

Maggie's Health Tips



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Welcome to the first issue of Maggie's Health Tips.

I want you to stay fit and healthy while having fun. One way to stay healthy is by eating the right foods. My friends at Team Nutrition with the USDA have some good ideas about how to make food choices that taste good and are good for you.

SERVING UP MyPlate

Fruits:
Fuel Up With Fruits at Meals or Snacks
Pears, watermelon, plums, raisins, berries, and applesauce (without extra sugar) are just a few of the great choices. Make sure your fruit juice is 100% juice.

Vegetables:
Color Your Plate With Great-Tasting Veggies
Try to eat more dark-green, red, and orange vegetables, and beans and peas.

Grains:
Make at Least Half Your Grains Whole Grains
Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and popcorn, more often.

Protein:
Vary Your Protein Foods
Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp stir-fry, or grilled salmon.

Dairy:
Get Your Calcium-Rich Foods
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

Keep on Moving!
Kids need at least 60 minutes of physical activity every day. Whether that's running, biking, tossing a ball, or playing tag, every little bit counts. So, run around at recess, jump rope with friends, ride your scooter, or play a sport. It all adds up!

Know Your "Sometimes" Foods
Look out for foods with added sugars or solid fats, such as candy, cake, cookies, chips, ice cream, soda, fruit punch, lemonade, hot dogs, and bacon. They fill you up so that you don't have room for the foods that help you eat smart and play hard. Enjoy these every once in a while, not every day.

Choose **MyPlate.gov**

<http://teammnutrition.usda.gov>

Cook Healthy Foods

My friend, Darby Boingg has a cookbook filled with healthy, yummy recipes. Here's a link to her free cook book.

The recipe below is from the cookbook. Try making it with your parents.

Apple Cinnamon Wrap Up

Submitted by Josephine R., 10, Ohio

Ingredients

- 1 tsp. Cinnamon
- 2 tsp. Butter (salted) whipped
- 1 Soft Flour Tortilla
- 3 oz. Apples with Skin, sliced (about ½ cup)

Instructions

Spread butter on tortilla. Add apple slices on tortilla. Sprinkle cinnamon on the apples. Roll up tortilla. Microwave for 1 minute.

Nutrition Information

Servings: 1
Calories: 292
Calories from fat: 86
Total Fat: 4.2g
Cholesterol: 14mg
Sodium: 324mg
Carbohydrates: 46.3g
Dietary Fiber: 5.4g
Protein: 5.3g