

# Poe in the Know



## March is National Nutrition Month

March 2006

Volume 2, Issue 1

Step Up to Nutrition & Health

Spring into action with these key messages!



Play it safe with foods. Prepare, handle and store food properly to keep you & your family safe.



The food & physical activity choices made everyday affect your health today & in the future. Eating right and being physically active are keys to a healthy lifestyle.



Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients but lower in calories.

Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods. Just be sure to stay within your calorie needs!

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

The National Nutrition Month 2006 key messages are based on the Dietary Guidelines for Americans, 2005 recommendations.

More information about the dietary guidelines and the MyPyramid food guidance system is available online at [www.healthier.usda.gov/dietaryguidelines](http://www.healthier.usda.gov/dietaryguidelines) & [www.mypyramid.gov](http://www.mypyramid.gov).

## Mini Tomato Basil Pizza

### Ingredients:

- 1/2 Whole wheat English muffin
- 2 tbsp. no added sodium tomato sauce
- 2 tbsp. part skim mozzarella cheese
- 1 tbsp. fresh basil, chopped
- 2 tbsp. tomato, diced

### Directions:

1. Preheat broiler and place English muffin on a baking sheet.
2. Spread tomato sauce over top of muffin.
3. Sprinkle cheese, basil and tomato on top.
4. Broil until cheese is brown and sauce is Bubbly.
5. Serve immediately.



Serving size: 1 mini pizza

### Nutritional analysis\*

(per serving):  
154 calories  
10 g protein  
6 g fat  
15 g carbohydrate  
3 g fiber  
16 mg cholesterol  
239 mg sodium  
227 mg calcium

\*may vary depending upon ingredient brands used

### Inside this issue:

TV-Turnoff Week	2
Breakfast Bonus	2
Sipping Smart	3
Tips for Parents	4
Poe News	5
Resources &	6
Puzzle	

Join the Healthy Grub Club!

# TV Turnoff Week 2006: April 24<sup>th</sup>~30<sup>th</sup>

Turn off TV, Turn on Life!

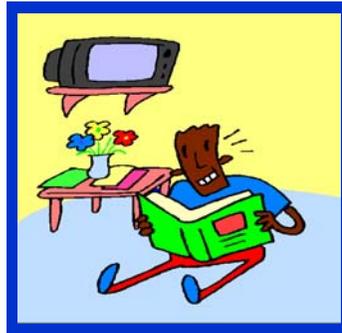
## What is TV-Turnoff Week?

TV-Turnoff Week is an exciting opportunity for children and adults to experience life without television. For seven days, people across the country and around the world turn off their televisions to find that life can be more rewarding and fulfilling when we do more and watch less.

## Why Turn off the TV?

Television cuts into family time, harms our children's ability to read and succeed in school, and contributes to unhealthy lifestyles and obesity. Here are just a few facts:

-  On average, children in the US will spend more time in front of the television (1,023 hours) than in school this year (900 hours).
-  Forty percent of Americans frequently or always watch television during dinner.
-  Americans watch an average of more than 4 hours of TV a day, or two full months of TV a year.
-  The proportion of overweight children has doubled since 1980 due, in part, to sedentary leisure time activities such as watching TV.



## Who participates?

Anyone and everyone. Millions of people all over the world have participated in TV-Turnoff Week since it began in 1995. Children and adults, rich and poor-people from every background and all walks of life-take part through schools, churches, or community groups, as families or individuals.

## What's So Great about TV-Turnoff Week?

Turning off the television gives us a chance to think, read, create, and do. To connect with our families and engage in our communities. To turn off the TV and turn to life.

## TV-Turnoff Week Works!

According to hundreds of responses to TV-Turnoff Week follow-up surveys, 90 percent of responding participants reduced their TV-viewing as a result of participating.

Sound like fun? It is! Join thousands of parents, teachers, pediatricians, and other families by celebrating TV-Turnoff Week 2006: April 24-30, 2006. TV-Turnoff Week is supported by over 70 national organizations including the American Academy of Pediatrics, National Education Association, and Presidents Council on Physical Fitness and Sports. To order an Organizer's Kit, or for more information, contact TV-Turnoff Network at [ww.tvturnoff.org](http://ww.tvturnoff.org).

"The easiest way to reduce inactivity is to turn off the TV set. Almost anything uses more energy than watching TV."

—Dr. William Dietz, CDC

## TV-Turnoff Tips

- ✓ Move your television to a less prominent location.
- ✓ Keep the TV off during meals.
- ✓ Designate certain days of the week as TV-free days.
- ✓ Do not use television as a reward.
- ✓ Listen to music or the radio for background noise.
- ✓ Don't worry if children claim to be bored. Boredom passes & often leads to creativity.

## Ready, Set, Breakfast!

"Eat your breakfast. It's the most important meal of the day!"

