



Healthy Families

Winter 2019



healthy kids
a journey to healthy habits



A healthier tomorrow starts today!

October: Seasonal Foods



During October, our lesson, 'Go Seasonal,' helped students discover that it is best to eat fruits and vegetables that are in season and grown locally. Seasonal fruits and vegetables are more nutritious and fresh because they have not spent days on boats, trains, or trucks and lost naturally occurring vitamins and minerals. Also, seasonal fruits and vegetables are less expensive because stores do not have to pay expensive transportation costs. One of the best reasons to eat seasonal fruits and veggies is because it allows us to try different produce through the spring, summer, fall, and winter seasons. During the fall season, try to include more sweet potatoes, pumpkin, pears, and apples into your meals and snacks.

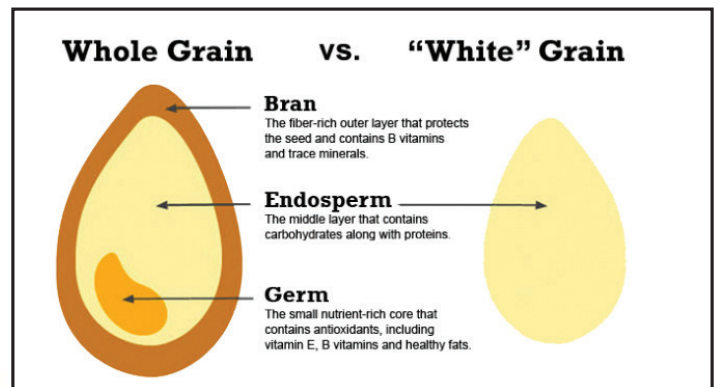
November: Grains

Most people eat plenty of grains throughout the day. Unfortunately, most of the time these grains are refined grains such as cookies, crackers, white bread, etc. Your children now know that it is important to choose whole grain food items. A whole grain kernel is made of three components – the bran (the outermost layer), the endosperm (the middle layer), and the germ (the innermost layer). When grains (the kernels) are refined, most of the bran and some of the germ is removed, resulting in the loss of fiber, vitamins, and minerals.

To determine if a product is whole grain, the first ingredient should read "whole" or "whole grain." Some

products include the whole grain stamp on the front of the package. If the first few ingredients include the word "enriched," that is a clue that the product is NOT whole grain. The amount of dietary fiber can also be a clue to whether a product is whole grain. Try to choose foods with 3 grams or more of fiber per serving.

To practice reading food labels and identifying the ingredients or fiber amount, students played 'Fiber Faceoff.' They even tried some whole grain Wheat Thins!



December: Calories

Have you ever heard of the word "calories" before? Some foods contain a lot of calories because they contain a lot of added sugar and fat. Too many calories is NOT good for your body. When you exercise, your body uses calories from the food you ate as energy. But what would happen if you eat more calories than your body uses? Your body feels tired and you might gain unnecessary weight.

As Healthy Kids Educators, we like to use a Stop Light as a way to categorize our foods and drinks. When we look at the stop light, red is for WHOA foods. WHOA Foods are foods



highest in fat and added sugar and high in calories. These foods should only be eaten once in a while and in small portions. GO foods are the opposite of whoa foods. They are lowest in fat and sugar, low in calories, and great to eat almost anytime. SLOW foods are foods between GO foods and WHOA foods. They have some fat and a little added sugar. These should be eaten sometimes or less often. Can you find foods around your home and categorize them together as a family?

13 Ways To Fit In Fitness...

IN GENERAL

1. Always take the stairs if you've got a choice.
2. Park far away from every destination so you must walk the rest of the way.
3. Stretch every chance you get. Besides burning extra calories, it keeps you flexible.
4. Move around while making phone calls or lift hand weights while you talk.
5. Make play part of your day. Whether with your children or pets, take time for active play.

AT HOME

6. Turn cleaning your home into a workout. Put music on and dance while you vacuum to help you get moving.
7. Wash your car by hand rather than taking it to the carwash.
8. During TV commercials, get active. Dance around, march, or do jumping jacks in place.
9. Sneak in some before-work exercise by getting up half an hour earlier each morning for a walk or jog.

AT WORK

10. Walk at lunch. Grab a quick bite and spend the rest of your lunch strolling.
11. Turn one-on-one meetings into power strolls. Everyone wins!
12. If you can use a bathroom on a different floor, do so. Extra steps = extra fitness.
13. When possible, walk to coworkers' offices instead of calling or emailing.

Save the Date



Come join in the fun and excitement as runners and walkers gather on the EIU campus for the 13th annual Races for all Paces.

May 11, 2019

Register at www.sarahbush.org/races

Kidsfest

On September 6 and 7, Sarah Bush Lincoln was thrilled to host Kidsfest 2018!

Approximately 1,700 students at three schools throughout East Central Illinois participated in the world's only rock and roll nutrition show, Jump with Jill. The show encourages kids to eat healthy while dancing and rocking out to songs about superpower vegetables and fruit that they like to call "nature's candy."

The show has been performed to nearly a million kids all around the world. Jill Jayne, MS, RD, is the rockstar nutritionist who created Jump with Jill more than 10 years ago.

For more information, activities and all the music, visit www.jumpwithjill.com.



Sarah Bush Lincoln Healthy Kids team members sang and danced their hearts out at the Jump with Jill rock and roll nutrition show.



Mirror, mirror on the wall who's the healthiest of them all? Jill gets ready to rock out at area schools.



Got info or photos of your family being healthy?

Contact Jenna Hilligoss, Healthy Kids Educator, at (217) 345-6827 or jhilligoss@sblhs.org.