



You Are What You Eat

This month in THE GREAT BODY SHOP, your child will be studying nutrition. The lessons are:

- Lesson 1:** Beyond the Basics
- Lesson 2:** Life Cycle and Nutrition
- Lesson 3:** What Can Go Wrong
- Lesson 4:** Making a Difference

Beware of Energy and Sports Drinks!

The American Academy of Pediatrics makes the following recommendations:

- * Children and adolescents should avoid energy drinks. They pose potential health risks because of the stimulants they contain.
- * Children and adolescents should avoid or restrict carbohydrate-containing sports drinks because they can increase the risk of becoming overweight, as well as dental erosion.
- * Water, not sports drinks, should be the principal source of hydration for children and adolescents.

Fatty Facts

According to the USDA "All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Oils contain more monounsaturated (MUFA) and polyunsaturated (PUFA) fats."

Because saturated fats, trans fats, and cholesterol tend to raise "bad" (LDL) cholesterol, choosing vegetable oils is a healthier choice than solid fats like butter. Switching to oils can help cut the risk of heart disease. But you only need a small amount (3–6 teaspoons per day depending on your age, gender, and physical activity level). Most healthy fats can be found naturally in foods like fish, nuts, olives, and avocados.

A Note about Vitamins

Some people take large doses of vitamins in the belief that it will make them healthier. While a daily multi-vitamin is harmless, large doses of any kind of vitamin can be dangerous. Do not take large quantities of vitamins without a doctor's advice.

The store couldn't buy any plums—it's a pear tree.
Just for Fun Answer:

What's in What You Eat?

While at the dinner table, discuss the foods served. Which give your body energy? (carbohydrates) Which are "building blocks"? (proteins) Which generally contain the most vitamins and minerals? (vegetables and fruits) Which foods contain a lot of water? (Generally, fruits and vegetables, though even meat is 50% water.)

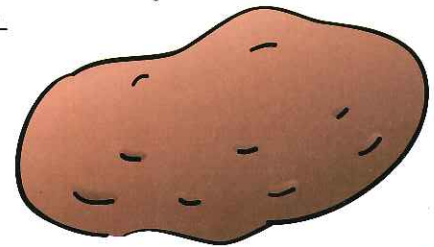
Nutrition Information for the Family!

Visit: www.ChooseMyPlate.gov for up-to-date nutrition information. You and your family can set nutrition and fitness goals. This site will help you to plan and track your food consumption and activity level.

Did You Know?

A small baked potato with no butter or sour cream has lots of vitamins C and B₆, carbohydrates, protein, and no fat!

One small potato is one serving!



Just for Fun:

A farmer in California owns a beautiful pear tree. He supplies fruit to a nearby grocery store. The store owner has called the farmer to see how much fruit is available for him to purchase. The farmer knows that the main trunk has 24 branches. Each branch has 12 boughs and each bough has 6 twigs. Since each twig bears one piece of fruit, how many plums will the farmer be able to sell?

