

Extension

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Good Food for Good Health

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Many people are having health problems because of both what they are, and are not eating. In the United States we have lots of foods and beverages to choose from, so it's important to make good choices. Experts agree that for good health we should eat fewer foods with a lot of added sugars, fats and sodium. Unfortunately, some of what we eat doesn't have enough nutrients, like calcium to keep us healthy. The foods most people should eat more of are vegetables, fruits, low-fat milk and high calcium foods.



The federal government recently released the 2010 Dietary Guidelines for Americans. These guidelines provide good advice for making changes in your eating habits.

Both parents and caregivers can make a difference in helping children make good food choices. These healthy eating habits can last a lifetime.

Tips for taking action for a healthy lifestyle:

- Enjoy your food but eat less of it if you are overweight. You can do this by avoiding oversized portions and second helpings.
- Eat more fruits and vegetables: At mealtimes, make half of your plate fruits and vegetables. Eat fruits and vegetables at snack time.
- Drink beverages with less sugar. Added sugars do not supply the nutrients our bodies need.

Drinking sugar sweetened beverages increases a person's chance of developing high blood pressure. Remove sugar-sweetened beverages from your home. This may sound harsh, but beverages cannot be consumed as often if they are not on your shelf. Drink water instead of beverages with sugar added. Add lemon, lime, orange, or cucumber slices to water to provide flavor.

- Switch to fat-free (skim) milk instead of whole milk.
- Eat more foods high in calcium. Most Americans are not getting enough calcium in the foods they eat or drink. Serve more low fat cheese yogurt and milk. Other good sources of calcium include: canned fish with bones, cooked greens (collard, kale, and turnip), broccoli and pinto beans.
- Eat less sugar. Check all food labels for added sugars. Names for added sugars on the label may include sucrose, high-fructose corn syrup, corn syrup, dextrose, glucose, fruc-



tose, maltose, honey, and molasses. Think about how the food was prepared. For example, choose fresh fruit instead of fruity flavored snacks, like gummy candies.

- Eat 100% whole wheat products rather than white bread.
- Choose foods with less salt/sodium. Processed foods like lunch meat are high in sodium. Keep fast food meals to a minimum.
- Children and adults should limit screen time, especially television viewing. Less time in front of the television usually means more time being active.
- Children and adults should not eat food while watching television. People who eat while they watch don't notice when they are full and keep eating.
- Be physically active every day.

Let's Talk:

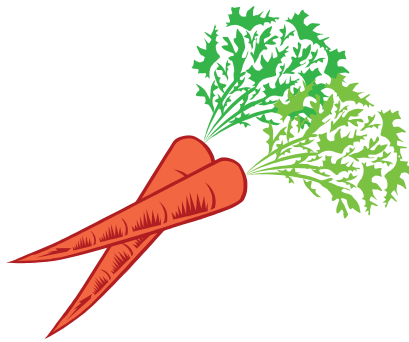
Talk with your children. Explain that to live long, healthy lives they need to eat healthy foods and be physically active every day. Talk about eating a variety of foods every day, because no one food has everything needed to help us stay healthy. Children want to take care of their bodies, especially if they see you taking care of yours. Help them understand that keeping their body fed well will help it stay healthy and strong.

Recipe for Health:

Carrot & Raisin Sunshine Salad

Ingredients:

- 1 pound carrots, (5 to 6) peeled and shredded
- ½ cup raisins
- 1 carton (8-ounce) low-fat vanilla yogurt



Mix all ingredients together in a mixing bowl.
Cover with plastic wrap and refrigerate for 15 minutes.
Toss again before serving.
It can be served on lettuce leaves for added color.
Makes 4 – 6 servings

From: Fun with Fruits and Vegetables Kids Cookbook, Dole Food Company