



Family Health

April 2010

Newsletter

SPRING Strawberries



Health Benefits

Strawberries are nutrition superstars! Aside from being low in calories and fat, these sweet, red berries are naturally packed with fiber, vitamin C, folate, and potassium. Including strawberries in your low-fat diet, along with a colorful variety of fruits and vegetables, will help you to improve heart health and reduce your risk of some cancers.

Selection

Strawberries are a spring and summertime favorite. Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell. Avoid bruised, moldy, or soft berries with green or white tips. Staining at the bottom of the container may

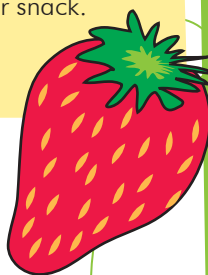
be a sign of overripe or rotting fruit. Strawberries do not ripen after harvest, so be sure to pick strawberries that look ripe and ready to eat.

Storage

Strawberries can be stored in the crisper section of the refrigerator for a few days after purchase. Do not wash the berries until you plan to eat them—extra moisture on the berries makes them spoil faster.

Preparation Ideas

Fresh, frozen, or dried, eaten alone, or tossed into cereal, salads, or yogurt, strawberries add extra flavor and nutritional value to an ordinary meal or snack.



Kids and Sports

Do you have a child/children involved in sports? Here are a few tips to keep the sporting event fun, safe, and enjoyable for the kids and parents.

- Learning how to play the game is more important than winning and losing.
- Some children grow faster than others and some have better coordination earlier than others. Everyone catches up eventually. Be patient and realize everyone has different skills.
- Treat other athletes and coaches with respect.
- Honor the rules of the game.
- Be a good sport.
- Support your team mates.
- The most important thing is to have fun!



Prevention Corner

BAM! Body and Mind

A program designed by the CDC for kids 9–13 years old, BAM! Body and Mind gives kids the information they need to make healthy lifestyle choices. It is a fun site too! For more information visit:

www.bam.gov/sub_physicalactivity/index.html.

Bam!
Body and Mind

Kids Corner:

Sweetened Drinks Kick the Habit

Studies link an increase in Americans' intake of sweetened drinks — especially soda and sports drinks — with an unhealthy increase in body weight. Sweet drinks are also linked to:

- Weak bones
- Tooth decay
- Increased desire for sugar (and in some cases, caffeine)

Sweet Soda

- Every day for a typical 2-year-old, carbonated soda pop provides more added sugar than cookies, candies and ice cream combined.
- 56% of 8-year-olds down soda every day.
- A third of teenage boys drink at least 3 cans of soda pop per day.
- 60% of all public and private middle schools and high schools sell soda pop to students.



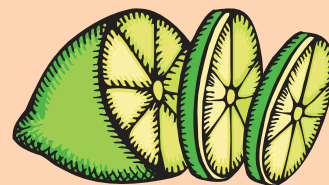
FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

Strawberry-Avocado Salsa

Serves: 4

Serve this sweet and savory salsa with roast chicken, sautéed fish, or grilled pork tenderloin. You can also enjoy it as a snack with baked tortilla chips.

- 1 cup finely chopped strawberries
- 1/4 cup finely chopped peeled avocado
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 2 tablespoons fresh lime juice
- 2 teaspoons finely chopped seeded jalapeño pepper
- 1/4 teaspoon sugar

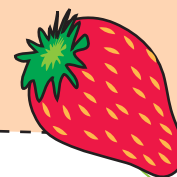


1. Combine all ingredients in a medium bowl; toss gently. Serve immediately.

Yield: 4 servings (serving size: 1/4 cup)

CALORIES 34 ; FAT 1.6g (sat 0.2g,mono 0.9g,poly 0.3g); CHOLESTEROL 0.0mg; CALCIUM 11mg; CARBOHYDRATE 5.4g; SODIUM 2mg; PROTEIN 0.6g; FIBER 1.5g; IRON 0.3mg

Source: Cooking Light, www.cookinglight.com



Kids Corner

Everyone needs a good laugh! Try these jokes on your parents:

Knock, Knock

Who's there?

Olive.

Olive who?

Olive you! (I love you)

Knock knock.

Who's there?

Lettuce!

Lettuce who?

Lettuce in!

Knock knock.

Who's there?

Cargo

Cargo who?

Cargo vroom vroom

What do you call a train that sneezes?

Achoo-choo train

