



KIDS QUEST HEALTH

Volume 2 No. 6

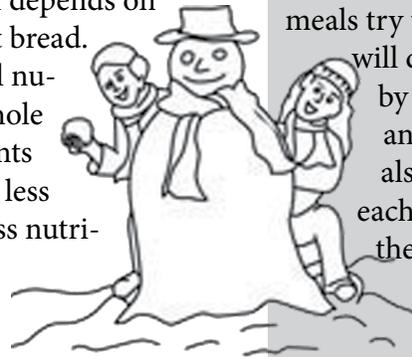
kidsquesthealth.com

February 2019

WHAT ARE “EMPTY CALORIES”?

Nutrient density is an important concept. Eating foods high in nutrient density can help you and your family to get all of the essential nutrients for better health. The nutrient density of each food item depends on the type of food. For example, white bread versus wheat bread. White bread is milled to the point where many essential nutrients are removed from the bread. Wheat bread, or whole grain bread, has less milling and more of the key nutrients remain. One of these nutrients is fiber. White bread has less fiber than wheat bread and therefore white bread has less nutrient density.

You can think of nutrient density as food packed full of vitamins and minerals, whereas foods with a lot of calories, but few vitamins and minerals are considered foods with empty calories. Cakes, cookies, and other treats are notorious for empty calories. Often the foods that are the tastiest, due to high sugar and fat content, are the foods that have the least nutrient density. Help your family choose nutrient dense foods by reading labels, choosing whole grains, eating a variety of fruits and vegetables, low-fat dairy, lean meats, and avoiding too many discretionary treats.



HELPFUL HINTS

1) If you find your family to be eating too large of portions at meals try using smaller plates. It will discourage overeating by creating the appearance of a fuller plate and also make them move each time they want to refill their plate.

2) Exercising releases endorphins that make us happier. The next time your child is upset or disappointed try being active with them.

3) Keep your child's weekend bedtime within one hour of their school night bedtime. Having a drastic difference in bedtime, greater than one hour, confuses the body and makes it more likely that they will have a hard time sleeping when the weekend is over.



Kids In The Kitchen

Apple Nachos

One tart apple

2 tbsp peanut butter

1 tbsp honey

Optional toppings: shredded coconut, semi-sweet or dark chocolate chips, peanuts

Thinly slice the apple using a mandoline or knife and layer on a plate. Have your child combine the peanut butter and honey in a small bowl, microwave for a few seconds, and stir until it reaches a drizzle consistency. Have your child drizzle on top of the apples and add their favorite toppings.

Place muffin liners in a muffin tin. Sprinkle a small layer of granola in the bottom of the muffin liner. Add a thick layer of Greek yogurt and top with berries. Freeze the muffin tin overnight and enjoy for breakfast!



MATH & FITNESS

Have your child roll two dice. Ask them to add the two numbers together and then complete that many of an exercise such as jumping jacks, push-ups, crunches, etc. Participate with your child to make it more enjoyable for them.

Q *Fruits contain sugar, should I limit my child's fruit intake?*

& Naturally occurring, such as those found in fruit, are perfectly okay for you and your child to consume. Sugar from whole foods contain other essential nutrients, such as fiber, vitamins, and minerals, that are important to good health. Added sugars, like those in cookies and cakes, should be avoided.

A



The first wealth is health. -Ralph Waldo Emerson



Fun Fact

The tomato is the state vegetable of New Jersey but the state fruit of Ohio.

Is Your Child a Stomach Sleeper?

Do you have a child who sleeps on their stomach? If so, encourage your child to switch to sleeping on his/her side or back. Sleeping on one's stomach places a lot of strain on the spine and will almost always lead to back pain over time. Stomach sleepers are also forced to turn their head to one side, creating a twisting of the neck and moving the neck and spine out of alignment, which can lead to neck pain. Your child may not experience these pains in their younger years, but will almost definitely experience them as they get older. Encourage them to change their sleeping habits now. It will only get harder for them to change it later in life. By getting them to change their sleep habits now you could save them a lot of pain over their lifetime.

Simple Switches

➤ **Romaine lettuce, kale, green leaf lettuce, or spinach for iceberg lettuce.** Leafy greens contain more nutrients such as Vitamin A, C, K, folate, iron, and fiber. Think the greener, the better!

➤ **Popcorn for Chips.** Popcorn has much fewer ingredients than many other snacks and is lower in calories.

➤ **Olive Oil for Vegetable Oil.** Vegetable oil is processed and is an unhealthy fat. Olive oil is made naturally and contains monosaturated fats which can help reduce bad cholesterol.

Fitness Fun

Depending on where you live it can be difficult to get your family outside and active during February. Try these 4 activities this month to keep your family active.

- 1) Go to your local mall early in the morning when there won't be many people there and go for a brisk walk. Many malls are open to the public before the stores even open just for walking purposes.
- 2) Roll up a pair of socks to create a ball and use an empty trash can as a hole and play an inside version of Frisbee golf constantly moving the trash can to create new holes.
- 3) Stand on one foot and use your right leg as a pencil to spell your first name. Switch feet and use your left leg to spell your last name.
- 4) Roll up a pair of socks and play catch in the hallway.

Fit Fact

Children who exercise with a parent are more likely to continue to exercise as they get older.

CONSIDER THIS

Don't force your child to eat everything on their plate. If they struggle to eat their fruits or vegetables instruct them to eat those items first, or to eat a certain amount of them before moving on to other items but don't force them to eat everything. Although your intentions are good this only encourages them to overeat and as they get older they will find it necessary to continue to eat everything on their plate even after they're full.

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.