

**School District
of Manatee
County**

Wellness News For Parents

Bi-Monthly News

February 2011



Heart Health : Whole Family

Upcoming Dates:

- Saturday, February 11th
“Creating a Better World Through Sports”
5K/ 1 mile run/walk, Virgil Mills Elementary.
www.manateewellness.com
- Saturday, February 18th-19th
30th Annual Cortez Fishing Festival, 10—6
4600 124th St. W.
- Sunday, February 26
Take Stock In Children of Manatee, 10k/5k/
Fun Run, Main Street Lakewood Ranch
www.takestock10k.com
- Saturday, March 3rd
Mixon’s Orange Blossom Festival, 9am-5pm Free Admission, Free Parking
www.mixon.com



Heart disease is not just for the elderly. Statistics are showing an increase in the rate of high cholesterol, high blood pressure, diabetes, and obesity among children, which are all risk factors for heart disease. In fact, children as young as 3 years old have been found to have risk factors for future heart disease.

How do we fix this problem? By changing behaviors that cause the risk factors. Children model their behaviors from their parents, older siblings, family, and friends. So decreasing the chances for heart disease in our children needs to be a whole family event. Here are things that can be done as a family to encourage

cardiovascular health:

1. Encourage a healthy diet. Plan meals that include fruits and vegetables. Purchase whole grain items and look for low fat options in dairy. Focus on lean protein. Limit high-fat and trans fat foods.

2. Encourage physical activity. Plan family events and family time that involves physical activity. Limit TV or computer time for the whole family. Everyone should participate in some type of physical activity everyday.

3. Talk to your family about heart health, including cholesterol and blood pressure. Explain why eating well and exercise are important for your heart.

4. No smoking. Encourage children to stay away from tobacco. If someone in your family smokes, encourage them to stop. There are many resources available to help with tobacco cessation
www.tobaccofreeflorida.com

5. Watch the salt and sugar. As Americans we consume an excess of salt and sugar in our daily diet. Start looking at the nutrition labels on products to help select items that are low in added salt and sugar. Look for seasoning alternatives when cooking.

For more information and other helpful resources,
www.heart.org

Importance of Fiber

Fiber is often associated with the digestive system and regularity. While fiber does help combat constipation and other digestive problem it does a whole lot more.

Fiber is part of plants your body can not breakdown. It passes through your system without being digested. There are two types of fiber insoluble and soluble. Insoluble fiber does not absorb water and adds bulk to

help increase movement of food through the digestive system. Soluble fiber collects water and slows digestion. This fiber helps lower LDL cholesterol and helps regulate blood sugar levels. Soluble fiber binds with cholesterol and carries it out of the body. Fiber helps you to feel full quicker and longer, helping with hunger control and weight loss. Like any other dietary change, too much of a

good thing can be a bad thing. Increase fiber intake slowly and be careful not to over do it. It is recommended that men under 50 aim for 38g of fiber a day and men over 50 aim for 20g of fiber a day. Women younger than 50 should aim for 25g of fiber a day and women over 50 aim for 21g of fiber a day. Some good sources of fiber are whole grains, fruits, vegetables, beans, nuts and seeds.

Wellness News For Students

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Growing with Whole Grains

Whole grains are important for a healthy body and heart. Whole grain means that the whole grain was ground up to make the food. The best way to know if the grain you are eating is made from whole grain is to look at the label on the back and look for the word whole in the ingredients. Whole grains contain vitamins, minerals, and fiber. Fiber is important for your heart and your digestive system. Can you name 3 foods that are part of the grain group?



Recipe: English Muffin Pizza

Ingredients (makes 4 servings):

- 4 Whole Grain English Muffins
- 1/2 Cup Low Sodium Spaghetti Sauce
- 2 Cups Low Fat Mozzarella Cheese
- 16 Turkey Pepperoni

Instructions:

1. Pre-heat oven to 375 degrees
2. Split English muffins and lay the open on a baking Sheet
3. Spread 1 Tbsp of sauce on each part of the English muffin
4. Sprinkle with cheese and place on pepperonies
5. Bake for 10 minutes or until cheese is melted and sides of English muffins are brown

Always have an adult help with cooking.

Answer: Bread, Pasta, Rice, Tortillas, Crackers, Corn Chips, Popcorn, Oatmeal, Cereal

**Did you hear the joke
about oatmeal?**

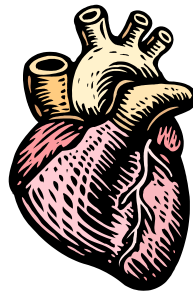
It's a lot of mush!

Healthy Hearts



Did you know the heart is a muscle? It works like the mailman delivering mail, the heart gets blood to the lungs and the rest of your body. It is one of the most important organs in your body! There are lots of things you can do to have a strong and healthy heart:

1. Eat lots of fruits, vegetables, and whole grains. Eat less snack foods and fast food.
2. Drink low fat or fat free milk and eat other dairy products like low-fat cheese.
3. Get lots of physical activity. Put the video game down and step away from the TV. Get moving and have fun!
4. Read the labels on foods and use good judgment. Look at how much salt, fat, and sugar is in the foods you eat. Try to find healthier snacks.



Spring Physical Activity Tips

To keep your heart healthy it is important to get it pumping. This is called cardiovascular exercise or cardio for short. This type of exercise works the heart to make it strong and better at its job. There are lots of different types of exercise that will get your heart pumping. You know you are getting your cardio vascular exercise when you are breathing heavy and you can't easily say a sentence.

Cardiovascular Exercise:

- Swimming laps
- Jogging or Fast Walking
- Riding your bike
- Roller blading
- Jump rope
- Play sports like basketball or soccer

Chef Solus' Learning about High Fiber Foods

I am from the Fruits Family and we have fiber! Leave our peel on to get more fiber!



Fiber comes from plant foods



I am from the 100% Whole Grains Family and I am loaded with fiber!



I am from the Vegetables Family and we have fiber too!



I am from the Beans Family and I have lots of fiber!



How much fiber do you need?

| | |
|----------------------|-----|
| Kids 4-8 years old | 25g |
| Boys 9-13 years old | 31g |
| Girls 9-13 years old | 26g |