

Nutrition Books

These are great books to use with your students.

Your Body . . . Your Castle . . . Your Kingdom by Nikki McAdoo
www.themission4nutrition.com or call 1-800-8620348

The Fish Who Wished He Could Eat Fruit and
The Fruit Flies' Picnic by Kathleen Stefancin M.S., R.D.
www.smartpicks.com

Chelsea's Healthy Secrets by Sherry Schiavi
www.chelseashealthysecrets.com

The Gulps by Rosemary Wells
ISBN-10: 0-316-01460-5

Eat Healthy, Feel Great by William Sears, M.D., Martha Sears, R.N., and
Christie Watts Kelly
www.askdrsears.com

How Groundhog's Garden Grew by Lynne Cherry
ISBN 0-439-32371-1

Feed Your Brain by Philippa Norman, M.D., M.P.H.
For grades 4-8, important nutritional information in a kid-friendly format.
www.gofeedyourbrain.com or www.growingtreepress.com

Nutrition Facts
From
Eat Healthy, Feel Great
By: William Sears, M.D. and Martha Sears, R.N.

Our body needs the right food to:

1. help it grow
2. keep it healthy
3. give it energy

Our brain needs good food to:

1. help it do its best thinking

Think of foods like a “stop-light.”

1. “Green-light” foods are good for you and you can “go” ahead and eat these foods because they help your body “go.”

Examples of “green-light” foods are:

1. fruits (like apples, oranges, strawberries . . .)
2. vegetables (like carrots, broccoli, dark green lettuce . . .)

Fruits and vegetables have thousands of phytonutrients (nutrients from plants) in them that help fight off illness. These phytonutrients help to keep our bodies healthy and strong.

3. nuts (almonds, walnuts . . .)
2. “Yellow-light” foods can be eaten sometimes but don’t help your body the way “green-light” foods do.

Examples of “yellow-light” foods are foods like pizza, hamburgers, pretzels . . .

3. “Red-light” foods do not help you and might even hurt your body.

“Red-light foods have ingredients in them that are not good for your body.

Examples of these ingredients are listed below.

1. **Food dyes** make food look yummy, but they are bad for you. Candy and sweet drinks contain food dyes.
2. **Hydrogenated oil** makes you want to eat more. Hydrogenated oil can hurt your heart. Foods like cookies, chips, and pretzels often contain hydrogenated oil.
3. **Preservatives** are also bad and they are found in things like hot dogs and bacon.
4. **White flour and sugar** make food taste better but they don't give your body the nutrients it needs.

Sugar shuts down your immune system (which fights off illnesses) for a short amount of time.

Helpful tips:

1. Read labels

A **long list of ingredients** on the package usually means the item is **not good** for you.

A **short list of ingredients** is often a clue that the package contains a healthier item.

2. Look to see what ingredient is listed first. There is more of that ingredient in the product than any of the other ingredients.

3. Bad words to see on a label:

- a. Hydrogenated oil
- b. Enriched-bleached flour

- c. Corn syrup or High fructose corn syrup
- d. Food dyes
- e. Preservatives like nitrates and nitrites

Hint: if you don't recognize an ingredient that is on the label, the body probably won't recognize it either and won't be able to use it.

4. Good words to see on the label:
- a. Whole wheat
 - b. 100 percent fruit juice
 - c. (Items that grow in nature)
 - d. No preservatives
 - e. No food dyes

Food can be tricky.

Food that is **good for your body** ("green-light" food) might not taste good at first. Just keep taking nibbles to try it and eventually your body will see that it is good for you. Then you will usually start to like it.

Bad food is tricky because it often looks good and tastes good, but does not do good things for your body.

Different fruits, grains, and vegetables have different nutrients.

We need all the different nutrients found in these foods.

So, we need to eat a variety of fruits, grains, and vegetables.

Different colors mean different nutrients.

That is why Dr. Sears said we should eat a rainbow of colors.

Remember, the darker the color of the fruit, grain, or vegetable, the more nutrients that food has in it.

Green-Light Foods

Green-light foods provide you with the fuel your body needs. When you give your body the proper food, it is able to fight off illnesses better. It also gives you energy and helps you grow.

Green-light foods are filled with nutrients. Nutrients are the things your body needs to stay healthy and feel great.

