



NEWSLETTER [VOL.7 | ISSUE 7 | AUGUST 2011]

WHAT'S HAPPENING IN AUGUST

UNTIL SEPTEMBER 16
Bahamas Humane Society Summer Fun Photography Contest

This competition includes four different ages and several topic categories. Winners announced at a cocktail party on September 23. Entry \$10. Foms available at: Graham Real Estate (corner of Shirley St. & Elizabeth Ave.) 356-5030; Windermere Spa West 327-6135 and BHS HQ in Chippingham 323-5138.

ONGOING
Teaching Service for Kids w/Disabilities

Teach Me How Learning Centre specialises in teaching children with developmental, autistic or learning difficulties. Three qualified teachers teach children who need to learn about life and to become independent.

Topics include: cooking skills, fine and gross motor skills, independence skills such as money counting, and household maintenance skills. This service can be home-based. Tutoring one-on-one at home: \$30 per session; Life Skills Training or Academic Assistance: \$45 per session.

Contact Jenniel Hamilton at 341-3437 or 448-8161; Monique Munroe or Kimberley Dorsette at 525-6529 or 425-6705



The Fit FOOD Handbook

Disclaimer: This article does not provide medical advice.

Yummy Foods That Will Fill You Up.

Don't Skip Breakfast

A healthy breakfast helps you pay attention in school. It also keeps you from being hungry and wanting to snack on unhealthy food — like chips and cookies. Eat some oatmeal, whole grain cereal with nuts, or whole wheat toast with peanut butter. These foods are packed with nutrition to keep you full until lunch.

Talk To Your Parents

It's hard to eat healthy if the snacks you find at home are cookies, chips, and other unhealthy treats. So talk to your parents. Ask them to buy healthier food like fruits, vegetables, whole grain breads, and yogurt and 2% milk. You can even offer to go grocery shopping with them to show them what foods you'd like to eat. That way when you're hungry, you can eat something you like that's good for you.

What's In Your Lunchbox?

Redo your lunchbox. Pack or ask your parents to pack foods that are good for you and that will keep you full for a long time. A sandwich on whole wheat bread will make you feel fuller longer than white bread would. That's because whole wheat bread has fiber. Fiber is good because it takes time for your body to digest, so it fills you up.

Foods With Lots of Water In Them

Fruits and veggies are filled with lots of water. That means you can eat a lot of them and they will keep you full. When you have a choice, pick foods with lots of water in them. For example, you could eat just a 1/4 cup of raisins -- which are dried grapes. Or 2 whole cups of fresh grapes with lots of water in them. The grapes will keep you feeling fuller, longer.

Healthy Fast Food Fix

Eat healthy when you eat fast food. Order a tasty, grilled chicken sandwich with extra lettuce, tomato, and pickles. Have apple slices instead of French fries. If you order pizza, skip the pepperoni and sausage. Get it loaded with veggies like broccoli, mushrooms, and olives. Then order water or 2% milk instead of soda.

Protein Power

If you're hungry, don't grab a cookie. Your body digests sugary foods quickly. When you eat a cookie you'll be hungry again soon. Instead, eat foods that are high in protein, like chicken, peanut butter or cheese with crackers, yogurt, or scrambled eggs. These foods keep you full because your body digests them slowly.



www.kidshealth.org

- 1 cup flour**
- 1 cup rolled oats**
- 1/2 cup butter or margarine, softened**
- 1/3 cup light brown sugar**
- 1/4 teaspoon baking powder**
- 1/8 teaspoon salt**
- 3/4 cup strawberry jam**

UTENSILS:

- Oven (you'll need help from your adult assistant)
- Large bowl
- Square (8" x 8") pan coated with nonstick spray
- Large spoon
- Knife (you'll need help from your adult assistant)
- Measuring cups and spoons

DIRECTIONS:

