



Healthy Living With Head Start



Put Your Best Fork Forward
Celebrate National Nutrition Month

The Basics of a Nutritious Diet



1. Nutrient Density

Foods that are **energy-dense** have a lot of calories without a lot of vitamins and minerals. These include fast foods, snack foods, and other processed items.

Foods that are **nutrient-dense** have more nutrients per calorie, meaning that every bite is packed with health-promoting vitamins and minerals. These include fruits and vegetables, lean proteins, and whole grains.

2. Eat the Rainbow

Different pigments and colors in fruits and vegetables provide different vitamins and minerals. For example, red and orange colored fruits and vegetables are often good sources of vitamin A, while leafy greens are chock-full of vitamin K. A varied, colorful plate can have a wide range of health benefits in just one meal.

3. Balance

Eating right doesn't have to mean cutting out your favorite foods. Try to minimize your intake of saturated fats (like butter) and added sugars, and maximize your intake of healthy fats. Focus on items like nuts, avocado, and vegetable oils, as well as fiber and lean proteins. A healthy diet has room for everything, as long as it's kept in balance.

Models for Mindful Eating

5-2-1-0: The Healthy Way to Live Each Day!

5: Five servings of fruits and vegetables

Because fruits and vegetables are full of lots of vitamins and minerals, they help kids grow and develop both physically and mentally. One “serving” is about 1/2 cup of fruit, 1/2 cup cooked vegetables, or 1 cup of raw vegetables.

2: Two hours of screen time or less

Screen time includes TV, video games, cell phone, computer time, and other time we spend (sitting still) on electronic devices. By reducing time in front of screens, we spend more time moving and engaging in the world around us.

1: One hour of physical activity

Physical activity doesn't have to mean a structured exercise plan. A short walk, dancing, doing chores, going swimming, and playing outside all count.

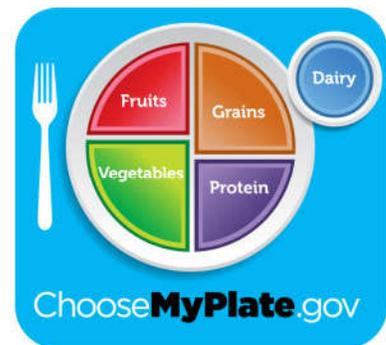
0: Zero sugar-sweetened beverages

Sweetened beverages like soda, fruit juices, and flavored sweet teas offer few nutrients and have a lot of sugar. To get the most out of what we eat and drink, we should aim to get our calories from whole foods. Water and milk are great alternatives to these beverages.

Get to Know MyPlate!

MyPlate is a tool to help us visualize our plates as we create healthy and nutritious meals for our families. Get to know what should be on your plate:

- * **Fruits** and **vegetables** should take up half of our plates. Remember, the more color the better!
- * Aim for half of your **grains** to be whole grains. Refined grains are items like white bread, pasta, and white rice. Whole grains include items like quinoa, brown rice, and 100% whole wheat breads, pastas, and cereals.
- * Switch it up with **protein**, try adding fish, eggs, beans, peas, nuts, and seeds into the mix.
- * Try to increase your low-fat **dairy** options by choosing lower fat yogurt, milk, and cheese. Remember that children under two need to drink whole milk to help them grow and develop.



Good, Clean, Cooking Fun

Cooking can be a great way to get kids excited about what is on their plate. Giving children a role in buying and preparing foods will give them an opportunity to interact with foods in a different way and will give you a chance to have a little fun in the kitchen as a family. Because cooking can get messy, here is a fun “no-sew” way to make your little kitchen helper an apron:

Materials Needed:

- * 1 Oversized tee shirt
- * Scissors
- * Fabric paint/markers



Directions:

- * Lay the tee shirt out on a flat surface with the front of the shirt facing up. Cut a straight line through both layers of the shirt from the bottom of the armpit to the top of the shirt, cutting the sleeves off (leave the collar intact).
- * Turn shirt over and cut just the top layer of the shirt:
 - * Cut the rest of the way around the collar, leaving the collar attached to the front part of the shirt.
 - * Cut straight across from one armpit to the other, removing the top part of the back of the shirt.
 - * Cut up from the bottom, leaving about 3 inches from the armpit.
 - * Cut straight across from the top of each side cut, removing the bottom portion of the back of the shirt.
 - * Cut remaining strip of fabric down the center to create a strap to tie.
- * Let your child decorate the front of their new apron with fabric paint and markers.

Making Mealtime Memories

Breakfast Banana Split

Kick-start any morning with a guilt-free treat full of fiber, potassium, vitamin C, calcium, and protein. This twist on a banana split makes a nutritious breakfast that's both fun to eat and to create.

Ingredients

- * 1 whole banana
- * 1 cup flavored Greek yogurt
- * Your favorite berries (try blackberries, strawberries, raspberries, or blueberries)
- * Granola



Directions

1.
 - * Prepare yogurt by placing in the freezer until firm.
 - * Split a banana in half, length wise.
 - * Using an ice-cream scoop, add 2 scoops of yogurt in a row, between the two banana slices.
 - * Sprinkle with berries.
 - * Sprinkle with granola.
 - * Add a spoon and enjoy!

Mix up this recipe with different fruits, chopped nuts, and other favorite toppings!

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Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

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