

HEALTHY FAMILIES

A Middle School Program for Diabetes Prevention

VOLUME 2, WINTER 2008

PARENTS SPEAK OUT

As part of the HEALTHY program, we have spoken to parents around the country to find out how they help their children to eat healthy foods. Here are some of their suggestions. The pictures on this page show parents who have children in the HEALTHY program.*

“My daughter likes to eat and she will eat anything. Sometimes she is still hungry after we eat. When that happens, she knows she can have more fruit or vegetables. But, I always tell her to let the food settle for a bit and see if she is still hungry later. If she is, she can come back for more. Nine times out of ten she doesn't come back.”

— A HEALTHY Parent

“I keep a bowl of fruit on the table or cut up fruit and they eat it. I learned that when you make it easy they will eat their fruit.”

— A HEALTHY Parent

“My kids just graze all day, especially during sports season and when they come home from school. I always try to have healthy food around so they can easily grab something. Instead of buying a large bag of Doritos, I buy 100 calorie snack packs and portioned fruit cups or applesauce.”

— A HEALTHY Parent



*The words shown here are not those of the parents pictured.

This newsletter is brought to you by the HEALTHY program, which is working with your child's middle school this year to help students learn about the importance of choosing healthy snacks and foods. The quotes on this page come from actual interviews with parents of HEALTHY students across the country.

HEALTHY RECIPE

Chicken Stew

Ingredients:

- | | |
|------------------------------------|---------------------------------------|
| 8 chicken pieces (breasts or legs) | 1 teaspoon parsley, chopped |
| 1 cup water | 1/4 cup celery, finely chopped |
| 2 small garlic cloves, minced | 2 medium potatoes, peeled and chopped |
| 1 small onion, chopped | 2 small carrots, chopped |
| 1 1/2 teaspoons salt | 2 bay leaves |
| 1/2 teaspoon pepper | |
| 3 medium tomatoes, chopped | |

1. Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

Yield: 8 servings
 Each serving provides:
Calories: 206
Total fat: 6 g

Save leftovers for lunch the next day. Option: combine all ingredients in a crock pot. Cover and cook on low for 7-9 hours.

This recipe is taken from the Delicious Heart Healthy Latino Recipes cookbook, published by the National Heart, Lung, and Blood Institute. For more healthy recipes, check out the following website: <http://www.nhlbi.nih.gov/health/index.htm>

HEALTHY UPDATE

Students vote on new foods at school.



THINGS TO THINK ABOUT

In school this year, your child is learning about the importance of choosing healthier foods and snacks. Here are ideas to help them make healthy choices.

1. Ask your child about healthier choices to replace french fries at fast food restaurants, such as a plain baked potato, fruit, or yogurt.
2. If healthier options aren't available at a restaurant, choose small portions.
3. When choosing a snack, look at the nutrition facts on the label. Choose the option with less fat and fewer calories. For example, compare the labels below:

Regular Potato Chips	vs.	Baked Potato Chips
Nutrition Facts		Nutrition Facts
Serving Size 1 oz.		Serving Size 1 oz.
Amount Per Serving		Amount Per Serving
Calories 150		Calories 110
Calories from Fat 90		Calories from Fat 15
Total Fat 10g		Total Fat 1.5g
Saturated Fat 1g		Saturated Fat 0g
Polyunsaturated Fat 3g		Trans Fat 0g
Monounsaturated Fat 6g		Cholesterol 0mg
Trans Fat 0g		Sodium 150mg
Cholesterol 0mg		Total Carbohydrate 23g
Sodium 180mg		Dietary Fiber 2g
Total Carbohydrate 15g		Sugars 2g
Dietary Fiber 1g		Protein 2g
Sugars 0g		
Protein 2g		Vitamin A 0% • Vitamin

Which is the better choice?
 The baked chips.

Why?
 Less calories. Less fat.