

Family Times

PROMOTING HEALTHY CHOICES



Family Times is a newsletter provided by HealthMPowers as a resource for families.

Activities and information are presented to help families encourage the adoption and maintenance of healthy behaviors.

Research indicates that family involvement is critical to both the health and the academic performance of young people.

Healthy Eating Tips

- Look for hidden trans fat by reading the ingredient list. If you see partially hydrogenated oils, the food item has trans fat.
- Choose healthy fats such as olive oil or canola oil.
- Use low-fat cooking methods such as baking, roasting and grilling.
- Substitute fruits, vegetables and low-fat milk products for high-fat snack foods.

Limiting the Fat In Your Diet!

Fat is a component found in foods such as nuts, oils, butter, dairy, and meat products. If eaten in the right amounts, fats give the body energy, protect internal body organs and insulate the body. Consuming more than adequate amounts of fat can lead to serious health problems such as iabetes, heart disease and some forms of cancer. The Centers for Disease Control and Prevention (CDC) recommends that no more than 35 percent of caloric intake come from fat.



Trans fat is a type of fat to watch out for. These fats can be hidden in fried foods, candy, baked goods and peanut butter, and are sometimes listed as partially hydrogenated vegetable oils.

It is important to read food labels when making food choices for your family. High-fat diets have been linked to several critical health issues. Encourage fruit and vegetable consumption throughout the day!

CUT HERE AND RETURN TO CLASSROOM TEACHER

Family Completion Chart

Young people need to hear health promotion messages at home. Children learn by imitating adults. Help your child learn how to make healthy choices.

Student Name: _____

Family Member Signature: _____

Comments: _____

Number of Activites We Completed this week!

ENCOURAGE YOUR CHILD TO ACCEPT THE FOLLOWING GOAL:

“I will limit the amount of fat I eat!”

Please complete the following activities that reinforce this goal with your child, stressing the importance of this health behavior.

Help your child to list five of his or her favorite snacks in the space provided below. Looking at the food label, determine whether it is a low-fat or high-fat snack. It is important to know, 5% or less of the % daily value for total fat indicates a low-fat option; 20% or higher indicates a high-fat option.

Snack	% Daily Value (DV) of Total Fat	High or Low Fat Snack



Circle the lowest-fat choice of the food pairs listed below:

- Whole Milk
- Skim Milk
- French Fries
- Baked Potato
- Grilled Chicken
- Chicken Nuggets
- Chocolate Frozen Yogurt
- Strawberry Ice Cream
- Barbecue Ribs
- Smoked Turkey

We did this!

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GROCERY STORE LIST

Find four of your favorite snack foods at home and list them below. Look at each food label and place a check (✓) next to the snacks that have hidden trans fats. Remember, this may be listed as partially hydrogenated oils and/or shortening.

1. _____
2. _____
3. _____
4. _____