

New Jersey State Federation of Women's Clubs of GFWC – Junior Membership

DIRECTOR'S SPECIAL PROJECT – CHILDHOOD OBESITY AND NUTRITION

GUIDE TO EATING HEALTHY FOODS



1. A variety of fresh organic fruits and vegetables (frozen is another good choice) Avoid cans for lead contamination.
2. Quinoa
3. Brown rice
4. Cheese (hard cheeses such as swiss are best. Avoid processed cheese slices).
5. Peanut Butter (natural non-hydrogenated...try Whole Foods brand), Almond Butter or Nut butters
6. Whole grain cereal such as Oatmeal (regular or steel cut)
7. Eggs (up to 2 per day for individuals with normal cholesterol levels)
8. Hummus
9. Whole wheat pasta or al dente regular pasta
10. Fruit smoothies (using a juicer or blender to make homemade smoothies)
11. Low fat turkey or chicken breast
12. Fresh wild-caught fish

13. Tofu/Miso
14. Raisins
15. Nuts (cashews, walnuts, pistachios, macadamia, almonds, etc)
16. Whole grain waffles
17. Beans/legumes
18. Cottage Cheese

Choose organic fruit, vegetables and dairy, grass-fed meats and wild caught fish to avoid or reduce pesticides, hormones and antibiotic intake.

Sweeteners:



- Try agave instead of regular sugar. It has a lower glycemic levels.
- Avoid artificial sweeteners.
- Limit total sugar intake to no more than 40 grams per day. Less is always better.

Beverages:



1. Choose water first when you feel thirsty. It's the best way to re-hydrate your body. You can flavor your water with sliced lemons, limes, oranges or berries for fun color and natural flavor.
2. Organic low fat milk
3. 100% juice, but limit to 1 to 2 8oz cups per day.
4. Instead of soda, try mixing sparking water/seltzer water with your favorite 100% juice (50/50). It can be like a fun experiment!
5. Limit drinking Gatorade or Vitamin Water as they contain high amounts of added sugar. You may water them down to reduce sugar intake.

Supplements:



In addition to eating healthy foods, taking a kids formula multivitamin, DHA (such as Nordic Naturals) and a daily dose of probiotics (such as Good Belly and Bio-K) can help keep your immune system strong and vital. If your child needs more calcium, try supplementing with a vitamin that contains calcium, magnesium and vitamin D (all three works together for bone health).

Healthy Menu Ideas



Breakfast

- Oatmeal (steel cut for a textured flavor or regular cooked oats). Add toppings such as cinnamon, raisins, walnuts and ground flax seed.
- Eggs (2 any style except fried), 100% whole wheat toast and organic strawberries
- Plain Greek yogurt with granola and sliced organic pears
- Kashi Go Lean cereal with bananas
- Whole grain pancakes with organic blueberries
- Banana Energy Sundae (see recipe from Whole Foods.com)

Lunch

- Tuna salad (limit to once per week because of mercury concerns)
- Grilled chicken spinach salad
- Natural peanut butter and 100% fruit jam on 100% whole wheat bread
- Low fat turkey or chicken breast (Applegate Farms) with romaine lettuce and honey mustard on rye bread

- Grilled cheese (non-processed cheese) with sliced organic tomatoes on 100% whole wheat bread
- Whole wheat macaroni and cheese and sliced organic apples
- English muffin pizzas (whole wheat or whole grain english muffins, organic tomato sauce and shredded mozzarella cheese)

Dinner

- Grilled chicken tenders and quinoa with a side of steamed organic broccoli
- Ronzoni Garden Blend pasta and fresh field greens salad
- Wild caught Alaskan salmon with fresh salsa on top and steamed asparagus
- Quesadillas (make with whole wheat, fresh cheese, chicken or grass fed beef)
- Sautéed tofu with sugar snap peas, sesame ginger soy sauce

Desserts

- Sliced organic strawberries, blueberries and bananas with fresh whipped cream (do not use Cool Whip).
- Cinnamon Graham Crackers (see serving size) and a glass of organic milk
- Frozen yogurt (with active live cultures)
- Dark chocolate (55% to 70% cocoa) Note: do not eat 3 hours before bed as it might interfere with sleep.

