

Did you know? This newsletter and more local health information is available on the Eau Claire City-County Health Department website:
<http://www.ci.eau-claire.wi.us/departments/health-department/family-health/healthy-kids-eau-claire-county>

Would you prefer to receive this newsletter via email?

Contact

susan.krahn@co.eau-claire.wi.us to make the request.

But, baby it's cold outside....

During the winter months, it can be hard to stay active. It gets dark early and the cold takes energy away. There are ways to encourage continued physical activity, even in the gloom of a long winter. Staying active can help beat winter blues for parents and children!



Staying Active Indoors

Why physical activity is important...

- ★ **Promotes healthy growth and development**
Physical activity helps develop an active and healthy life. It improves balance, coordination, and strength. In group activities, it encourages listening and team building skills.
- ★ **Healthy Body**
Children being active for 60 minutes every day will improve heart health, decrease chance of other weight-related illnesses, and builds strong bones and muscles for a healthy future.
- ★ **Healthy Body Image**
Being proud of what his or her body can do physically helps increase a child's confidence and self-esteem. Physical activity can also boost social skills and help your child make new friends.
- ★ **Improves Sleep**
Children have a lot of energy! If they are active during the day, children are more likely to sleep better at night. It can also help with focus and thinking skills.

For more information: <http://www.letsmove.gov>

Indoor Activity Ideas:

- ◆ **Dance Party~** Play your children's favorite songs. Get up and dance with them!
- ◆ **Obstacle Course~** Create an indoor course for your child. Make sure to make it safe.
- ◆ **Scavenger Hunt~** Hide favorite toys for them to find with clues to help them.
- ◆ **Follow the leader~** Classic toddler fun, or try hide and seek.
- ◆ **Yoga~** Check out free books or videos online or at the public library that children and caregivers can follow along with.
- ◆ **Beanbag Race~** Mark start and finish, and the winner is the one with the bean bag still on their head.
- ◆ **Jump!~** Use painter's tape to make lines on a hard floor. Ask children to see how far they can jump.



What Makes A Balanced Meal?

Making a healthy meal feel like a hard task after a long day, but does not have to be. Include foods from each of the food groups for good health. My Plate is a great way to understand the foods we should be serving. When planning meals, pick one food from each of these groups:



★ **Fruits and vegetables** help our bodies get different vitamins and nutrients. Fruit and vegetables are naturally low in fat and calories. Learn more about the different colors below.

★ **Protein** is needed for health and upkeep of your body. It helps promote healing and is necessary for growth. Protein doesn't always have to come from meats. It is also found in eggs, beans, legumes, nuts and seeds.

★ **Whole grains** also provide the body with many different nutrients. Dietary fiber, B vitamins, and other minerals are found in whole grains. These nutrients help with a healthy digestive system, weight control, and growth and development.

★ **Dairy** foods provide the body with calcium, potassium, vitamin D, and protein. These nutrients play a role in bone health, blood pressure, and boosting the immune system.

For more information: <http://www.choosemyplate.gov/>



Adding Variety to Your Diet with Color

Did you know that different colors of fruits and vegetables provide different nutrients to your body? Adding a variety of colors to your plate will help your body get the nutrients and vitamins it needs to be healthy. Offer your preschool-aged child at least two to three 1/2-cup servings of fruit and two to three 1/2-cup servings of vegetables each day.

Eat a Rainbow of Colors!



Red

Full of phytochemicals which may protect against some cancers. Try watermelon, red pepper, or tomatoes.



Orange/Yellow

Promotes a healthy immune system, joints, and eyes. Try carrots, mango, pumpkin, sweet potatoes, or oranges.



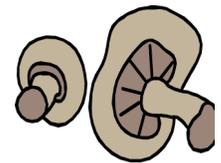
Green

Maintains vision health. Promotes strong bones and teeth. Helps with wound healing and immunity. Try broccoli, kale, lettuce, or chard.



Blue/Purple

Promotes heart health and healthy brain activity. Try blackberries, blueberries, plums, eggplant, or purple cabbage.



White/Tan

Promotes heart health and normal blood pressure levels. Helps to maintain cholesterol levels. Try mushrooms, pears, or jicama.