- Preheat oven to 350° Fahrenheit.
- In a large bowl, mix everything together except the strawberry jam.
- Measure out 2 cups of this mixture. Leave the rest in the bowl, and set it aside.
- Take the 2 cups of the mixture and press it into the bottom of the pan. You can use your hands or a spoon. Make sure you cover the entire bottom of the pan!
- Using a large spoon, spread the strawberry jam on top of the mixture in the pan. Spread it evenly all over.
- Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly.
- Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes.
- Cut the bars into 12 squares to eat and share



FRESH BROWN BAG LUNCH TIPS

Include more whole foods and less processed foods. Choose lunch items with higher amounts of fiber and nutrients children need (like calcium, protein, and vitamin C). Include fewer processed foods such as cookies, chips, and snack cakes, which have higher sodium, added sugar, and saturated fat.

Be creative. Think outside the lunchbox. Does your child enjoy spanakopita triangles, Chinese chicken salad, or veggie/soy corn dogs at home? With a little forethought and a reusable cold pack, you can probably pack them for lunch, too.

Keep it cold. For safety's sake, pack lunch with a reusable ice pack. Better yet, freeze a small water bottle or box of 100% juice. Your child will have a slushy drink to enjoy at lunch and won't have to worry about bringing an ice pack home.

Keep it fun. Include items that kids can stack or mix up to their taste when they eat. Remember that kids like to dunk, and include healthy dips with vegetables or other items. Cut foods into fun shapes with cookie cutters.

Disclaimer: This article does not provide medical advice.

Yummy Foods That Will Fill You Up (continued)

Fill Up

When you're really hungry, you may want to eat and eat until you eat way too much. Before scarfing down a meal, try having a piece of fruit, a cup of soup, or a small salad. These foods are high in water. That means they'll start to fill your stomach so you won't feel like you're starving. Then when you eat your meal, you won't end up eating too much.

Make the Healthy Food Switch

It's not hard to pick foods that are better for your body. Some of your favorites come in tasty, healthier versions. Just make a few changes. Have Canadian bacon for breakfast instead of regular bacon. Drink reduced-fat milk instead of whole, chocolate milk. Eat spaghetti with tomato sauce and a little bit of cheese instead of gobs of cheese and butter.

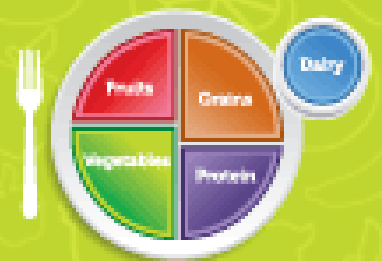
Build a Better Dessert

Dessert can be yummy and healthy. Instead of eating 2 scoops of ice cream, eat 1 scoop of frozen yogurt and put lots of berries on top. Or make a sundae out of chocolate pudding, raspberries, and a sprinkle of almonds. Put pineapple chunks, strawberries, and grapes on skewers to make fruit kebabs. Then dip them in reduced-fat vanilla yogurt.

Share With Your Friends

Now that you know more about healthy eating, get your friends eating healthy, too. When they come over to hang out, ask your parents to serve sliced apples or carrots instead of chips and cookies. Fill bowls with whole grain tortilla chips and salsa. Or make trail mix from nuts, whole-grain cereal, and dried fruits like raisins. Show your friends that healthy food can taste great!

Food Guide Pyramid Becomes a Plate



THE FOOD GUIDE PYRAMID was the model for healthy eating but this chart has since evolved into a new symbol: a colorful plate — with some of the same messages:

- Eat a variety of foods
- Eat less of some foods and more of others

The plate features four sections (vegetables, fruits, grains, and protein) plus a side order of dairy in blue.

The big message is that fruits and vegetables take up half the plate, with the vegetable portion being a little bigger than the fruit section.

And just like the pyramid where stripes were different widths, the plate has been divided so that the grain section is bigger than the protein section. Why? Because nutrition experts recommend you eat more vegetables than fruit and more grains than protein foods.

The divided plate also aims to discourage exaggerated portions, which can cause weight gain.

WHAT'S A GRAIN AGAIN?