Snacks

- Mixed nuts (roasted and unsalted)
- Fruit salad with plain yogurt dip
- Hummus with whole wheat pita chips
- Sliced vegetables with low fat Ranch dip
- Trail mix with Gogi berries
- Celery, peanut butter (natural non-hydrogenated) topped with raisins
- Fresh salsa and blue tortilla chips
- Air popped popcorn (no butter or salt). Try adding grated parmesan cheese for added flavor
- Granola bars (whole grain with no more than 8 grams of sugar per serving...look for Kashi brand)
- Newman's Own Organic Pretzels with high protein....available at Whole Foods

* Avoid the urge to grab a candy bar or bag of potato chips. Make and bring your own healthy snacks.

Fiber

Increase fiber intake by keeping the skins on most fruits and vegetables and by eating fiber rich foods such as high fiber cereals, 100% whole wheat breads and pastas and increasing water intake. Avoid refined white flours such as white bread, most cakes, cookies and pies, white rolls, pitas and wraps.

Go to <http://www.wholefoodsmarket.com/recipes> for more recipe ideas!

Are you getting enough sleep?

- Opt for 10 to 11 hours for ages 5 to 10 years
- 8.5 to 9.5 hours for ages 11 to 17 years

Sleep is essential to for losing weight as well as for school activities and everyday life. Plus, getting enough sleep will help you feel happy and alert!

Sleep Tips:

1. Aim to go to sleep and get up the same time every day even on weekends.
2. Create a routine that will help you relax before bed (such as a shower, bath, reading your favorite book, listening to soothing or calming music).
3. Avoid watching TV or playing video games before bed as they tend to stimulate the brain rather than help to relax it.
4. Sleep in a room that is comfortable, dark, quiet and cool in temperature.
5. Finish eating at least 2 to 3 hours before your bedtime.
6. Avoid caffeinated foods such as soda or chocolate 3 hours before bedtime.

Exercise – Get Moving with your Favorite Activities and Sports

Opt for 30 to 60 minutes of exercise per day. Do something you enjoy to get moving every day!

Here are some fun ideas!

1. Walk your dog
2. Walk your neighbor's dog (with permission from your parents and your neighbor, of course)
3. Fly a kite
4. Toss a Frisbee
5. Ask your parents or grandparents to take you to a state park or other area where you can take a nature hike
6. Ride your bike
7. Skate
8. If you have a yard, pick up sticks and twigs
9. Pull weeds
10. Rake the yard or garden
11. Play tag
12. Play hopscotch
13. Have a hula hoop contest, and see who can keep the hoop up the longest
14. Learn to juggle

15. Jump rope (boxers do it, and look how strong & healthy they are!)
16. Visit the zoo, amusement park, or museum (lots of walking)
17. Wash the car
18. Have every family member wear a pedometer, and have a daily challenge to see who can take the most steps. Losers do winner's chores the next day.
19. Shoot hoops
20. Play soccer
21. Play softball
22. Play badminton
23. Have a water balloon fight
24. Put on your bathing suit and run through the sprinkler
25. Go swimming (never without an adult to supervise!)
26. Give the dog a bath. The bigger the dog, the more exercise you'll get!
27. Sign up for a charity walk-a-thon with your parent, grandparent, or other relative
28. Do jumping jacks
29. Do push-ups
30. Put on an exercise video and get a good workout
31. Do sit-ups
32. Learn to play golf, or caddy for someone else
33. Play tennis
34. Play miniature golf
35. Go bowling
36. Learn to twirl a baton
37. Take a class in martial arts and learn to defend yourself
38. Build a fort and play cowboys and Indians
39. If you have a two-story home or a home with a basement, carry out-of-place items up or down stairs, one item at a time
40. Run the vacuum
41. Wash windows
42. Clean your room
43. Ride your skateboard
44. Learn yoga, either at a class or from a video
45. Race-walk
46. Have relay races with your friends or family
47. Play touch football
48. Learn ballroom dancing
49. Learn hip-hop dancing
50. Take classes in ballet, jazz, or tap dancing

RULE OF THUMB!

Check all labels....if there is no nutrient content (such as protein, vitamins and minerals) or any nutritional benefit to the food you are about to buy or consume, put it back!

When eating always follow serving sizes on the packages. There is no limit to fruits and vegetables.

Look for products that offer high nutritional value but do not contain too much sugar per serving (20+ grams per serving is very high).

Remember what you put into your body ultimately becomes part of you...."You are what you eat".

CONTACT INFO

Lisa Golebieski, MS, Holistic Nutrition Consultant and Educator

Cell #: 973.464.7542

Email: Lgolebieski@verizon.net