



Pro Kinship for Kids

Kinship Link

Volume 20, Issue 7

July 2024

Pro Kinship for Kids

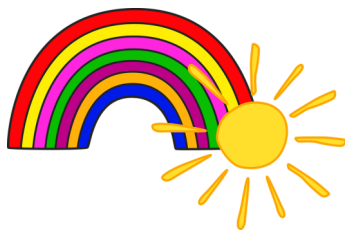
Inside this issue:

10 Health Tips 2

We Could Lean a lot from Crayons 2

Pro Kinship for Kids
Lower level Our Saviors
Lutheran Church
1400 S. State Street
P.O. Box 666
New Ulm, MN 56073
Phone 359-2445 or
1-800-642-5779
Website:
www.prokinship.org

Newsletter by
Kari Beran, Director



Build Your Plate Healthy

The foods we eat are often influenced by our family's history and culture. They're also influenced by where we live, our budgets, and our tastes. Many cuisines feature dishes which include a variety of foods from all of the food groups. Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes, and colors. The combination of foods and amounts will depend on you. You can personalize your plate by including foods that you prefer from each food group, including a variety of foods can help you get all of the nutrients that are needed for good health.

These tips can help you get started:

- **Fill half your plate with fruits and vegetables.** Get creative with produce by trying an assortment of colors and textures.
- **Experiment with different grains.** Try substituting whole grains for refined grains in recipes.
- **Choose lean protein foods.** Vary your

choices to include beans, peas and lentils, as well as eggs. If you eat meat, choose seafood and lean cuts of meat and poultry that are prepared in a healthful way, such as baked or grilled instead of fried.

- **Complete your meal with dairy.** Include low-fat or fat-free options like milk, yogurt, cheese, or calcium-fortified soy milk.

A healthy eating style can be as unique as you! Eating healthy doesn't have to be complicated or boring. Think about the foods you like from each food group - mixed dishes count, too!

Meal Planning Tips

These are just a few examples of how different foods can be eaten as a meal to personalize your plate. If a food you enjoy is not listed here, consider which food group it meets when planning your meals.

Breakfast:

- ◆ Scrambled eggs with tomato, onion, and peppers in a corn

tortilla

- ◆ Beans and rice, with sliced tomato and cooked egg
- ◆ A parfait with low-fat plain yogurt, fruit and whole grain cereal

Lunch or Dinner:

- ◆ Chicken breast roasted in the oven with potato slices, lemon juice, garlic, and olive oil
- ◆ Tamales filled with cheese and chicken or beans, served with salsa and zucchini
- ◆ Chicken marinated in soy sauce and vinegar, served with brown rice, cucumber relish, and sauteed eggplant
- ◆ Sauteed vegetables with shrimp, steamed brown rice, and melon
- ◆ Chicken stew with potatoes, ginger, garlic, carrots, and extra bell peppers, served over whole grain noodles

Snacks:

- ◆ Raw veggies dipped in guacamole
- ◆ Fruit smoothie made with milk
- ◆ Cashews, almonds, or other nuts with dried fruits



10 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and dietary fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Experiment with different types, including fresh, frozen, and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes

of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym - take a walk after dinner or put on music and dance at home.

5. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular handwashing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly.

6. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions, and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled, or steamed.

7. Eat Seafood Twice a Week

Seafood - fish and shellfish - contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters, and sardines

are higher in omega-3s and lower in mercury.

8. Make an Effort to Reduce Food Waste

Check out what you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

9. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral, or herbal supplement, be sure to discuss safe and appropriate options with a healthcare provider before taking.

10. Cooking Methods

Use cooking methods that reduce heat exposure time when preparing vegetables, like steaming and microwaving, to avoid decreasing nutritional value.

We Could Learn a lot from Crayons



SOME ARE SHARP, SOME ARE PRETTY, SOME ARE DULL, SOME HAVE WEIRD NAMES, AND ALL ARE DIFFERENT COLORS ... BUT THEY ALL HAVE TO LEARN TO LIVE IN THE SAME BOX AND GET ALONG WITH EACH OTHER!!!