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NUTRITION IN ME!

NEWS PARENTS CAN USE

Session 4 **Fast Food Picks** **Taste Test**

Life In The Fast Lane

Families are busy these days. Sometimes it seems to take too long to make healthy, well-balanced meals. Fast foods might seem like a good answer to the 'no time for cooking' problem. But too many trips to the drive-up window can mean risky business for your family's health.

Fast food can be loaded with fat and sugar. Too much fat can raise blood cholesterol levels which leads to heart disease. Too much fast food can cause weight gain, which may lead to type 2 diabetes or high blood pressure. Foods high in sugar can decay teeth and lead to weight gain. Fewer trips through the drive-through can help your family be healthier—and save you money. Eating well-balanced meals at home costs much less than eating fast foods. Try to limit fast food meals to one or two per week.

Meal in a Minute

Here's a meal that's just as quick as fast food. Make wraps with whatever you have on hand.

Here's what you need:
Leftovers from three or four MyPlate food Groups (such as rice, veggies, meat, cheese)
Favorite sauces
Tortillas

Here's what you do:
Thoroughly heat leftovers such as rice or noodles, meat, and cooked vegetables. Spread down the middle of a tortilla. Top with teriyaki sauce. Roll up and serve. Or try leftover beans with grated cheese, lettuce and salsa added. Serve with a glass of lowfat milk and fruit cocktail for dessert. It's a quick, healthy meal!

Families On The Move!

Make play, rather then food, the focus of holidays, celebrations, get-togethers or outings. Decide on an activity that friends and family members like. Then start a new tradition of an all-family volleyball game or sledding contest or a hike-in-woods day.

Crunchy Oven-Baked Fries

Try this tasty, low-fat recipe to make "French fries" at home.

4 medium potatoes
2-3 teaspoons oil

Preheat oven to 425°. Slice potatoes into half-inch thick sticks or wedges. Put in a bowl, drizzle with oil then toss to coat all the potatoes with the oil. Lay on baking sheet in single layer. Bake 15-20 minutes then turn over each potato piece with spatula. Bake 15-20 minutes more until golden brown and crisp. Salt lightly if desired.

Just Do It!

The next time you and your child go to a fast food restaurant ask for a "Nutrition Facts Brochure." This brochure lists calories, fat, saturated fat, trans-fat, sugar and other nutrients. With this information you and your child can make smart fast food picks that are lower in fat, saturated fat and sugar. Try these tips:

- Choose low- or non-fat milk instead of pop for more nutrients and less sugar.
- Choose a smaller size even if it doesn't cost much more to get the large. People tend to eat what they buy rather than throw it away—and you usually don't need the extra calories.

Be Active Together!
Take a walk—aim for 30 minutes.

Parent's Corner

For healthy eating habits, teach your children to eat when they're hungry, rather than because they are bored or sad or food happens to be around.

Let children decide how much to eat—no "Clean your plate" rules. Make sure that children understand food is not going to be offered again until the next regularly scheduled meal or snack in a couple of hours. If they feel they are full, respect that and let them stop eating.

Forcing children to eat when they feel they are full teaches them to ignore their body's "hungry" and "full" signals. This can lead to eating problems down the road.

Grow Happy kids

Feed their heads. Fuel their bodies. Fill their hearts.

Join us at our new website just for Food $ense Parents!

www.growhappykids.org

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: http://foodhelp.wa.gov or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337-(360)-337-4651, jlevenson@wsu.edu at least two weeks prior to the event.

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