These good things are in green-light foods:

1. **Protein** helps you grow bigger and stronger. Protein helps your brain stay alert and helps it do its best thinking. (Protein is in chicken, beans, and cheese.)
2. **Healthy fat** makes your brain think better too. (Healthy fats are in fish, eggs, and nuts.)
3. **Complex carbohydrates** break down slowly and evenly to keep you going for a long time. (Complex carbohydrates are found in whole-grain bread, healthy cereals, and wheat pasta.)
4. Green-light foods have **vitamins** and **mineral** you need.
 - a. **Vitamin A** helps your eyes. (Vitamin A is in foods like carrots, cantaloupes, and spinach.)
 - b. **Vitamin C** helps you heal faster and helps you stay healthy. (Foods like broccoli, strawberries, and oranges contain Vitamin C.)
 - c. The **B vitamins** help your brain work better. (Avocados, fish, and flax seed have vitamin B in them.)

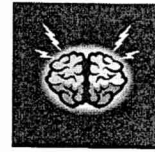
- d. **Calcium** helps your bones grow and keeps them strong. (Calcium is in milk, yogurt, and tofu.)
 - e. **Iron** is a mineral that makes your blood work better to give you more energy. (Iron is found in meat, raisins, and potatoes with the skin left on.)
5. **Fiber** makes your tummy work better and helps you go to the bathroom regularly. (Fruits, vegetables, grains, and beans have lots of good fiber.)

That is why it is better to eat an orange than orange juice and an apple is better than apple juice.

Remember, it takes all kinds of “green-light” foods to make up a healthy and balanced diet. That is why we want to eat a “rainbow” of dark colored fruits, vegetables, grains, and proteins. (The darker the color, the more the nutrients. 😊)

Also, everybody needs at least four eight-ounce glasses of water every day. Water is very important for our bodies.

Use our brain-friendly
"3Cs Check"



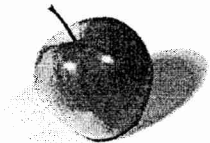
to help make healthy food choices.

3 Cs Check

Try to choose foods that are:

Colorful

(Colorful means they have the different nutrients our body needs. The **darker** the color, the more nutrients they have.)



Crunchy

(Foods that have fiber are usually **crunchy**. Fiber helps clean our digestive system and keeps our body running smoothly.)



Come from Nature

(Foods that come from **nature** contain the nutrients our body needs in a form it recognizes.)



All Snack Foods Are Not Created Equal

Prepared snack foods are popular — and they can shorten lunch prep time for you — but it's important to read labels to root out any products that include problematic ingredients. To avoid: trans fats, high-fructose corn syrup, monosodium glutamate (MSG), preservatives, artificial sweeteners, colors or flavors.

Avoid products that :

list sugars among the top few ingredients, and choose foods that contain naturally occurring or healthy fats vs. hydrogenated and fractionated oils.

Tips for Label Reading

- Short ingredient lists usually indicate a healthier item.
- Look for a healthy first ingredient-ingredients are listed in descending order of amounts.
- Watch for the “Divide and Conquer” strategy where manufacturers use different kinds of the same ingredient (like sugar) so they can list them lower in the ingredient list.
- Fats can be disguised in many ways – hidden fats include glycerin, mono and diglycerides.
- Watch out for “fat-free” items. Fat-free items often contain lots of sugar and other unhealthy ingredients.
- Buy juices the say “NOT from concentrate.”
- Don’t choose products containing “partially hydrogenated oils” or food dyes with numbers after them.
- If you see a word you don’t recognize, check it out. Your body may not be able to recognize it either.



Remember This “Brain Friendly”

Nutrition Advice

From Dr. Susan Silberstein

From: *Hungry for Health*

Dr. Silberstein encourages us to try to:

Eat More:

- ❖ **Roots and fruits**
 - ❖ **Greens and beans**
 - ❖ **Seeds and weeds**
- Plus some wild fish or game.

And

Eat Less:

- ❖ Meats and sweets
- ❖ Pies and fries
- ❖ Chips and dips
- ❖ Cakes and shakes

Giving Kids Candy Is Anything But Sweet

Parents who want their children to eat healthy are fighting a world eager to fill them with sugar.

