

Nutrition Highlights

HABITS FOR HEALTH & HAPPINESS

Welcome to HealthBarn USA, a place where families learn about the importance of living a healthy lifestyle and how-to make it happen at home. Many parents are concerned about getting their kids to eat their veggies. Vegetables are extremely important, but they are not all that a child needs to be healthy. That's why we developed HealthBarn USA's seven healthy habits that, when practiced together, create a healthy lifestyle. Seem like too much to take on all at once? You don't have to! Start with one or two and go from there. Each habit builds the foundation for the next habit. If your child starts eating better she will have more energy. More energy, will lead to more activity. More activity will lead to better sleep. It's all connected!



7 HEALTHY HABITS

1. **Eat breakfast** – Kids who eat breakfast daily do better in school, are less likely to get into trouble, and have a lower risk of becoming overweight.
2. **Exercise** – Aerobic activity is linked to academic achievement and emotional well-being. (1) The Centers for Disease Control and Prevention recommend that kids exercise for at least 60 minutes each day.
3. **Eat fruits and vegetables** – These foods provide the body with tummy-filling and heart-healthy fiber. They also contain the essential vitamins and minerals a growing body needs!
4. **Share a family meal** – Parents who eat with their kids are more in tune with what is going on in their lives. Both parents and kids are also likely to eat healthier at a family meal. (2)
5. **Recycle** – Kids can create a lot of trash. Recycling, especially when combined with reducing and reusing, is an effective way to protect mother earth.
6. **Brush and floss teeth** – Good oral hygiene habits helps prevent stinky bacteria from growing in the mouth and helps reduce cavities.
7. **Get a good night's sleep** – Increases focus in school and energy throughout the day. In general, school-aged children need 10-12 hours a night.

BENEFITS OF A HEALTHY LIFESTYLE

- Be more alert and get better grades in school.
- Have more self-confidence in social situations. (1)
- Have more energy.
- Be faster and improve athletic performance. (1)
- Decrease risk of depression. (1)
- Maintain a healthy weight. (2)

Bonus: Look and feel your best!

SIMPLE WAYS TO IMPLEMENT THE 7 HEALTHY HABITS

- ✓ **Eat breakfast** – Prepare the food the night before or make something simple like our Rainbow Swirly Smoothie (recipe below). Wake up ½ hour earlier to eat together at the table.
- ✓ **Exercise** – Kids love spontaneity and will usually gravitate towards activity. Set-up an obstacle course in the backyard. Keep old-sports equipment, Frisbees, jump ropes and Hula-Hoops on hand.
- ✓ **Eat fruits and vegetables** – Talk about the color, how it was grown, and how it helps our bodies to be healthy. When they try a new fruit or vegetable, give them sticker!
- ✓ **Recycle** – Pack your child’s lunch in reusable containers with cloth napkins, real silverware and beverage containers, too. Teach them how to compost and encourage them to reduce their plate waste.
- ✓ **Share a family meal** – Sitting down to eat as a family shouldn’t be a cause of stress and anxiety! Set ground rules for behavior at the table and make the atmosphere warm and inviting by getting rid of clutter and setting the table (a perfect job for kids!).
- ✓ **Brush and floss teeth** – Brush and floss at least twice a day, preferably after every meal. Discuss with your kids how sugary candy and artificial fruit snacks can weaken their teeth and cause cavities.
- ✓ **Get a good nights sleep** - Create a soothing bedtime routine and get it started one hour before lights out. Read a bedtime story, herbal tea, or do yoga stretches together. Just make sure all screens are off during this time.

RAINBOW SWIRLY SMOOTHIE

This smoothie is packed with vitamin C for a healthy immune system and calcium for strong bones and teeth. It’s the perfect breakfast, snack, or dessert and is guaranteed to get a thumbs up from any kid who tries it (or grown-up)!

- 1 ½ cups frozen strawberries
- 1 banana
- 1 cup low-fat vanilla yogurt
- ¾ cup calcium-fortified orange juice
- 2 tablespoons ground flaxseeds
- 1 teaspoon honey

1. Place all ingredients in a blender blend until smooth.
2. Pour into glasses and serve.

Makes 4 servings

Nutrition Facts per serving: 120 calories; 2.5g total fat(0.5g sat fat, 1g poly, 0g trans-fat); 5mg cholesterol; 22g carbohydrate (3g fiber, 12g sugar); 4g protein; 40mg sodium; 4% Daily Value (DV) vitamin A; 70% DV vitamin C; 15% DV calcium; 2% DV iron.

* Recipe is courtesy of **Appetite for Life**, HarperOne, 2012.



Stay in touch



If you have any questions or comments about **Nutrition Highlights**, please contact us at info@healthbarnusa.com or call 201-444-2955.

References:

1. Lees C, Hopkins J. Effect of aerobic exercise on cognition, academic achievement, and psychosocial function in children: A systematic review of randomized controlled trials. *Preventing Chronic Disease*. 2013; 10: E174. doi: 10.5888/pcd10.130010.
2. Hammons AJ, Fiese BH. Is frequency of shared meals related to the nutritional health of children and adolescents? *Pediatrics*. 2011; 127(6): 1565-74.