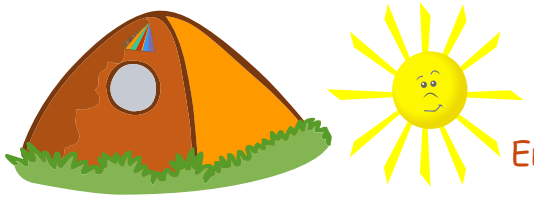
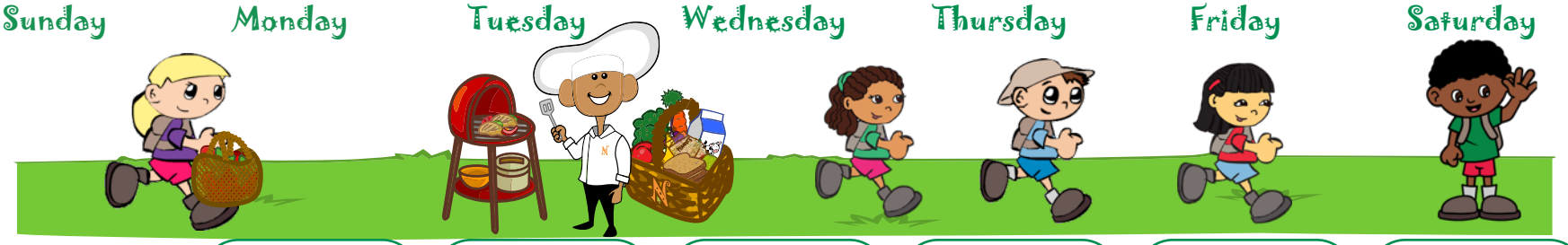


August 2016

Enjoy a active day out with friends and family



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Bring healthy snacks like fruit cups, raisins, or trail mix in baggies.	2 Avoid using sweets as a reward.	3 Forcing your child to finish their plate may cause your child to overeat.	4 Fresh or frozen fruits and vegetables are a good source of fiber.	5 Omega 3 fat is good for your heart and brain.	6 During hot weather, don't forget to give your child plenty of water to drink.
7 At restaurants, teach kids to say no to the bread and the chips.	8 Skip the chips at snack time and serve celery with peanut butter.	9 Let your kids decide on how much they want to eat.	10 Try melon slices for breakfast for a change.	11 Play catch is good fun activity and teaches eye to hand coordination.	12 Walk to the nearest parks where they have jungle gyms.	13 Any puzzle that taps your child's language or math skills can leave you sharp and stimulated.
14 To save calories, use applesauce in place of oil (1 to 1 ratio) when baking.	15 A five year old needs about 2 cups of non-fat or 1% milk each day.	16 Cooking foods to proper temperatures, is key to preventing food borne illness.	17 Add slices of lemon or squeeze a little bit of fresh orange juice to add some flavor.	18 When planning an outing, pack up nectarines, sandwiches and water.	19 If your child plays sports, it is important to drink water 20 minutes prior practice.	20 Grill a salmon steak or add a filet to a vegetable shish kabob – it's that easy!
21/28 High fat words: battered, bottomless, breaded, buttery, cheesy, creamy, crispy and fried.	22/29 Berries have only have 60 calories in one cup and are both excellent sources of fiber.	23/30 Wean your child off of whole milk to 2% and then to 1% or fat free	24/31 Set reasonable limits for the start and end of a meal.	25 Healthy oils are fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.	26 Avoid foods that have sugar or high fructose sugar as the first ingredient.	27 Omega 3 fat is good for your heart and brain.

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