



# Healthy Beginnings

January



## Nutrition: Low fat Milk Builds Strong Bones!

People need different types of milk at different times in their lives:

- *0-12 months:* breast milk or formula only
- *13-24 months:* whole milk
- *24 months - adult:* low fat milk

After the age of 24 months, health care providers say that children can start to drink low fat milk (1% or skim milk). This is an easy diet change that can benefit a child's health.



Adults should also drink low fat milk. In fact, if a person drinks 1 cup of 1% milk instead of 1 cup of whole milk every day for one year, he or she will drink:

- 16,900 fewer calories (this many calories could cause 5 pounds of weight gain)
- 1,264 fewer grams of saturated fat (the type of fat that is linked to heart disease)

People usually take about a week to adjust to the different taste of a lower fat milk - then they stop noticing the change. To make the switch easier for your family, mix whole or 2% milk with 1% or skim milk until you get used to the taste. Drinking low fat milk will help you have healthy bones *and* a healthy heart!

## Physical Activity: Active Kids = Happy Kids!

Physically active children have shown an increase on math, reading, and writing scores. Also, physical activity allows children to get rid of excess energy so that they can really concentrate when they sit down to learn!

Physical activity can also help your child develop self-confidence. To help your child succeed, give him or her many opportunities to practice movement skills. Encourage outside play and activities like family walks, bike rides, tag, and hide-and-seek. Every time a child has an opportunity to practice a skill like running or catching, he or she will get better at it.



- Opportunities to Practice = Success
- Success = Self-esteem
- Self-esteem = A happy, confident child!





# Healthy Beginnings Homework



Try these fun, easy activities with your child! Every time you help your child learn a new skill, you are helping him or her to be successful and build self-esteem.

## Physical Activity - Strength Activities

**Help your child:** strengthen his or her arm and leg muscles. Do each exercise 10 times and then repeat it 10 more times.

Use a filled water bottle or food cans as hand weights.

### 1. Arm Curls

Holding your weight, extend your arm and place your elbow next to your body. Curl your arm up and touch your shoulder and then bring it back down by your body.



### 2. Calf Raises

Put your feet flat on the floor. Stand on your toes and reach for the ceiling and then put your feet flat on the floor. Be sure not to jump.



### 3. Squats

Stand up straight, bend your knees and touch the floor with both hands, and then stand up straight again.



## Nutrition:

### Tropical Banana Boats (serves 4)

This healthy snack is an excellent source of calcium and vitamin C!

You will need:



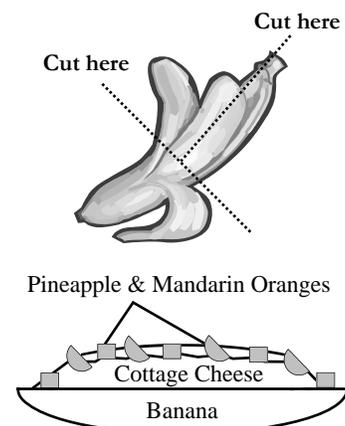
2 bananas



2 cups of low fat cottage cheese



2 cups of pineapple and/or mandarin oranges, canned in 100% juice



### Directions:

1. Peel the bananas and cut them in half. Then cut each half down the middle lengthwise.
2. Have your child measure out 1/2 cup of cottage cheese and put it on top of a banana half.
3. Drain the juice from the canned fruit. Have your child measure out 1/2 cup of fruit to spread on top of the cottage cheese. Enjoy your tropical treat!



**Read it!** To teach your child more about milk and where it comes from, try reading *The Milk Makers* by Gail Gibbons.