BY DAVE BEASLEY

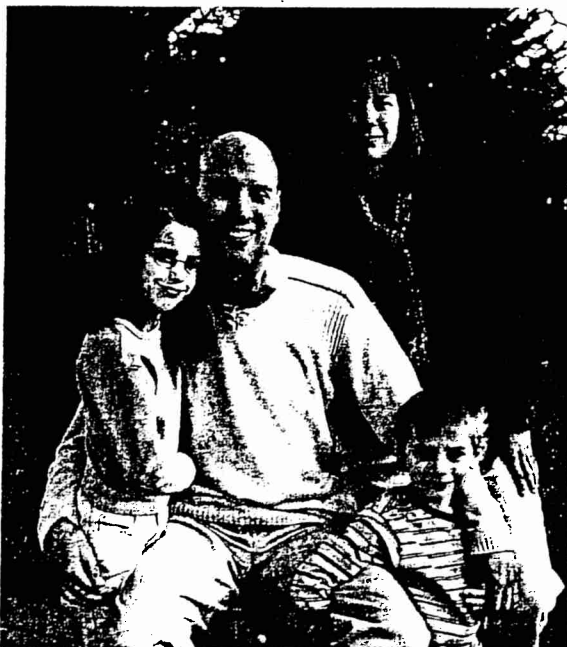
THE GRADE-SCHOOL CHILDREN in my neighborhood love their elderly bus driver. Every Friday morning they patiently climb onto the bus and accept a gift from him—a lollipop, piece of gum or some other type of candy. I'm sure he intends the gesture as an act of kindness, but as a parent who's trying to teach his two small children to eat healthy, I wish he'd stop. In any case, I believe the kids' affection for him has more to do with his ready smile than the sugary treats he hands out. Do I have the right to object? Or have I (finally) become one of those "whiner" parents?

My wife and I try to lead by example. We routinely exercise and demonstrate, not preach, the merits of a well-rounded diet. We have firm rules on dessert and candy intake—only after balanced meals and once per day. But I'm now coming to the realization that I'm naive to believe that our effort to exert control over such matters will have an impact.

After my 5-year-old son finished his 45-minute gymnastics class a few days ago, the coach rewarded him with a Hershey's Kiss. At my 7-year-old daughter's school carnival last month, children were encouraged to purchase "candy grams" for each other—a bargain at only 50 cents for a full-size Snickers, Baby Ruth or 3 Musketeers bar. Social norms being what they are, if you didn't receive at least five or six candy bars, you simply weren't popular. Last weekend both children returned home from birthday parties with their own gift bags, which, of course, contained an assortment of treats.

When I made a routine deposit at our local bank recently, the teller offered both of my children a lollipop. The most popular store in downtown Wheaton, Ill., is a narrow alley of a shop that you literally have to

enter single file. It sells only candy. For \$1, you can purchase a large bag of it. Every night there's a line out the door. It's viewed as a nostalgic part of Wheaton's charm. The thing that disturbs me most of all is that there is now a basket of candy on display at



PHOTOGRAPH BY CALIE LUPPIN FOR NEWSWEEK

BETTER THAN BROCCOLI: After my 5-year-old finished his gymnastics class, the coach gave him a Hershey's Kiss

our family physician's office so that children can grab a piece at the end of their exam. Why would my kids listen to my ranting about eating healthy when they get candy at the doctor's office?

Our calendar now dictates more candy-based giving, too. Let's be honest—many kids equate Easter with getting candy from an imaginary bunny. Giving a box of chocolates to your loved ones on Valentine's Day is a sign of affection. Not giving chocolates to your spouse on Valentine's Day is akin to forgetting an anniversary.

Last year our Halloween-candy intake was so significant that I taught my daugh-

ter how to use PowerPoint to graph the quantity of different kinds of candy she had received—it was a unique "bar" chart, to say the least. (She had scored 14 Snickers, 12 3 Musketeers and 10 Hershey's.) By early December, I've usually thrown away all the remaining Halloween candy in a fit of frustration sparked by the most recent pediatric dental visit. That's about the time our neighbors start showing up with plates of Christmas cookies.

Regardless of the example my wife and I attempt to set, we're working against a lot of variables. So why don't we just grin and bear it? Well, because we understand what's at stake. According to a sobering report that recently appeared in *The New England Journal of Medicine*, the rapid increase in childhood obesity may cause to-

day's children to have a lower life expectancy than I do—shocking in an age of so many advanced health-care techniques. It was only by explaining the risk of type 2 diabetes to my daughter that I was able to coerce her into eating her vegetables—at least for one night.

So my advice to anyone who considers it nice to give candy to children? Don't do it. Consider handing out pennies instead. You've probably got thousands of them sitting around and, in my town at least, you lose 10 percent of the value when you dump them into the machine at the grocery store. Ask your kids to put a penny in their savings bank, at least until our president saves Social Security. Also, stop giving out the birthday bags. Most parents are like my wife and me—glad to buy a small present and send our kids to your child's birthday party, if only to get them out of the house for a few hours. We don't expect anything in return. If you must give kids unso-

licit food, consider a small box of raisins. They have a decent shelf life, and at least you're attempting to address their daily fruit requirement.

There are many bigger issues facing our world today than candy consumption, but what I'm really venting about here is the health of our children. We educate them about the dangers of drugs, smoking and drinking, yet we're still freely handing out sugar. It may not be mean to give candy to children, but I would submit that it's not as nice as you believe.

BEASLEY lives in Wheaton, Ill.