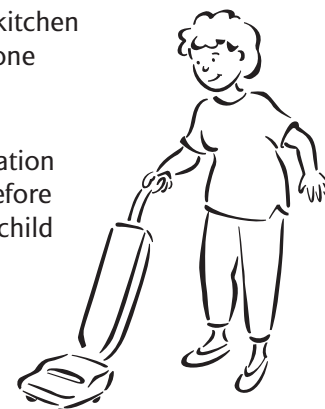


### Active Alternatives To Lashing Out At Your Kids

Had a stressful day? Are the everyday pressures building up and your child is getting on your last nerve?

Try some of these simple tips to help you get a handle on your stress:

- Take a deep breath. And a second deep breath.
- Put yourself in time out. Are you really that angry with your child or has the stress of the day caught up with you?
- Turn on some music. Sing along or dance with your child.
- If someone can watch the child, let them play and you take a walk.
- Vacuum, dust, or sweep the kitchen floor. It will get the chores done and take your mind off your stressful day.
- Funnel your stress and frustration into some physical activity before you act—both you and your child will benefit.



## Color Me Healthy Parent Bulletin Board

Boost the benefits of breakfast. Add an apple or banana chunks to cold cereal, oatmeal or yogurt. Serve fruit or vegetable juice with breakfast and send the kids to school with an apple to eat on the way.

Physical activity for young children means active play—outside or inside. Teach children early that activity is fun.

Make changes gradually. Do not expect to change your eating habits overnight. Changing too much too fast can get in the way of success. Small changes over time make positive impacts on lifelong eating habits.



## 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.*

### Autumn Fruit Salad

#### INGREDIENTS

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 2 Granny Smith Apples, cubed
- 2 red pears, cubed
- 1/2 cup dried apricots, sliced into thin strips
- 3 containers (8-ounce) low-fat spiced apple yogurt or low-fat vanilla yogurt

#### INSTRUCTIONS

1. In a medium bowl, whisk together honey and lemon juice.
2. Add fruit and toss well.
3. For each person, spoon a half container of yogurt into a small bowl and top with 1/2 cup fruit. Serve.



## Food For Families On The Go

### Easy Chicken Pot Pie *6 servings*

#### INGREDIENTS

- 1<sup>2</sup>/<sub>3</sub> cups frozen mixed vegetables, thawed (peas only, if preferred)
- 1-cup canned chicken
- 1 can (10<sup>3</sup>/<sub>4</sub> ounces) condensed reduced-fat cream of chicken soup
- 1-cup Reduced Fat Bisquick
- 1/2 cup skim (fat-free) milk
- 1 egg

#### INSTRUCTIONS

1. Heat oven to 400 degrees.
2. Mix vegetables, chicken, and soup and place in ungreased 9" pie plate.
3. Stir, in a medium bowl, remaining ingredients until blended to make batter.
4. Pour batter on top of chicken mixture.
5. Bake 30 minutes or until golden brown.

Prep Time: 15 minutes  
Cook Time: 30 minutes  
Calories per serving: 235  
Fat per serving: 6 grams