

August 2016

For diabetes, nutrition and health information visit us at

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# Healthy Futures Newsletter

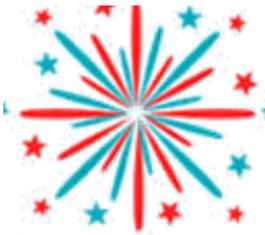


## Back to School Nutrition Tips

It's August! Which means back to school time. With all the busy running around, meeting the teacher, class schedules, getting school supplies, we can't forget about food. As parents we are responsible for providing a strong foundation for excellence and proper nutrition plays a huge role in that. Here are things to keep in mind when preparing your child at any age to go back to school.

- \* Remember, children who eat breakfast regularly have better test scores, better behavior and less hyperactivity than children who skip breakfast.
- \* If your child is taking lunch to school pack it the night before to save time in the morning.
- \* Limit the purchase of processed and packaged foods. Try to provide more fresh, homemade meals and snacks.
- \* Provide meals that contain a protein, a vegetable and a starch.
- \* Check your child's bowel pattern. It's important that they eliminate daily and if they are not this could be a sign that they are not getting enough fiber.
- \* Lastly, be the example. It's hard to ask your children to embrace healthy eating if we as parents are not doing so.





*“Life is not merely  
being alive, but  
being well.”–*

*Marcus Valerius  
Martialis*

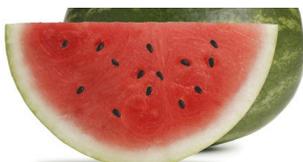
## SUMMER FUN AND FOOD TIPS FOR PEOPLE WITH AND WITHOUT DIABETES



Summer means days at the pool, family barbeques, picnics, baseball and other outdoor activities. You may be wondering, how you can enjoy all the fun of summer while staying within your healthy eating goals? Well, you can still enjoy all the fun aspects of summer by eating a bit less of each item and including other healthy lifestyle habits such as exercising regularly, eating in moderation, taking your

medications and monitoring your blood sugar if you have diabetes. Summer barbeques and picnics are often tempting with a large range of high calorie choices. Knowing how to create a well balanced meal helps to keep you in your calorie budget as well as keep your blood sugars as close to normal as possible. Here are some tips to help keep your cool:

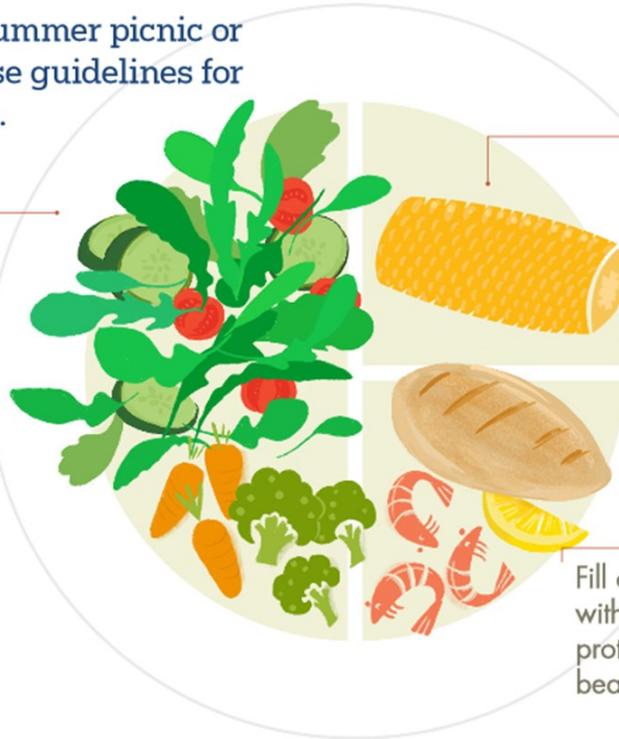
- ◇ Choose lean, grilled meats: Bypass the fried chicken and go for lean meats
- ◇ Veg out: Grill up veggie kabobs or sliced vegetables for low calorie sides
- ◇ Hold the mayo: Try adding veggies or mustard to your sandwich instead of mayo
- ◇ Drink water, not sugar: Stay hydrated with water or non-caloric beverages
- ◇ Try just a taste: If you want to sample a high calorie food, take a small portion
- ◇ Stick to your routine: Don't skip meals or snack during the day
- ◇ Have fun!



# The Paper plate Plan

When you attend a summer picnic or barbeque, follow these guidelines for a well-balanced plate.

Fill half of your plate with non-starchy vegetables such as: salad greens, coleslaw, bell peppers, carrots and broccoli.



Fill the remaining one quarter of your plate with starchy items such as an ear of corn, a baked potato or whole grain pita chips.

Fill one quarter of your plate with lean meat or other protein such as: fish, chicken, beans or legumes.

This visual guide is based on the Idaho Plate Method. [www.platemethod.com](http://www.platemethod.com)

## 3 WAYS TO GRILL CORN

### Method 1: In the Husk

Place corn in the husk directly on top of hot coals and cook, turning occasionally, until it is steamed through the center, about 15 minutes. You can also grill corn in the husk on a rack above the coals.

### Method 2: In Foil

Shuck the corn and discard silk and husk. Wrap the corn in heavy duty aluminum foil, with or without a flavored butter or oil inside. Grill directly on hot coals turning occasionally until fully cooked, about 15 minutes.

### Method 3: Grilling Naked

Shuck and clean corn. Don't worry about getting every last stray piece of silk. Place the corn directly over a very hot fire and grill, turning occasionally, until charred and cooked through, about 10 minutes total.