You know what fruits and vegetables are, but here's a reminder about what's included in the three other food groups: protein, grains, and dairy:

PROTEIN: Beef; poultry; fish; eggs; nuts and seeds; and beans and peas like black beans, split peas, lentils, and even tofu and veggie burgers. Protein builds up, maintains, and replaces the tissues in your body.

GRAINS: Bread, cereal, rice, tortillas, and pasta. Whole-grain products such as whole-wheat bread, oatmeal, and brown rice are recommended because they have more fiber and help you feel full.

DAIRY: Milk, yogurt, cheese, and fortified soy milk. With MyPlate, the dairy circle could be a cup of milk, but you also can get your dairy servings from yogurt or cheese. Choose low-fat or nonfat dairy most of the time.

The plate shows how to balance your food groups. There's a reason the protein section

is smaller: You don't need as much from that group. Eating more fruits and vegetables will help you eat fewer calories overall, which helps you keep a healthy weight. Eating fruits and veggies also gives you lots of vitamins and minerals.

BALANCING CALORIES

- Enjoy your food, but eat less.
- Avoid oversized portions.

FOODS TO INCREASE

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk

FOODS TO REDUCE

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

For more information visit www.kidshealth.org



15 Fresh Brown Bag Lunch Ideas

Try these 15 fun, easy-to-pack lunch ideas for kids.

If you're a parent of school-age kids, you're probably no stranger to brown bananas and smashed sandwiches aging in the bottom of your child's backpack. By the end of the school year, most kids are tired of eating the same bag lunch day after day at school. Even peanut butter and jelly sandwiches can grow old.

These 15 kids' lunchbox ideas are based on four key elements. Use them when you fix your summer lunches, too:

Pasta Lover's Lunch Salad. Pack a cold pasta salad and a plastic fork, and your pasta lover will love you, too! Make the salad with lean meat or low-fat cheese (so it has some protein), lots of vegetables to boost fiber and nutrition, and whole wheat or whole-grain pasta. Toss everything together with a light bottled vinaigrette made with extra virgin olive oil or canola oil.

Mediterranean Pita Pocket. Fill a pita pocket with falafel balls and some homemade or store-bought hummus. Some falafel balls come cooked and ready to add.

Fruit and Cheese Plate. Fill a divided plastic container with assorted cubes or slices of reduced fat cheese, easy-to-eat fruit such as apple and pear slices, grapes, berries or melon and whole-wheat crackers.

Peanut Butter Fun Pack. Make a peanut butter fun pack by spooning two tablespoons of natural-style peanut butter in a reusable plastic container, along with whole wheat crackers or whole wheat

pita pocket wedges and raw vegetables such as celery, zucchini, or jicama sticks.

Everything Is Better on a Mini Bagel. Whole-wheat bagels are a wonderful foundation for hardy sandwiches that stand up to being in a backpack or locker all morning. Start with one regular or a few mini bagels. Add tuna or lean, roasted, and sliced turkey or roast beef. Top it off with reduced-fat cheese and fresh tomato, onion, and Romaine lettuce or sprouts. Two mini bagels can supply 6 grams of fiber to the meal.

Celebrate Lunch Salads. A plastic container can hold the makings of a delicious salad lunch. For a Cobb salad, fill it with spinach or chopped dark green lettuce, chopped hard-boiled egg, light cheese, and/or lean ham. Or toss in the ingredients for a Chinese chicken salad: dark salad greens, shredded chicken, shredded carrots, sliced green onion, and toasted sliced almonds.

The salad will stay fresher if your child adds the dressing at lunchtime. Put a light dressing into a small container, buy packets of light dressing, or use extra packets of dressing left over from a fast-food meal.

It's a Wrap! Wraps are a nice change of pace from the usual sandwich. Use a high-fiber multigrain flour tortilla, available in most supermarkets. Spread on mustard, hummus, light salad dressing, or green or sundried tomato pesto. Then fill 'er up with chicken Caesar salad or assorted lean meats, cheese, tomato, sliced onion, and shredded Romaine lettuce. Just roll it up and wrap in foil. Kids can eat it like a burrito -- by unwrapping it on one end and working their way down.