For more information: <http://www.healthykids.nsw.gov.au/kids-teens/eat-more-fruit-and-vegies.aspx>

Recipes to Warm Up With

30-Minute Chili

Ingredients:

1 pound ground beef
1 onion, chopped
2 cups light red kidney beans (15oz can)
1 can tomato soup (no water added)
1 tablespoon chili powder (or to taste)
10 drops hot pepper sauce (optional, to taste)

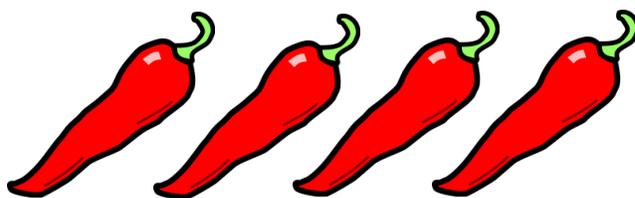
Make 6 servings

Nutrition per serving:

310 calories, 26 grams carbohydrate, 10 grams fat,
5 grams fiber, 28 grams
protein, 350 mg sodium

Directions:

1. In a large skillet, brown the meat for 10-15 minutes, or until cooked thoroughly.
2. Drain the meat; add chopped onion and cook for 5 minutes.
3. Add kidney beans, soup, and chili powder.
4. Heat for 5 minutes.
5. If using hot pepper sauce, add.
6. Refrigerate any leftovers.



Recipe from What's Cooking — USDA Mixing Bowl

<http://www.whatscooking.fns.usda.gov/>

Chicken & Sweet Potato Enchilada Casserole

Ingredients:

2 pounds skinless, boneless chicken breast halves, cut into 1-inch pieces
1 large sweet potato (about 1 1/4 pounds), peeled and cut into 1/2-inch dice (about 3 cups)
1 small onion, cut into 1/4-inch dice (about 1 cup)
1- 15oz can all-natural enchilada sauce (mild)
1 1/2 teaspoons ground cumin
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1 cup frozen corn kernels, thawed
1 cup shredded reduced-fat Cheddar cheese

Optional for serving: Rice or flour tortillas

Directions:

1. Add the chicken, sweet potato, onion, enchilada sauce, cumin, chili powder, and garlic powder to a 5- or 6-quart slow cooker and stir to combine. Cover and cook on low until the sweet potato is tender and the chicken is cooked through, about 4 hours.
2. Stir in the corn and cheese until the cheese melts and the corn is heated through. Set on warm until ready to serve. Serve over rice or wrap burrito style in flour tortillas.

Makes 5-6 servings

Nutrition per serving (1 cup):

290 calories, 23 grams carbohydrate, 7 grams fat,
3 grams fiber, 33 grams protein, 460 mg sodium

Recipe from Meal Makeover Moms- healthy meals with kid appeal

<http://www.mealmakeovermoms.com>

Healthy Kids Eau Claire County -

to inspire families to make healthy habits happen through reliable consistent education, resources, and support.

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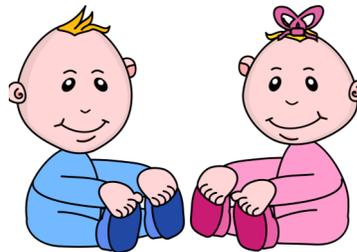


Breastfeeding and Vitamin D

Breastfeeding is the best source of nutrition for babies. Breastmilk contains vitamin D, however it is not usually supplied at recommended levels. This is usually because the mother's level of vitamin D is low.

Vitamin D helps the body absorb calcium and is important for healthy bones, muscles, and teeth. When infants don't have enough vitamin D, their bones may grow soft and weak. This is also known as rickets.

While rickets is rare, it can occur if an infant does not receive enough vitamin D.



Infants (and adults) are able to make vitamin D when skin is exposed to direct sunlight (not through a window). However, because babies in Wisconsin are not exposed to natural sunlight outdoors in many fall, winter, and spring months and because breastmilk contains vitamin D in small amounts, a supplement of 400 IU per day is usually recommended for all breastfed infants, beginning in the first few days of life.

If you are feeding your baby both breastmilk and formula, you may still need to provide a vitamin D supplement. Ask your pediatrician about your baby's vitamin D needs.

A vitamin D supplement can be found at most pharmacies in a liquid form. Follow instructions on the package.

For more information: http://www.cdc.gov/breastfeeding/recommendations/vitamin_d.htm

FREE! Breastfeeding Class

Classes will be held at the Eau Claire City-County Health Department:

<u>Wednesdays 6-7:30 PM:</u>	<u>Tuesdays 10-11:30 AM:</u>
January 13	January 26
February 10	February 23
March 9	March 23

Call (715) 577-6154 for more information and to register today!

Topics covered in this class include:

- Benefits of breastfeeding for babies, mothers, and fathers
 - How breastfeeding works
 - Latching on and positioning
 - Frequency and duration of feedings
- How to know your baby is getting enough to eat
 - Strategies for returning to work or school
 - When and where to get help if you need it