Why are parents always saying that?

Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.



Kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

From [kidshealth.org](http://kidshealth.org), March 2006

# Healthy Drinks for Kids

Think Before you Drink!

There's a lot of talk about getting kids to eat healthy, but what about getting them to drink healthy? What a child drinks can drastically affect the amount of calories consumed, as well as the amount of calcium needed to build strong bones.

## Serve Water and Milk

For kids of all ages, water and milk are the best choices, so let them flow. Not only is water calorie-free, but drinking it teaches kids to accept a low-flavor, no-sugar beverage as a thirst-quencher. Because a cup of milk has 300 milligrams of calcium, it can be a big contributor to your child's daily needs.

Here's how much calcium kids need each day:

- Toddlers (ages 1 to 2 years): 500 milligrams of calcium daily
- Kids (ages 4 to 8 years): 800 milligrams
- Older kids (ages 9 to 18 years): 1,300 milligrams

Current dietary guidelines recommend that children ages 2 to 8 should consume 2 cups of low-fat milk (or equivalent dairy products) every day. Children 9 years and older should have 3 cups per day. When kids drink too much juice, juice drinks, sports drinks, and soda, these beverages can crowd out the milk they need. Sugary drinks also can pile on the calories. Here's a chart showing the calories and sugar in different beverages:

DRINK	SIZE	CALORIES	SUGAR
Water	8 oz (240 ml)	0	0g
Low-fat milk	8 oz (240 ml)	100	11g
100% orange juice	8 oz (240 ml)	110	22g
Juice drink (10% fruit)	8 oz (240 ml)	90	38 g
Powdered drink mix (with sugar added)	8 oz (240 ml)	90	24 g
Soda	8 oz (240 ml)	100	27g



1 in every 5 calories in the American diet is liquid

## Put Limits on Juice

If your child likes juice, be sure to serve 100% juice. Also follow the recommended limits:

- Up to 6 months old: no juice
- 6-12 months old: no more than 4 ounces per day, always served in a cup
- 1-6 years old: 4-6 ounces per day
- 7-8 years old: 8-12 ounces of juice per day

## Say NO to Soda

Soda is commonly served to children, but this carbonated drink has not nutritional value and is high in sugar. One study found that one in eight preschool children drank 9 ounces (270 milliliters) or more of soda each day, which is 110-150 empty calories. Colas and other sodas often contain caffeine, which kids don't need.

**A Splash of Flavor**

If your child doesn't like plain milk, try adding a touch of flavoring, such as chocolate or strawberry. The little bit of flavor may make a big difference and it won't add a significant amount of sugar.

If soda habits start when kids are little, they're likely to drink increasing amounts as they get older. In older kids and adolescents, drinking soda has been linked to excessive weight gain and other problems, including tooth decay.

That said, many kids like soda and will request it. As a rule, don't serve it to babies, toddlers, or preschoolers. With older kids, let them know it's a once-in-a-while beverage. Don't ban it entirely if your child likes it now and then—that's likely to make it more appealing, and your child more inclined to overdo it when he or she gets the chance!

From kidshealth.org, March 2006



# Kids & Food: 10 Healthy Hints

DO Try This at Home!

It's no surprise that parents need some help understanding what it means to eat healthy. From the Food Guide Pyramid to the latest food fad, it can be awfully confusing. The good news is that you don't need a degree in nutrition to raise a healthy child. By following some basic guidelines, you can create an environment that encourages your child to eat right.

Here are 10 key rules to live by!

**1 Parents control the supply lines.** You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home.

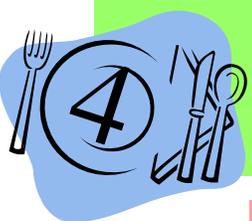


**6 Liquid calories count.** Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids.

**Food is not love.** Find better ways to say "I love you." When foods are used to reward kids and show affection, kids may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.

**2 Set them up to make the right choices.** Kids need to have some say in the matter. From the selections you offer, let them choose what to eat and how much of it they want.

**Quit the "clean-plate club."** Let kids stop eating when they feel they've had enough. Lots of people who are parents today grew up under the clean-plate rule, but that approach doesn't help kids learn to listen to their own bodies when they feel full. When they notice and respond to feelings of fullness, they are less likely to overeat.



**8 Rewrite the kids' menu.** Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your children try new foods and they might surprise you with their willingness to experiment.



**3 Kids do as you do.** Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.



**Put sweets in their place.** Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli.

**5 Start them young.** Food preferences are developed early in life, so offer a variety of foods. Likes and dislikes begin forming even when kids are babies. You may need to serve a food 10 to 15 different occasions for a child to take to it. Don't force a child to eat, but offer a few bites.

**Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. When TV and computer time are limited, kids will find more active things to do. And when the whole family limits "screen time," you'll have more time to be active together.

From kidshealth.org, March 2006

**9**

**10**

Have you heard?

# WHAT'S NEW AT THE POE CENTER?



## Wholesome Routines— Is it in your child's school?

Wholesome Routines is a comprehensive school based nutrition and physical activity program for elementary students in North Carolina. The goals are to promote healthy eating and physical activity, help overweight students reach normal weight status for their age group, and reduce risk factors for students identified at risk or diagnosed with type 2 diabetes.



The Poe Center is partnering with the Duke Heart Center and Fitness Forward's Drive 2 Fitness Program in an effort to achieve more healthy lifestyles in our youth by fostering behavior changes. Wholesome Routines will be introduced for the 2006-2007 school year in the in the following North Carolina counties: Greene, Johnston, Tyrrell and Washington.

The Wholesome Routines outreach program offers students interactive nutrition and physical activity lessons conducted by health educators, in classrooms and at the Poe Center. This comprehensive health education outreach program also works with teachers, parents, school food service providers and local health care

providers to ensure that messages around nutrition and physical activity are comprehensive, and integrated in the students' total learning environment.

## At Poe, we're Calling All Campers!

What do you get when you combine summer fun with healthy habits? Poe's Healthy Habits Camp, of course!

Poe's Healthy Habits Camp offers campers fun, hands-on recreational activities along with interactive classroom/theater lessons. Our exciting programs will include topics such as physical activity, nutrition and a great adventure through the human body. Campers will also have a blast on the United States' first health related playground where kids can navigate through our Healthy Choices Maze or take up climbing on our Nutrition Climbing Wall.



## Feature Presentation

As we may all know, the Food Guide Pyramid was recently changed. One year ago, the USDA released a redesigned pyramid in order to better guide American's food and lifestyle choices.

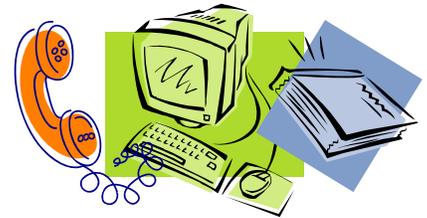
The Food Guide Pyramid changes have rippled throughout programs at the Poe Center. Educators have enthusiastically hit the books themselves, gathered new materials, and developed activities to teach others how to understand the new pyramid. We are excited to now have a Nutrition and Physical Activity theater featuring the new and improved Food Guide Pyramid. Students have fun learning how to let the pyramid guide their choices by participating in activities and games!



For more information on Poe's Healthy Habits Camp, please contact Brenda Enevoldsen at (919) 231-4006 ext. 301.

The Poe Center is pleased to announce the addition of three full-time health educators with expertise in the areas of Nutrition, Physical Activity, and Family Life!

## Additional Resources:



The following websites and phone numbers may be used as additional resources & can provide valuable information:

### The Alice Aycock Poe Center for Health Education

A site that gives web users a look at health information in an interactive and fun format. Topics include nutrition, dental health, drug education and growth and development. An interactive website aimed at addressing health and medical issues for parents, teens, and kids.

[www.poehealth.org](http://www.poehealth.org)

(919) 231-4006

### The United States Department of Agriculture

An interactive website aimed at improving the nutrition and well-being of Americans of all ages.

[www.mypyramid.gov](http://www.mypyramid.gov) or [www.usda.gov](http://www.usda.gov)

### The American Academy of Pediatrics

Whether you're looking for general information related to child health or for more specific guidelines concerning a pediatric issue, here you'll find information regarding the Academy's many programs and activities, policy statements and practice guidelines, publications and other child health resources, and more.

[www.aap.org](http://www.aap.org)

### The American Dietetic Association

The American Dietetic Association serves the public by promoting optimal nutrition, health and well-being. ADA's website provides timely, science-based food and nutrition information you can trust.

[www.eatright.org](http://www.eatright.org)



### Spring into Motion Puzzle

Find & circle the following words that GET YOU MOVING in the puzzle below:

Biking, Dancing, Family, Friends, Pets, Soccer, Softball, Walking

W E A T D A N C I N G  
 F A M I L Y C S I S E  
 B R L L L A E O G H F  
 I E N K B R D F E S R  
 K B T B I L A T C E I  
 I I Q H T N T B U B E  
 N F P E T S G A H F N  
 G G B H G U A L W Q D  
 R E C C O S Y L S W S  
 T Y A I V W T C N T C



Any correspondence regarding Poe news and press may be directed to:

The Alice Aycock Poe Center for Health Education  
 Attn: Alison Brown  
 224 Sunnybrook Road, Raleigh, NC 27610  
 (919) 231-4006 x. 306  
[a.brown@poehealth.org](mailto:a.brown@poehealth.org)