

April 23, 2020

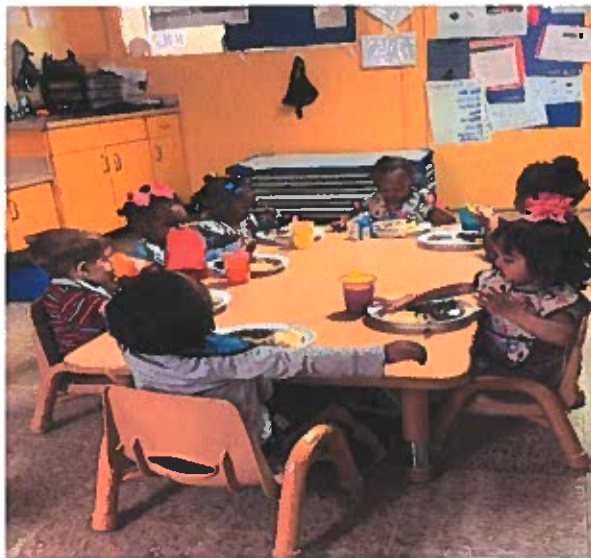
Hello EHS families,

We miss you all! I hope that you all are doing well and continuing health and safety practices during this time. During the month of April there are many health initiatives recognized. World Health Day and Every Kid Healthy week are a couple of those health initiatives. With schools closed during this COVID-19 pandemic and many parents working from home, the need for healthy in-home solutions are more important than ever. Let's stay healthy, active and happy during this time.

Be safe,

Deidra Lewis, Health Specialist

DAILY TIPS TO HELP YOUR FAMILY EAT BETTER



Try these daily tips that will help your family take a step-by-step approach to eating healthy.

- **Make it fun for kids to try new fruits and vegetables.** Let them pick out a new fruit or vegetable in the grocery store each week, and figure out together how to cook or prepare it in a healthy way.
- **Whole grains are a good option.** Choose whole-grain foods, such as whole-wheat bread, brown rice, popcorn, oatmeal and whole-grain cereal.
- **Some fats are better for you than others.** Use liquid vegetable oils such as canola, corn, olive, safflower, sesame and sunflower oils in place of butter and solid fats whenever possible.
- **Help your children develop healthy habits early in life that will bring lifelong benefits.** Be a good role model, make it fun, and involve the whole family in lifestyle changes.
- **Chicken, fish and beans are good choices for protein.** Remove skin and visible fat from poultry. If you do eat red meat, limit it to once in a while, keep portion size small and choose the leanest cuts.
- **Read food nutrition labels.** Pick healthy foods that provide nutrients like vitamins, minerals, and dietary fiber but limit sodium, added sugars, saturated fat and trans-fat.
- **When you cook at home you have more control over ingredients and portion sizes, so aim to cook at home more often than eating out.**
- **For snack time, keep fresh fruit and pre-chopped or no-chop veggies on hand.** Your family is more likely to grab fruits and vegetables over other items if they're readily available.

- **Enjoy fish high in omega-3 fatty acids.** Oily fish such as salmon, trout and tuna are good choices.
- **Break up with Sneaky Salt.** Take the pledge and learn how to reduce the sodium your family eats. Most sodium in the American diet comes from processed and restaurant foods, not from the salt shaker!
- **A small handful of nuts or seeds can be a satisfying and healthy snack.** Look for unsalted or lightly salted nuts. Almonds, hazelnuts, peanuts, pecans, pistachios and walnuts are all good choices.
- **Vegetables and fruits are loaded** with nutrients and fiber, and typically low in calories and sodium. Fresh, frozen or canned produce can all be healthy choices, but compare food labels and choose wisely.
- **Use fresh or dried herbs and spices** or a salt-free seasoning blend in place of salt when cooking. Add a squeeze of fresh lemon or lime to add flavor to cooked foods.
- **Package your own healthy snacks.** Put cut-up veggies and fruits in portion-sized containers for easy, healthy snacking on the go, without the added sugars and sodium.
- **Cook vegetables in healthy ways** that will help bring out their natural flavors, including roasting, grilling, steaming and baking. You'll need less salt (if any) and may even turn the most anti-veggie kid into a fan!
- **Let our heart be your guide when grocery shopping.** Look for foods with the American Heart Association's trusted Heart-Check mark to make smarter food choices.
- **Try sparkling water,** unsweetened tea or sugar-free beverages instead of sugar-sweetened soda or tea. Add lemon, lime or berries to beverages for extra flavor.
- **Enjoy fruit for dessert most days and limit traditional desserts to special occasions.**
- **Instead of frying foods** – which can add a lot of extra calories and unhealthy fats– use healthier cooking methods that add little or no solid fat, like roasting, grilling, baking or steaming.
- **Schedule time each week to plan healthy meals.** Keep your recipes, grocery list and coupons in the same place to make planning and budgeting easier.
- **Serving size does not always equal portion size.** Check the serving size and servings per container because what might seem like a typical portion could actually equal two or more servings.
- **Get your kids in the kitchen!** They'll be more excited about eating healthy foods when they've been involved. Give them age-appropriate tasks and keep a step-stool handy.
- **Use frozen or canned fish and poultry for a quick and easy meal.** Choose the options canned in water and watch sodium content.
- **Try a meatless meal each week.** Think vegetable lasagna or a portabella mushroom burger! Vegetables and beans can add protein, fiber, and other nutrients to a meal.
- **Eating healthy on a budget can seem difficult,** but it can be done! Many fruits, vegetables and legumes (beans and peas) cost less than \$1 per serving.
- **Watch out for added sugars.** They add extra calories but no helpful nutrients. Sugar-sweetened beverages and soft drinks are the number one source of added sugars for most of us.
- **Eat the rainbow:** A fun and tasty way to make sure your family is eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.