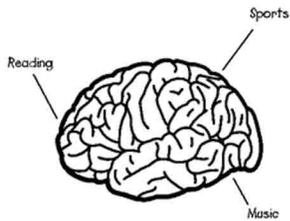


5 Ways to Boost Your Brainpower

1. Eat 5 servings a day from color groups. Each color group contains loads of nutrients to protect your brain and prevent health problems.
2. Drink water instead of sugary, artificially colored drinks. Water refreshes your brain, while sugary drinks can lead to fatigue and dehydration.
3. Get enough sleep. Did you know that sleep helps you remember what you have learned? Your brain copies and sorts information while you snooze!
4. Get exercise every day – at least 20 minutes of vigorous exercise each day. It gets more oxygen to your brain and helps you learn better.
5. Got something on your mind? Get help to solve problems or talk out stressful situations. Finding solutions to stressful situations gives you more energy to learn.



Brainfood for All That You Do

Your brain is a part of what you think and feel, and what you do. Do you like sports? Reading? Playing music? Brainpower helps you do it! To keep your brain energized, pump it up with vitamins and minerals. Eat at least 5 servings of fruits and veggies every day, and drink plenty of water. Junk foods like chips, candies and snack cakes don't provide vitamins and minerals for your brain, and sometimes contain excess salt and fats that can make you feel sluggish.



References

www.teamnutrition.usda.gov
www.chkd.org
www.cdc.gov
www.wellness.wa.gov
www.produceforkids.com

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LUCAS COUNTY
DEPARTMENT OF
JOB & FAMILY SERVICES



SILENT KILLER

CHILDHOOD OBESITY



8 STEPS TO SENSIBLE EATING

1. Reduce Portions

You don't have to cut out foods that you like. You just need to cut down on all foods you eat except fruits and vegetables. For example, eat one cookie instead of three, or one slice of bread instead of two. Use a smaller plate or don't feel as though you need to fill your plate. Tell yourself that it is okay to leave food on your plate at the end of the meal.

2. Eat Slowly

Put down your fork during your meal while you chew. You need time for your brain to tell you when you are full. If you eat fast, you will eat more than you need because you don't realize that you are full. Allow at least 30 minutes for each meal. Take smaller bites and chew more. This will give your brain time to tell you that you have had enough.

3. Make Healthy Snacks

Avoid high/fat calorie snacks such as cookies, potato chips and regular sodas. If your child needs a snack offer low calorie foods like fruits or vegetables. Reach for water instead of soda or juice. Limit juice to less than 8 ounces per day.

4. Reduce Fat Intake

It's easier than you think to reduce your fat intake. Cut down on the amount of cream, butter, bacon, ice cream and cheeses that your child eats. Bake your food instead of frying it. If your child is less than 1 year old do not limit fat intake.

5. Don't Eat After Supper

Try to limit eating after dinner and before bed.

6. Drink Plenty of Water

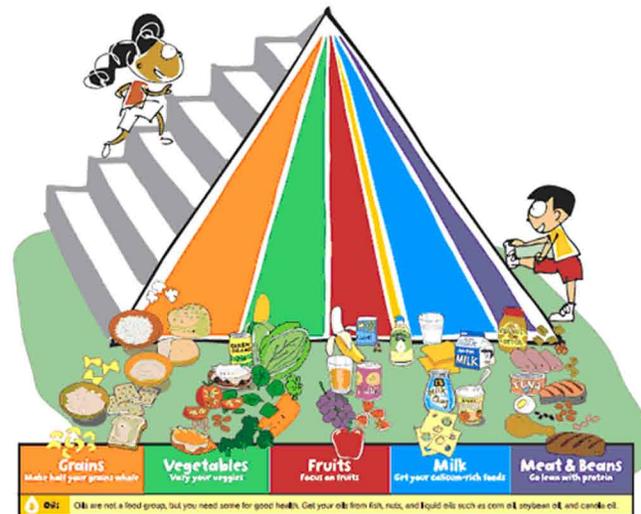
Fluid needs vary greatly depending on age, weight, season, and individual needs. Offer fluids throughout the day. Substitute water for other forms of drinks such as juice, soda, tea, etc.

7. Eat at a Table

Try not to sit in front of the TV while eating as this tends to lead to overeating. Eating at the table allows your family to focus on the food that they are eating and allows time for family members to talk about their day.

8. Follow the Food Guide Pyramid

The pyramid divides food into five major food groups: grains, vegetables, fruits, milk, and meats/proteins. It is a good guideline to help you and your child to eat a healthy diet. For proper growth and good health, children need to eat a variety of different foods everyday.



**Food Guide Pyramid from the US Department of Agriculture and the US Department of Health and Human Services*

Tips for a Healthy Lifestyle

Making Healthy Choices about Food and Physical Activity

Eating Out at Restaurants

Ask what is in a dish, and how it is made before your child orders. Restaurant cooking can be a major source of fat.

Be aware and read the menus: items that say buttered, in cream sauce, fried, pan fried, crispy, au gratin, or marinated in oil are high in fat.

Order sauces and dressings on the side: That way your child can dip the food to control the amount of high calorie sauces or dressings on the food.

Eating Out at "Fast Food" Places

Choose plain burgers or grilled meat sandwiches. Skip the cheese, special sauces or mayonnaise-based dressings. Use mustard, ketchup or barbeque sauce instead.

Order a small or regular order rather than jumbo, super or deluxe sizes. Choose regular bread, buns or small muffins, instead of croissants or large muffins.

Choose thin-crust pizza with extra vegetable toppings instead of thick crust and extra cheese, sausage or pepperoni.

Grilled chicken or garden salads have less fat and calories than Chef or Taco salads. Choose a light or fat-free salad dressing. Ask that it be on the side so the amount used can be controlled.

Choose a soft serve ice cream instead of a candy topped shake or malt.