

# HealthyBy Choice

...One Day at a Time

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## September is National Childhood Obesity Awareness Month

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, **ProCare Rx** encourages your family to make healthy changes together.

- **Get active outside:** Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- **Limit screen time:** Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- **Make healthy meals:** Buy and serve more vegetables, fruits, and whole-grain foods.
- **Start the day with a good breakfast:** Skipping breakfast can make kids hungry and tired, and it may lead them to snack on junk food later in the day. Give your kids whole-grain cereal with fat-free or low-fat milk and fruit instead of sugary cereal.
- **Make sure your child gets enough sleep:** If kids don't get enough sleep, they are at higher risk of being overweight or obese.
  - Teens need at least 9 hours of sleep each night.
  - School-aged children need at least 10 hours of sleep each night.
  - Preschoolers need between 11 and 12 hours of sleep each day.
  - Newborns need between 16 and 18 hours of sleep each day.



***Taking small steps as a family can help your child stay at a healthy weight...***

### Physical Activity

Make sure your child gets at least 60 minutes (1 hour) of physical activity every day. It doesn't have to be 60 minutes all at once – it can be shorter activities that add up to 1 hour a day. Fun activities that children do on their own are best. For example, playing tag is a great way for kids to get moving.

Be sure your child is doing different types of activity, including:

- **Aerobic activities**, like running, skipping, or dancing
- **Muscle-strengthening activities**, like climbing playground equipment or trees
- **Bone-strengthening activities**, like jumping rope or playing basketball

### Healthy snack ideas

- "Ants on a log" (celery with peanut butter and raisins)
- Fresh or canned fruit (canned in 100% juice, not syrup) with fat-free or low-fat yogurt
- Whole-grain crackers with low-fat cheese
- Vegetable "matchsticks" (thin sticks made from fresh carrots, zucchini, or bell peppers)
- Whole-wheat bread/apple slices with peanut butter
- Quesadillas (low-fat cheese melted in a whole-wheat tortilla)
- Unsalted pretzels or air-popped popcorn
- Baked (not fried) tortilla chips and salsa
- Whole-wheat pita bread with hummus (dip made with chick peas)

### Set the rules

- Teach your kids to ask before they help themselves to snacks.
- Eat snacks at the table or in the kitchen.
- Serve snacks in a bowl, not out of the bag or box.
- Drink water or milk (fat-free or low-fat) instead of soda or juice.



Teach your kids healthy habits...they can last a lifetime!



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## Top 10 Reasons to Eat More Fruits & Vegetables

With September being “More Matters Month” for fruits and veggies, it’s important to remember the many reasons we need to include them in our diet!!

10. **Color & Texture.** Fruits and veggies add color, texture...and appeal...to your plate.
9. **Convenience.** Fruits and veggies are nutritious in any form — fresh, frozen, canned, dried and 100% juice, so they’re ready when you are!
8. **Fiber.** Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
7. **Low in Calories.** Fruits and veggies are naturally low in calories.
6. **May Reduce Disease Risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5. **Vitamins & Minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. **Variety.** Fruits and veggies are available in almost infinite variety...there’s always something new to try!
3. **Quick, Natural Snack.** Fruits and veggies are nature’s treat and easy to grab for a snack.
2. **Fun to Eat!** Some crunch, some squirt, some you peel...some you don’t, and some grow right in your own back yard!
1. **Fruits and Veggies are Nutritious AND Delicious!**

**Choose What’s “In Season”.** Choosing fresh fruits and vegetables that are “in season” means fresh and delicious! With fall quickly upon us, here is a list of some of the produce that will soon be available in local markets!

Acorn Squash	Cauliflower	Pear
Asian Pears	Cranberries	Persimmons
Belgian Endive	Date Plum	Pineapple
Broccoli	Endive	Pomegranate
Brussels Sprouts	Hearts of Palm	Pumpkin
Butter Lettuce	Kumquats	Sweet Potatoes
Butternut Squash	Muscadine Grapes	Swiss Chard
Cactus Pear	Passion Fruit	Turnips



*Fruits and Veggies...More Does Matter!*

