



# Right Bite!

A Newsletter for Healthy Eating

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## Eat Smart, Be Active!

Eating healthy and being physically active can help you and your family enjoy life. By making healthy choices, not only will you feel better, but you can also reduce the risk of heart disease and other health problems, like diabetes and obesity. Remember...children often "inherit" their family's lifestyle. If you do active things and have healthy eating habits, chances are your children will to.

## Did You Know?

One in four children and one in three teens are overweight or at risk for being overweight....and overweight children are likely to become overweight adults!

Stay Healthy!

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## Healthy Habits for Your Family

### *Eat Smart!*

- Prepare foods together
- Offer healthy choices
- Eat meals together
- Avoid large serving sizes
- Limit fast foods

### *Be Active!*

- Plan active outings
- Limit TV watching
- Assign active chores
- Be a role model
- Have fun



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## Make Family Meals a Part of Your Routine!

- ✿ **Set a regular family mealtime:** This will give your child a better chance to eat a variety of foods.
- ✿ **Make it simple and quick:** Spend less time in the kitchen and more time at the table.
- ✿ **Sit down at the table:** Turn off the T.V. and don't answer the telephone, so you can talk and listen to each other.
- ✿ **Let your children help:** Children are more likely to eat food if they help choose and prepare it.
- ✿ **Eat breakfast together:** Breakfast eaters tend to be healthier, and kids who eat breakfast do better in school.
- ✿ **Slow down the pace of eating:** It takes 15-20 minutes for the stomach to send signals to the brain letting you know you are full. People who eat more slowly are less likely to overeat.

## Eat 5 or more fruits and vegetables each day to stay healthy!

Can you find the colorful foods hidden below?

Y S Y E O S Y T D C Z G  
 A E R K E R A S A S A T  
 L I I P M P A R K X P O  
 Q R A L S Q R N J I F M  
 Q R O Z O O M M G X M A  
 G E C V T C I U U E E T  
 S B C S D G C U A B S O  
 E E U Z D S A O G N T E  
 L U R D Z P B W R A L S  
 P L M L Y R G I E B Z F  
 P B I J K L Z H J Q O N  
 A M X R H H U D G M L V

GRAPES  
 CARROTS  
 BROCCOLI  
 ORANGES  
 APPLES  
 BLUEBERRIES  
 TOMATOES

## Right Bite Recipe

### Frozen Yogurt Pops

#### Ingredients:

- 1 cup low-fat vanilla or lemon yogurt
- 1 (6 ounce) can orange juice concentrate
- 2 ½ cups skim milk
- 1 teaspoon vanilla (optional)

#### Directions:

1. Place all ingredients in a bowl or blender.
2. Mix well with a spoon, whisk, or blender.
3. Pour into small paper cups and add a wooden popsicle stick or plastic spoon for the handle.
4. Freeze until firm and enjoy!

## Food Safety Corner



### Kitchen Safety Tips

- Keep pan handles away from the edge of the stove.
- Only use dry pot holders.
- Always use a cutting board to cut foods.
- Use separate cutting boards for raw meat, poultry, and fish.
- Make sure hands are dry before turning on a switch, or pulling out or pushing in a plug.
- Never leave the kitchen while something is still cooking.

## Get Your Family Moving!

You don't need to spend extra money or even play sports, you can be active just by doing everyday things.

- Fly a kite
- Play hopscotch
- Throw a frisbee
- Create sidewalk art
- Take a walk
- Go to the park
- Play freeze tag
- Dance
- Wash the dog
- Jump rope

As an adult, you should be active for at least 30 minutes on most days, and your child should be active for at least 60 minutes!



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*For more information about food, nutrition, or health, contact your local County Extension Office.*

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## **Convenience foods...is the time saved worth the cost?**

### **General Rules:**

- ❖ Meats or poultry cut into pieces or slices usually cost more than large cuts of meat or whole chickens.
- ❖ Plain, frozen vegetables are better buys than vegetables packed with sauces. When fresh vegetables aren't in season, frozen and canned vegetables may be the best buy. They can also be stored longer than fresh vegetables.
- ❖ Frozen main dishes are usually more expensive than cooking the dish yourself, and they are higher in fat, calories, and salt.
- ❖ If convenience items are on sale they *may* be less expensive than cooking from scratch, especially if they have high cost ingredients like nuts or special flavorings.