## NUTRITION GUIDANCE FOR HEALTHY CHILDREN



Children ages 2 to 11 years old achieve optimal physical and cognitive development, maintain a healthy weight, enjoy food and reduce the risk of chronic disease through appropriate eating habits and regular physical activity.

The Prevalence of childhood obesity is increased rapidly, doubling or even tripling in some age groups.

## DIET QUALITY & NUTRIENT INTAKE

Childhood nutrition concerns in the US

- **Energy Balance**
- **Excessive intake** of dietary fats, saturated fat, sugar and sodium
- **Inadequate intake** of foods rich in calcium, potassium, vitamin D and dietary fiber



Factors affecting nutrient intake

- **Home environment**
- **Meals away from home**
- **Portion sizes**
- **Beverage consumption**
- **Vegetarian/vegan diets**
- **Meal patterns and frequency**

## IMPORTANCE OF PHYSICAL ACTIVITY

Encourage kids to participate in physical activities that are **enjoyable, age-appropriate** and **offer variety**

Build their confidence to successfully improve their physical activity patterns.



**60+ min.**

Of physical activity is recommended daily. Most should be aerobic exercise. Add muscle and bone-strengthening activities **3 days per week**.

## ORAL HEALTH & NUTRITION

Kids with dental cavities:

**42%** 2-11 years  
**10%** 6-8 years  
**31%** 9-11 years



Primary teeth



Permanent teeth

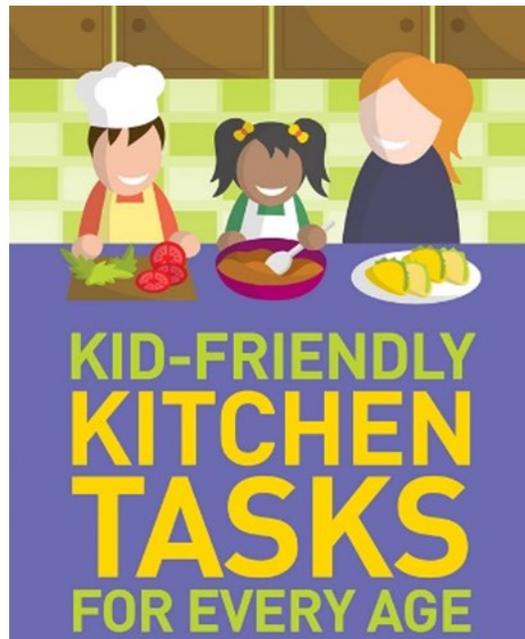


Nutrition-related efforts to avoid potential tooth decay:

- **Food selection guidelines**
- **Guidance for scheduling meals and snacks**
- **Appropriate fluoride intake**

## August KIDS eat right.

Help your kids start young and master simple cooking tasks before moving on to more complex skills. Use these age-appropriate ideas to keep your kids excited, safe and well-educated in the kitchen.



### 3-5 YEARS OLD

Children at this age love to help in the kitchen, but be sure to supervise them closely.



- Use cookie cutters
- Rinse produce in a large bowl filled with water
- Clear tabletops
- Mix simple ingredients
- Use a pastry brush to oil bread, vegetables and other foods
- Use a plastic knife to cut soft fruits or vegetables on a cutting board
- Use pieces of fruit to create funny faces

### 6-7 YEARS OLD

Kids can start to handle more complex kitchen tasks as their fine motor skills further develop around this age range.

- Crack eggs into a bowl
- Use a vegetable peeler
- De-seed peppers and tomatoes
- Shuck and rinse corn
- Use blunt scissors to cut green onions, parsley and other herbs
- Stir and prepare instant pudding
- Prepare lettuce for salad



### 8-9 YEARS OLD

Skills and abilities within this age range tend to vary. Tailor cooking tasks to the child's maturity level.

- Rinse and clean vegetables
- Use a can opener
- Beat eggs
- Measure and mix dry ingredients
- Use a food thermometer
- Juice citrus fruits
- Pound chicken on a cutting board



### 10-12 YEARS OLD

Help preteens feel independent in the kitchen by providing them with more responsibilities (but still keep an eye on them).

- Boil pasta and vegetables
- Simmer ingredients on the stovetop
- Follow a simple step-by-step recipe
- Slice and chop vegetables
- Bake and microwave foods



## Oven-Fried Parmesan Chicken Drumsticks

**Servings 6 (3oz chicken with coating each)**

**CARB PER SERVING 17g**

**PREP 20 minutes BAKE 45 minutes**

### INGREDIENTS:

**1 egg, beaten**

**3 Tablespoons milk**

**1 1/4 cup crushed corn-flakes**

**1 teaspoon dried thyme**

**1/2 teaspoon paprika**

**1/4 teaspoon salt**

**1/8 teaspoon black pepper**

**2 Tablespoons butter, melted**

**2 1/2 to 3 lb chicken drumsticks and/or thighs**

**Lemon wedges (optional)**

**Fresh thyme (optional)**



### INSTRUCTIONS:

- 1. Preheat oven to 375° F. In a small bowl combine egg and milk. For coating, in a shallow dish combine the next five ingredients (through pepper); stir in melted butter. Set aside. Skin the chicken. Dip chicken pieces, one at a time, into egg mixture; coat with crumb mixture.**
- 2. In a greased 15x10-inch baking pan arrange chicken, bone sides down, so the pieces aren't touching. Sprinkle with remaining crumb mixture to coat.**
- 3. Bake, uncovered, 45 to 55 minutes or until chicken is no longer pink. (175°F). Do not turn chicken pieces while baking. If desired serve with lemon wedges and top with fresh thyme.**