



# kids quest health

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## STAYING HYDRATED: HOW MUCH TO DRINK?

The human body is composed of 60% to 70% water. Water is essential to maintain key functions within the body. Your body communicates how much water it needs via the thirst mechanism. Unfortunately, by the time you feel thirsty, you may already be slightly dehydrated. Your main hydration goal should be to stay hydrated enough to prevent feeling thirsty.

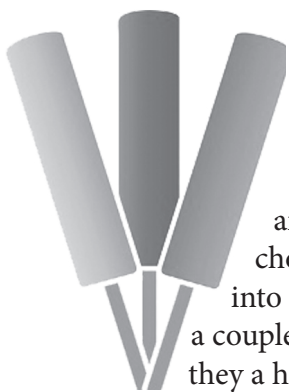
There are many ways to get the fluids you need besides just drinking water. All sources of fluids count toward your daily fluid intake. Coffee, tea, milk, and juice are all examples of beverages that contribute to fluid intake. Another surprising source of fluids are the foods you eat. All foods you eat contribute to fluid intake, but some contribute more fluid than others. The majority of a grape is composed of water and even a protein such as steak has water.

There are many rules about how much fluid you should consume. You can aim for 8 glasses per day or even just an additional bottle of water. Two reliable ways to tell if you are getting enough water are your level of thirst and the color of your urine. You should consume enough fluids to prevent feeling thirsty. Your urine should be a pale yellow color. If it is bright yellow, you are more than likely not getting enough fluids. Most certainly, fluid intake is essential to a healthy functioning body. Simply listen to your body and it will tell you if you get enough fluids.



## EXERCISE: Good for the Body and Mind

Does your child ever get tired at school? Perhaps they sometimes have trouble concentrating. Did you know that children who are active and exercise usually do better in school? They are also more likely to have more energy and confidence. Also, being active and playing on a sports team is a great way to make friends. The more active your child is the stronger their heart will grow and allow them to run and play for longer periods of time. Most doctors recommend that growing children get at least 60 minutes (1 hour) of activity each day. This could be playing at recess, physical education class, or on a sports team, but it could also be going for walks or bike rides after school, or anything that gets them moving and gets their heart beating faster. A stronger heart means a healthier and happier child. It might also help them do better in school. Encourage your child to be active each and every day and come up with fun activities that the whole family can do together.



## Kids In The Kitchen Yogurt Popsicles

Do your kids like popsicles? Rhetorical question. Of course they like popsicles. Try this healthy and easy alternative to sugary popsicles. Blend your choice of fruit, milk, and yogurt together and pour into popsicle molds. Then pop them into the freezer for a couple of hours along with a popsicle stick. Not only are they a healthier alternative to traditional popsicles but also enjoyable to make for your children. Providing your children with positive kitchen experiences like this will help build their cooking confidence and make them more likely to participate in future cooking endeavors.

**Q** My son eats lunch at school around 12:00 and then goes to baseball practice right after school. It's usually about 6:00 until he gets home and we're able to eat. Is that too long to go without eating? What kind of snack could I pack him that will give him the energy for practice?

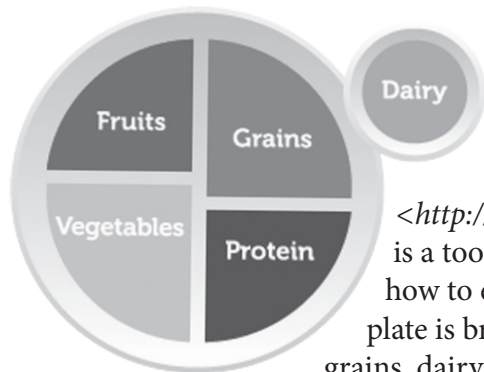
**A** Certainly an afternoon snack would be appropriate for children who stay for after school activities or those whose families eat later in the evening. Snacks that contain a balance of protein, carbohydrates, and fats are the best. Some snack examples are: crackers and peanut butter, cheese and grapes or apples, cheese and almonds, peanuts, yogurt and graham crackers, and dried fruit trail mix.



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*Fitness needs to be perceived as fun and games or we subconsciously avoid it. -Alan Thicke*

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## Myplate

The United States Department

of Agriculture (USDA) created and maintains [www.choosemyplate.gov](http://www.choosemyplate.gov)

<<http://www.choosemyplate.gov>> . MyPlate is a tool for Americans to better understand how to eat a moderate and healthy diet. The plate is broken down into five segments; fruits, grains, dairy, vegetables, and protein. The main

plate is divided into quarters that include fruits, grains, vegetables, and protein. The idea is that your plate should look similar to the diagram. One half of your plate should be fruits and vegetables. The rest of the plate can be divided into grains and protein. Off to the side of the plate is the dairy segment which encourages Americans to include dairy at every meal.

Probably one of the most helpful pages on [www.choosemyplate.gov](http://www.choosemyplate.gov) <<http://www.choosemyplate.gov>> is the food gallery. Each segment of MyPlate has a separate food gallery. For example, the Vegetables Gallery includes resources on what foods are vegetables, the health benefits of vegetables, and tips on how to incorporate vegetables into your diet. The food gallery for each food group can help you and your family determine healthy foods, portion sizes, and how to balance the food groups throughout the day.

Also found on [www.choosemyplate.gov](http://www.choosemyplate.gov) <<http://www.choosemyplate.gov>> are numerous resources for children, students, adults, and professionals. Each of these areas has resources tailored to the specific needs of the population. Under the children resources there are a variety of topics for parents such as: children's growth patterns, meals and snacks, picky eating, physical activity, and food safety to name a few.

MyPlate is an excellent, reputable source of nutrition, fitness, and health information. With so much health information clogging the airwaves, it is essential to know where you can turn for quality information and [www.choosemyplate.gov](http://www.choosemyplate.gov) <<http://www.choosemyplate.gov>> is one of the best resources available.

## Veggies For Breakfast

Eat your veggies for breakfast! You and your child should be starting your day with at least one serving of vegetables to help keep you both focused throughout the day. Here are some simple tips to add one serving of vegetables to your morning breakfast routine. Add a handful of spinach, kale, or other leafy greens to a morning smoothie with fruit. Saute vegetables for a few minutes and add them to some scrambled eggs and serve with a side of toast. Meal prep egg muffins, frittatas, or quiches with your favorite vegetables over the weekend so you just have to warm up a serve in the morning. Try root vegetables such as sweet potatoes, make a sweet potato hash, top a roasted potato with nut butter, or use them mashed in a pancake recipe. Try eating last night's leftovers for breakfast. Typically we save leftovers for lunch or dinner, but try them in the morning, you and/or your child might like it!

### CONSIDER THIS

The average child will spend more than three hours each day in front of the television. Consider encouraging your child to perform exercises during commercial breaks.

**Kids Quest Health** aims to provide parents of elementary and middle school aged children with practical health and wellness knowledge and tips that can make a big impact on the current and future health of their children. Kids Quest Health is composed of a team of health professions including a registered dietitian, health educator, physical education teacher, and certified personal trainer. Kids Quest Health is not intended to treat any medical conditions. Please consult a physician before making any serious changes in diet or exercise.