



BACK TO SCHOOL WITH FIT KIDS



This is a good time to be a FIT KID! There has been so much press about eating healthy and exercising that the food industry is beginning to respond! Keep an eye out for these healthful trends at your local supermarket:

- **MORE WHOLE GRAINS** – in cereals, crackers and bread products. Make sure you choose products that say “100% whole grain”.
- **NO TRANS FATS** – showing up in more packaged products. The FDA required all manufacturers to declare the amount of trans fats (hydrogenated oils) on the Nutrition label of all products in January, 2006, while also informing the public that trans fats promote heart disease. So, many manufacturers have eliminated it from their products altogether. Check the label!
- **MORE FIBER** – added to some products. Fiber is beneficial to our health, but some of the “added” fibers may not confer as much benefit as the dietary fiber found naturally in foods. Choose products with the words “inulin and cellulose” on ingredient labels, but still try to get most of your fiber from whole grains, vegetables, fruit and beans.

SEPTEMBER IS 5-A-DAY MONTH

The USDA Food Guide Pyramid recommends 5-9 servings of fruits and vegetables every day. But most Americans don't eat enough fruit or vegetables. To increase your family's intake, try some of these suggestions:

- Add some cut-up grapes, raisins or celery to a chicken salad sandwich.
- Keep a bowl of fresh fruit on the counter for easy snacking. Include fruit from different color groups.
- Add red, yellow or green peppers, or cucumbers to salads.
- Try “baby bananas” – a great size for lunch boxes

For more information, log onto: 5aday.com/html/events/week.php

MONDAY, SEPT. 26 IS FAMILY DAY

This is the simple concept behind Family Day, which is being observed across the nation on Monday, Sept. 26, 2006:

- Have a meal with your family or the important people in your life that day.
- If you can't eat together, do something else together like play a board game, go for a walk or just sit and talk.
- Do it that day, then decide to do it once per week...

Studies have shown that families that spend time together are less likely to have children that make the wrong choices...

For more information, log onto:

<http://www.westchestergov.com/familyday/main.htm>

**** LOOK FOR MORE FIT KIDS INFORMATION IN COMING MONTHS ****