Noodle Soup Cups. Many schools offer a hot water dispenser so older kids (or young kids with assistance) can add hot water to packaged noodle soup cups. Even the more healthful soup options can be high in sodium, however, so you may not want to pack them in your child's lunch more than once a week.

Some brands are lower in sodium and fat, and higher in fiber, than others. The nutrition label tells the story. If your child has access to a microwave, you can pack one of the more healthful microwavable individual soup containers now available from major brands.

Veggie Sushi. Not all kids will go for this, but some children really like seaweed-wrapped sushi rolls. You can now buy pre-made sushi at many supermarkets. Choose sushi that is filled with veggies (such as avocado and cucumber) so there's no chance that it will get a little "fishy" in your child's backpack.

Fun Fried Rice. When made with eggs, tofu or chopped lean meat, and lots of veggies, cold fried rice can be a satisfying noontime treat. Make your own using brown rice. Or set some aside for the next day when you get take-out Chinese food for dinner.

Talk About Taquitos. Taquitos are easy to eat and easy to pack. In the morning, lay a few bean and cheese frozen taquitos on a small sheet of foil. Pop them into a toaster oven to crisp them up. Wrap them up in the foil and slide them in your child's lunch bag. For a vegetarian option, bean taquitos are available in some stores.

BBQ Chicken Sandwich. Your child can assemble a yummy BBQ grilled chicken sandwich fresh at lunchtime. Just pack a grilled, boneless, skinless chicken breast with some lettuce and sliced tomato in one baggie and a whole-wheat bun in another. Add a packet of BBQ sauce and it's good to go.

Muffin Mania. Muffins can add flavor and flair to a bag lunch. If you bake them ahead and keep them in the freezer, you just have to pull out one or two in the morning. By lunch, they'll be soft and ready to eat.

There are a few tricks to improving the health value of muffin recipes. Substitute in whole-wheat flour for at least half of the flour in recipes that call for white flour. Incorporate other whole grains when possible. Add in summer fruits such as berries or peaches or vegetables like corn or grated zucchini, when appropriate. You can also cut back on the sugar called for in a recipe when you add in fruit. Switch in smart fats (such as canola or olive oil), when possible, and reduced saturated fat options (such as reduced fat cheese).

Tasty Spanakopita Triangles. These spinach-filled filo puffs are vegetarian finger food that's fun to eat. Some stores carry frozen spanakopita that you can bake in the morning or the night before and pack in your child's lunch. Read the label to find a brand that's got plenty of vitamins A and C, plus iron and calcium.

Soy Much for Sandwiches. For a change of pace, make soy the center of your child's lunch. There are more and more great-tasting soy-based products available. For example, specialty grocery stores carry meatless corn dogs. To prepare one for a bag lunch, heat it up in the microwave in the morning. Remove the wooden stick, crisp it up briefly in the toaster oven, and wrap it in foil. Meatless versions of chicken nuggets are also available and can be prepared just like the corn dogs. The trick is finding a brand your child enjoys that isn't too high in sodium.

Tasty Side Dishes

Add some of these to round out your child's lunch:

- Fruit cups (with no sugar added)
- Applesauce in flavors such as pomegranate or cranberry-raspberry (also with no sugar added)
- Nuts or seeds in a shell (if age and allergy appropriate), such as walnuts, pistachios, peanuts, or sunflower seeds
- Raw veggies (ready to pack) such as carrot sticks, sugar snap peas, celery, or jicama sticks
- Cheese sticks -- available in 2% sharp cheddar, part skim-milk mozzarella, pepper jack, and more
- Healthy snack bars (individually wrapped) with 3 or more grams of fiber, less than 10 grams sugar, and no more than 1 gram saturated fat
- Yogurt in individual containers (keep it cold by packing them with a reusable ice pack or a small water bottle that has been frozen.)

Elaine Magee, MPH, RD, is the "Recipe Doctor" for WebMD and the author of numerous books on nutrition and health. Her opinions and conclusions are her own.