

THE GREAT BODY SHOP Family Bulletin



Brought to you by The Children's Health Market, Inc., P.O. 7294, Wilton, CT 06897 800-782-7077 or 203-762-2938

YOU ARE WHAT YOU EAT

THIS MONTH IN THE GREAT BODY SHOP, YOUR CHILD WILL BE STUDYING NUTRITION. THE LESSONS ARE:

LESSON 1: BEYOND THE BASICS

LESSON 2: LIFE CYCLE AND NUTRITION

LESSON 3: WHAT CAN GO WRONG

LESSON 4: MAKING A DIFFERENCE

Try To Buy Fresh

Fresh fruits and vegetables are the best to buy.

They have the most nutrients, and don't have any added salt, fat, or sugar. If you can't buy fresh, look for "plain" frozen vegetables and fruits. Watch out for vegetables in cream or butter sauces, and for fruits in "heavy syrup."

BAN THE (GRANOLA) BARS! Do you put granola bars into your child's lunch? Most granola bars get 70-80% of their calories from sugar and fat. Many contain the fat equivalent of two pats of butter! The few nuts, oats and raisins they contain add very few healthful nutrients. Give granola bars or granola cereal as a treat—like candy. Create a healthy snack alternative by serving 1/4 cup of nuts, seeds, and dried fruit.

Fatty Facts

According to the USDA "All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Oils contain more monounsaturated (MUFA) and polyunsaturated (PUFA) fats."

Because saturated fats, trans fats, and cholesterol tend to raise "bad" (LDL) cholesterol, choosing vegetable oils is a healthier choice than solid fats like butter. Switching to oils can help cut the risk of heart disease. But you only need a small amount (3-6 teaspoons per day depending on your age, gender, and physical activity level). Most healthy fats can be found naturally in foods like fish, nuts, olives, and avocados.

A Note About Vitamins

Some people take large doses of vitamins in the belief that it will make them healthier. While a daily multi-vitamin is harmless, large doses of any kind of vitamin can be dangerous. Do not take large quantities of vitamins without a doctor's advice.

Nutrition Information For The Family!

Visit: www.ChooseMyPlate.gov for up-to-date nutrition information. You and your family can set nutrition and fitness goals. This site will help you to plan and track your food consumption and activity level.

What's In What You Eat?

While at the dinner table, discuss the foods served. Which give your body energy? (*carbohydrates*) Which are "building blocks"? (*proteins*) Which generally contain the most vitamins and minerals? (*vegetables and fruits*) Which foods contain a lot of water? (*Generally fruits and vegetables, though even meat is 50% water.*)

A small baked potato with no butter or sour cream has lots of vitamins C and B₆, carbohydrate, protein, and no fat!
One small potato is one serving!

