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YOUR HEALTH MATTERS!



Healthy ACTIVE Children

This material was funded by USDA's Supplemental Nutrition Assistance Program Education (SNAP-ED).

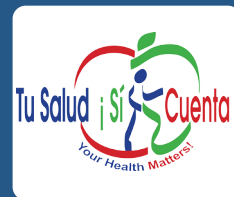
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The Salty 6 for Kids

About 90% of kids eat too much sodium. Kids' preferences for salty-tasting foods are shaped early in life.

Foods that add the most sodium to the diet, ages 6-18:

- | | | | |
|----------------------------|--|---------------|--|
| 1. Pizza | | 5. Sandwiches | |
| 2. Bread & rolls | | 6. Cheese | |
| 3. Cold cuts & cured meats | | | |
| 4. Savory snacks | | | |

Parents and caregivers can help lower sodium by influencing how foods are produced, purchased, prepared and served.

Source: American Heart Association

Many Benefits of Exercise

Everyone can benefit from regular exercise. Active kids will have:

- | | |
|--|---|
| <ul style="list-style-type: none"> ★ Stronger muscles and bones ★ A better outlook on life ★ Less risk of becoming overweight | <ul style="list-style-type: none"> ★ A lower chance of getting type 2 diabetes ★ Lower blood pressure and blood cholesterol levels ★ Leaner bodies |
|--|---|

Besides enjoying the health benefits of regular exercise, fit kids sleep better.

They're also better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

Source: KidsHealth.org

Graphics: Vecteezy



VANESSA SALDAÑA

"It is important to give them free time without rules, without lectures so their imagination can grow and they can enjoy living their childhood stage. This free time, renews them and helps them grow healthy physically and mentally."



"I try really hard to never deny a trip to the park, in where they have fun and are active at the same time. There are times when I feel tired and want to say no, but stick to my determination and think that if I say no to them, they will stop wanting to go to the park and enjoying being active."



HEALTHY RECIPE: BERRY JAMS PARTY BITES

Source: U.S. Dept. of Agriculture



INGREDIENTS:

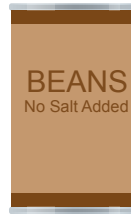
- 3 whole grain English muffins
- 6 tablespoons peanut butter or sunflower seed butter
- 1 cup fresh or frozen (and thawed) sliced strawberries
- 1/2 cup fresh or frozen (and thawed) blueberries

PREPARATION:*

- 1) Using a fork, gently split English muffin in half.
- 2) Spread 1 tablespoon of peanut butter on each English muffin half.
- 3) Layer strawberries and blueberries on top of each English muffin half, covering peanut butter.
- 4) Serve immediately or chill until served.

*Instead of strawberries and blueberries, use pineapple (canned in 100% juice is OK) or bananas for a delicious twist.
Allergic to nuts? Use sunflower seed butter in place of peanut butter.

	FOOD	GREAT FOR	WHAT'S A SERVING
FRUIT	Apples (raw with skin)	Snacks, green salads	1 apple (large)
	Banana	Snacks, fruit salads, yogurt parfaits & smoothies	1/2 banana
VEGETABLES	Broccoli	Steamed as a side dish, tossed in salads, mixed in brown rice or whole wheat pasta dishes	1 cup raw, 1/2 cup cooked
	Sweet Potato (Cooked, baked in skin)	baked, mashed, steamed	1 medium potato
	Spinach	Tossed salads, steamed as a side dish	1 cup raw, 1/2 cooked
WHOLE GRAINS	Brown Rice	Stir fry, steamed with veggies	1/2 cup (cooked)
	Oatmeal (regular)	Hot oatmeal, breakfast, baking	1/2 cup (cooked)



Healthy Foods Under \$1 Per Serving

	FOOD	GREAT FOR	WHAT'S A SERVING
LOW-FAT DAIRY	Milk (fat-free)	Cold beverage	1 cup
	Yogurt (plain, low fat or fat-free)	Smoothies, yogurt parfait, dips and dressings	A 6-ounce container
LEAN PROTEIN	Eggs	Omelets, hard boiled eggs, salads	1 medium egg
	Lentils	Soups & stews, cold bean salads, casseroles	1/2 cup cooked
	Canned Beans (no salt added) kidney, pinto, garbanzo, or navy	Green salads, stews, hummus, & chili	Each can contains about 3.5 (1/2 cup) servings

Source: American Heart Association