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Jump Into Foods and Fitness Family Newsletter

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Choices for Good Health

Your food and physical activity choices make a difference in your overall health. We're presented with opportunities to make choices for a healthy lifestyle every day. When eating out, we can choose foods that are healthier than others; for example, we can choose to drink milk instead of soda pop or have fruit for a snack instead of cake. We can also choose to play outside or sit in front of a video game.

The link between our habits and health is very important. While food alone can't make you healthy, practicing sound dietary habits – based on eating a variety of foods and keeping an eye on your food choices – can help to promote overall good health. It's also important to engage in some form of physical activity on a regular basis. Children should be taught that they



have the power of choice and should be encouraged to consider how often their decisions on food and activity choices affect their overall health. For example, being physically active can help children look their best and do their best in sports.

Family Fitness Fun

Choose to be fit! Do you ever wonder how much time your family spends watching television, sitting at the computer, playing video games or doing other sedentary activities such as reading or sewing? Try adding up the hours spent in very sedentary activities for one week. You might be surprised at how much time you actually spend sitting around.

Try cutting a few hours out of your "sitting around" time. Take some of that time for physical activities instead. Get outside and take a walk, ride your bike, play a sport, bounce a basketball back and forth with your child, play catch or try to use a hula hoop. Learn how to do karate, yoga or a new dance. Spend some time stretching

and moving your muscles. See how much fun these physical activities can be!

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The Food Safety Zone:

Dates

- Next time you're in the grocery store, check the food labels on the foods you buy for important dates. A "sell by" date printed on a product tells a store how long to display the product for sale. Consumers should buy products before the "sell by" dates printed on them. A "use by" or "use before" date is the date by which the food manufacturer or processor recommends that consumers use the product to ensure it offers the best flavor or quality. "Use by" dates are not related to the safety of a product, they only refer to product quality.
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RECIPE FUN:

Apple Sauce Brownies

(Volunteer Caution: Check for nut and peanut allergies among your group members before offering peanuts or nuts as ingredients. Do not include peanuts or nuts if any children in your group are allergic to them. For more information about peanut allergies visit <http://www.foodallergy.org>.)

Apple sauce has been substituted for some of the fat in this family favorite recipe to help reduce the amount of fat and calories. You can substitute apple sauce for half of the fat in other family favorites to help reduce the fat and calories.

Ingredients:

- 1 cup firmly packed brown sugar
- 1/4 cup margarine or butter
- 2 eggs
- 1 cup regular or cinnamon apple sauce
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1/4 cup unsweetened cocoa
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup chopped nuts (optional)

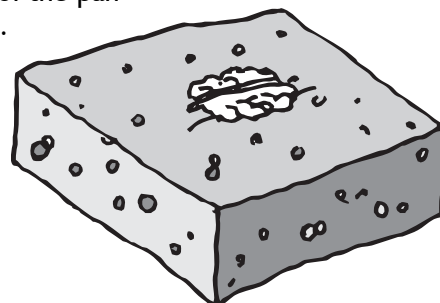
Equipment:

- Dry measuring cups
- Measuring spoons
- 9-inch square baking pan
- Large bowl
- Mixing spoon
- Toothpick

Procedure:

1. Heat oven to 350 °F. Grease 9-inch square pan.
2. In large bowl, combine brown sugar, margarine and eggs, mix well.
3. Stir apple sauce and vanilla into the mixture; blend thoroughly. Stir in flour, unsweetened cocoa, cinnamon, baking powder, baking soda and salt. Mix well. Stir in nuts, if desired.
4. Bake for 25 to 35 minutes or until toothpick inserted in the center of the pan comes out clean. Cool.

Number of servings: 16



As Your Child Grows

- Meet your child's friends and get to know their parents. Find out their favorite foods and physical activities.
- Eat at least one meal a day together as a family.
- If there isn't a foods and fitness club or group for your child to join, volunteer to organize one yourself. It's a great way to help your child make friends and share experiences and to teach your child. You may be able to recruit a neighbor or a parent of your child's friends to help you get started.
- Have fun and find ways to play with your child. There are lots of ways to have foods, nutrition and fitness activities become a fun part of your everyday lives.

On the Web

Check out these Web sites with your child:

- CDC's Nutrition and Physical Activity Program: <http://www.cdc.gov/nccdphp/dnpa/>
- Governor's Council on Physical Fitness, Health and Sport/Michigan Fitness Foundation: <http://www.michiganfitness.org>
- The President's Council on Physical Fitness and Sports: <http://www.fitness.gov>
- U.S. Food and Drug Administration, "Guidance on How to Understand and Use the Nutrition Facts Panel on Food Labels": <http://www.cfsan.fda.gov/~dms/foodlab.html>