



ESPH Video News

Healthy Communities

Lack of access to proper nutrition is one reason why many children are not eating the recommended levels of fruits, vegetables and whole grains.

More than 23 million Americans, including 6.5 million children, live in low-income urban and rural neighborhoods that are more than a mile away from a supermarket. These communities, where access to affordable, quality, and nutritious foods is limited, are known as "food deserts."

Hunger among our children is even more widespread. A recent U.S. Department of Agriculture report showed that in 2008, an estimated 49.1 million people, including 16.7 million children, lived in households that experienced food insecurity multiple times throughout the year. Too often, these same school age children are not eating the recommended level of fruits, vegetables, whole grains and low-fat dairy products. Let's Move! is committed to helping ensure that all families have access to healthy, affordable food in their communities.

Get started by initiating a conversation about creating a healthier community. Bring together everyone who has a role –parents, city offices, faith-based and community-based organizations, schools, parks and recreation departments, businesses, childcare facilities and hospitals. Then, work together to make neighborhoods healthier by creating opportunities for physical activity and access to healthy, affordable food.

With the conversation started, take the next step and become a *Let's Move! City or Town*. Every city and every town is different, and each requires a distinct approach to this issue. *Let's Move Cities and Towns* emphasizes the unique ability of communities to solve the challenge locally, aided by the crucial leadership of mayors and elected officials to provoke action.

To learn more about creating a healthy community and how to become a Let's Move! City or Town, visit www.letsmove.gov.

Article adapted from Letsmove.gov



**10
tips**

**Nutrition
Education Series**

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Taking It Home...Cooking With Kids

What are healthy food choices? What is a balanced diet? USDA Team Nutrition has many FREE nutrition education resources that can help teach children the answers to these questions.

One such resource is *Serving Up MyPlate: A Yummy Curriculum*, which is available in three levels providing age appropriate lessons and activities for children in grades 1-6. *Serving Up MyPlate* is a collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health.. This yummy curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy...reinforcing the “Eat Smart. Play Hard.” message!

To complement the messages from *Serving Up MyPlate*, try letting your children help out in the kitchen. The recipe below from USDA’s *Discover MyPlate* materials is a great way to give kids a hands-on demonstration that all food groups can fit in with a healthy snack or meal!



Food Group Friend

1 Get a Head

Put a grain on your plate.

2 Make a Face

Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?

Choose a dairy food and cover the head.

4 Name Your Friend

Have you used a food from each food group? If so, enjoy!

Ingredients

Choose your favorite ingredients from every group

Grain	Protein Food	Vegetable	Dairy	Fruit
<p>English muffin, brown rice cake, or bread</p>	<p>beans or egg</p>	<p>carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper</p>	<p>low-fat cheese</p>	<p>blueberries, bananas, raisins, apples, or grapes</p>



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For more news and resources, visit www.eatsmartplayhard.org.

This month's highlights include:

- Video featuring:
 - USD 259 Wichita—Central Kitchen
 - USD 383 Manhattan—Community Partners
- Resources for parents and fun for kids
- And lots more news about healthy living at school and at home

➔ Visit us on the Web! www.eatsmartplayhard.org ←

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