

"If you don't
do what's best
for your body,
you're the one
who comes up
on the short
end."

- Julius Erving



FROM OUR MEDICAL DIRECTOR

The New Year is a great time to come up with family resolution's that will help everyone to enjoy a healthy year! Think about what your family eats for meals and snacks and consider how much "play time" you have together. Can any of these be improved? More than likely, the answer is "yes!"

As we enter 2009, sit down with your family and come up with individual goals for everyone. This month's newsletter will give you some conversation starters and will provide you with some tools to make this brainstorming session a success!

Wishing you a healthful year...
Kent Sasse, MD, MPH, FACS, FACRS

Eating Tips for Picky Eaters

As parents, we all know how important it is for our children to eat healthfully but a common problem described by parents is that their kids will not eat anything that is healthy. For many parents, getting their children to eat any fruits or vegetables is almost impossible. If you have a child like this, try some of the tips and tricks below to help the picky eater in your life!

1. Try small portions of new foods. If not accepted, keep trying!
2. Mealtime should be a fun time. Try not to reprimand, lecture or force children to eat.
3. Between meals and snacks, offer only water and save milk and juice for meal times. Soda should be for special occasions **only**.
4. Always start with small portions - your child can always ask for more.
5. Set a good example for your children. If you wont eat it, they wont either.
6. Poor appetite may be due to lack of exercise - get out and play!
7. Buy nutritious meals and snacks. If candy, chips and soda are not in the house, they cannot be eaten!
8. Don't provide children with snacks right before a meal or after a meal that they don't eat. This behavior will teach your children to think that they don't have to eat meals on their plate.
9. Respect a child's desire to eat, or not eat! Most children only want to eat when they are hungry so don't force a snack or meal.
10. Watch the amount of high calorie drinks your child is consuming.
11. Try "dressing up" meals and making them fun. For example, use dips or sauces with veggies (try the low-fat kinds) or cut vegetables into fun shapes.
12. Watch for distractions that may cause your child not to eat. Don't allow the television to be on during dinner time and keep toys and books away from the table.

Don't get frustrated if your child wont eat all the things you want him to. Just keep trying and remember that the tools you provide now can provide a lifetime of healthful eating!

Resolutions for Kids!

Most adults make some kind of "New Year's Resolution" every year and this resolution often focuses around health and fitness. This year, help your kids to come up with a resolution of their own with these helpful guidelines.

Helping Your Kids To Make Their Resolutions & Stick To Them:

- Help your child to come up with a plan or schedule to meet each resolution.
- If your child experiences a setback, encourage them to keep going and get back on track.
- Provide lots of positive motivation and reinforcement to keep them motivated.

Resolutions for Preschoolers (keep them simple!):

- Put away toys and clothes.
- Brush teeth twice a day, every day.
- Wash hands regularly, especially after using the restroom and before eating.

Resolutions for School Aged Children (Ages 5 - 12):

- Drink an extra glass of low-fat milk every day.
- Limit 100% fruit juice to just 8 to 12 ounces per day and avoid sugary drinks (soda) on most days.
- Add at least one serving of fruits and vegetables per day.
- Become more active! Join a team sport like baseball, volleyball or soccer or do an individual sport such as swimming or gymnastics.
- Get out and play more and spend less time in front of the TV or computer.
- Always wear a helmet when riding a bike.

Resolutions for Teens:

- Volunteer in the community and help others.
- When a difficult situation arises, look to a trusted adult for help and guidance.
- Resist negative peer pressure. Make decisions for YOURSELF!
- Focus on getting 8 - 9 hours of sleep every night.

As you can see, many of these resolutions are simple and may already be a part of your home life. These are just general guidelines to get you thinking so sit down, make a list and make 2009 your healthiest year yet!

***Adapted from www.keepkidshealthy.com*

Yummy Strawberry Smoothie

1 Serving

Ingredients:

- 2 ice cubes
- 1 cup milk
- 1/3 cup cottage cheese
- 2/3 cup frozen strawberries
- 1 1/2 teaspoons sugar
- 1 teaspoon vanilla extract

Directions:

1. Pour all ingredients into a blender.
2. Put the lid on the blender and blend for 45 - 60 seconds (or until smooth).
3. Pour into a glass and enjoy!

Nutritional Information: 289 calories; 19g protein; 2g fat; 49g carbohydrate; 3g fiber; 7 mg cholesterol; 430mg sodium; 369mg calcium; 0.8mg iron