



Healthy Beginnings

March



Nutrition: Whole Grains for Health!

What are whole grains?

Whole grains contain all three parts of the grain: bran, germ, and endosperm. When a grain is refined, the bran and germ (and the nutrients they contain) are removed.

Why are whole grains good for us?

Whole grains contain more of the nutrients that our bodies need to be healthy than refined grains. Whole grains contain more vitamin E, vitamin B₆, magnesium, zinc, copper, protein, and fiber. Health care providers think that eating whole grains can help lower our risk of developing heart disease, some cancers, and diabetes.

How do you know which foods are whole grain?

1. Check the food label for fiber (see right).
2. Read the ingredient list. Look for the words “whole” or “whole grain” before the name of the first ingredient on the list.

Examples of whole grain foods: Whole grain cereals, oatmeal, granola, whole grain crackers, brown rice, popcorn, barley, whole wheat bread, and whole wheat pasta.



Go for whole grains! Check the food label to find grain foods that have at least **2 grams of fiber per 100 calories**. Adults need 25-35 grams of fiber a day, and children need 19-25 grams of fiber a day.

Nutrition Facts	
Serving Size 1 cup (50g)	
Servings Per Container About 13	
Amount Per Serving	
Calories	180
Calories from Fat	10
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	
Potassium 190mg	
Total Carbohydrate 40g	
Dietary Fiber 5g	
Soluble Fiber 1g	
Sugars 5g	
Other Carbohydrate 30g	
Protein 5g	

Physical Activity: Raise a Physically Active Child

How can you raise a physically active child?

Get moving. Children often “inherit” their family’s lifestyle. If you do active things, chances are your child will too. If adults are active, their kids will be too!

Fit activity in your family life. You don’t need to spend extra money or even get involved in sports. You can all be active - just by doing everyday things like walking, swimming, or playing. Try the fun activity on the back of this newsletter!



Do more than watch. Play! Playing is great at any age! If you forgot how, your child can show you. Your involvement and enthusiasm support your child’s play.

Set limits on TV and computer time - for the whole family. That leaves more time for active play. Your preschooler should watch no more than 2 hours of television a day (includes time playing video or computer games).



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: Freeze Dance

You will need: a tape player or radio

You and your child will have fun dancing when the music is on and freezing when it stops!

- When the music is playing, dance and move around.
- When you stop the music, have your child freeze and feel how his or her heart is beating faster.
- When the music starts again, dance and move.
- You can also have your child move like an animal (bird, monkey, horse, cat, etc.).
- This is also a good time to help your child practice motor skills such as jumping, hopping, skipping, or galloping.



Nutrition: Zesty Cereal Snack (makes 6 - 1/2 cup servings)

Ingredients:



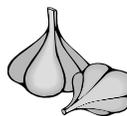
- 6 cups mixture of iron-fortified breakfast cereals



- 1/2 teaspoon onion salt



- 2 tablespoons corn or canola oil

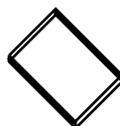


- 1- 1/2 teaspoons garlic powder

Directions:



1. Have your child help you measure the ingredients into a bowl and mix thoroughly.



2. Spread the mixture onto a cookie sheet.



3. Bake at 325°F for 5-10 minutes, stirring once or twice. Watch carefully to make sure that the cereal does not burn. Remove from the oven. Let the mixture cool, then serve with orange juice!

This tasty, whole-grain snack provides your child with 4.7 mg of iron per half cup!



Read it! To teach your child more about bread, try reading *Bread is for Eating* by David and Phillis Gershator or *Bread Bread Bread* by Ann Morris.