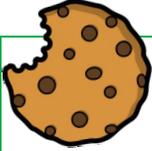


Fuel For Fitness

March 2016

Pierce City Food Service Program

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Nutrition Poster

Get your child used to reading food labels by making a poster together. Have him carefully cut the nutrition panels from 10-15 empty food packages, glue them on a poster board, and color code each part. *Example*, Highlight saturated fat in yellow, underline fiber in blue, circle calcium in green.

Step To It

The Empire State Building has 1,860 steps. Count your stairs (*Example: 14*), and tape a picture of the New York landmark nearby. Each time someone goes up or down your steps, she makes a tally mark on the picture until your family has climbed all 1,860 steps. (133 trips). Then, inspire more stair climbing with a new goal. Next stop: Eiffel Tower (1,710 steps).

Did You Know?

As much as a third of children's daily calories comes from snacks, dessert, and pizza. Try to serve wholesome snacks, keep calories low on desserts, and order pizza only occasionally. *Tip*: For a healthy pizza flavored snack, put a dab of tomato sauce on whole-wheat crackers, sprinkle with skim mozzarella cheese, and microwave.

Q: What do computer eat for lunch?

A: Chips.



Picky Eaters

"Yuk! I'm not eating dinner. I don't like anything here."

If you have a picky eater in your house - and most families do - take heart. There are some easy ways to get through this stage.

Make mealtime fun

Keep conversation light, and don't argue about what your child will and won't eat. Serve small portions, and encourage him to try a bite of each item. If he says he doesn't like it, don't push him to eat more. Staying calm can keep food from becoming a power struggle between you and your youngster.

Involve your child

Have your child help you shop for food, pick out recipes, and make dinner. Talk about how to build a healthy meal, and give him choices. *Examples*: "Should we have grilled chicken or fish?" "Would you prefer green beans or asparagus?" Having a say lets him feel more in control - and he'll be more likely to eat what is served.

Don't give up

Over time, your youngster's tastes will change. For food he has turned down before, try offering them in a different way. For instance, make "carrot fries" (toss carrot sticks with olive oil, salt, and pepper, and bake for 425° until tender and browned). Your child who "hated" carrots might love this version!



Keep teeth healthy

Eating too many sweets not only leads to weight gain - it also leads to cavities. Help keep your child's teeth healthy with these suggestions.

- Limit sticky items like chewy candy (caramel, toffee), fruit snacks, and cheese crackers.
- Avoid soda and sugary foods that linger on the teeth, such as lollipops, hard candy, and gum. Tell your youngster that drinking and eating those things are like giving her teeth "a sugar bath".
- Have your child drink mostly water and milk. If she has juice, make it 100 percent, and

