



Healthy Lifestyles

April 2014

Hello all,

It is finally spring! All those cold days are behind us and we can get outside and start moving, playing, gardening, hiking and getting exercise so we can feel better!

For those of you with children in sports now comes practice sometimes several days a week. But while they are practicing you can also be exercising. When my daughter played soccer I use to walk around the complex while she was practicing.

If your children would rather sit in front of the TV maybe it's time to take up a new hobby as a family. Often when mom and dad do something with the kids they are more interested in participating.

Texas State Parks offer many fun adventures and what kids don't love to camp and hike!

No matter what you do, have fun doing it!

Have a great month!

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Nutritional Facts Label Change

PROPOSED LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Updated Daily Values

% DV comes first

New: added sugars

Change of nutrients required

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per 2/3 cup	
Calories 230	
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
9%	Cholesterol 0mg
7%	Sodium 100mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Serving sizes updated

Calories: larger type

Actual amounts declared

New footnote to come

FOOD SERVING SIZES GET A REALITY CHECK

Serving Size Changes

What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

CURRENT SERVING SIZE | **PROPOSED SERVING SIZE**

Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.

1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#Summary>

The FDA is proposing to update the Nutrition Facts label found on most food packages in the United States. The Nutrition Facts label, introduced 20 years ago, helps consumers make informed food choices and maintain healthy dietary practices. If adopted, the proposed changes would include the following.

- Greater Understanding of Nutrition Science
- Updated Serving Size Requirements and New Labeling Requirements for Certain Package Sizes
- Refreshed Design

Changes based on new nutrition science

FDA is proposing to update the Nutrition Facts label to improve public health, incorporating the new nutrition recommendations to reduce the risk of chronic diseases such as cardiovascular disease, obesity, high blood pressure and stroke, and to encourage an adequate intake of essential nutrients. The proposed rules reflect new dietary recommendations, consensus reports and national survey data. Examples include the 2010 Dietary Guidelines for Americans, nutrient intake recommendations from the Institute of Medicine and nutrient intake and other data from the National Health and Nutrition Examination Survey (NHANES).

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Updated serving size requirements and labeling for certain packages

By law, serving sizes must be based on amounts of food and drink that people customarily consume, not on what people should be eating. People are generally eating more today than 20 years ago, so some of the current serving sizes, and the amount of calories and nutrients that go with them, are out of date. Therefore, FDA is updating the reference values used by manufacturers to set serving sizes to make them more realistic, reflecting what people really eat and drink.

Refreshed design

The “iconic” look of the label would remain, but FDA is proposing several changes to highlight key parts of the label that are important in addressing current public health problems like obesity. Some of the proposed changes that would affect the look of the label include:

- Highlighting the caloric content of foods by increasing the type size and placing in bold type the number of calories and servings per container.
- Shifting to the left of the label % Daily Value (DV). The %DV is intended to help consumers place nutrient information in the context of a total daily diet.
- Declaring the actual amount, in addition to %DV, for all vitamins and minerals when they are declared.
- Changing “Amount Per Serving” to “Amount per ____”, with the blank filled in with the serving size in common household measures, such as “Amount per 1 cup.”
- Replacing the listing of “Total Carbohydrate” with “Total Carbs” and indenting “Added Sugars”

directly beneath the listing for “Sugars.”

- Right justifying the actual amounts of the serving size information.
- Reversing the order of “Serving Size” and “Servings Per Container” declarations.
- Removing the existing footnote that describes the Daily Values for 2,000 and 2,500 calories to provide more space to better explain the percent dietary value. This part of the nutrition label is often misunderstood by consumers, and FDA is conducting an experimental study to help determine how the footnote can help consumers to better understand the %DV.



Dietary Guidelines Messages

Choose the steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



United States Department of Agriculture
Center for Nutrition Policy and Promotion

PTA Vision

Every child's potential is a reality.

PTA Mission

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The following links can be found on the USDA page at:

<http://fnic.nal.usda.gov/dietary-guidance/fruits-veggies-more-matters-resources/fruit-and-veggie-pages>

Resources for Kids



Fruit & Veggie Color Champions

Produce For Better Health Foundation.

Provides a variety of educational tools such as activity books, coloring sheets, and useful links to help children learn how to increase fruit and vegetable intake.

California Avocado Kids

California Avocado Commission.

Educates children about avocados and their role in a healthy diet. Includes resources for parents and teachers, and in [Spanish](#).

Fresh For Kids

Sydney Markets Limited.

An interactive site dedicated to teaching children the importance of fruits and vegetables in their diets. Includes information for parents and teachers.

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Healthy Choices for Kids

Washington Apple Education Foundation.

An educational site providing information for children about eating a balanced diet. Includes educational activities.

Crispy's Apple Stand

Washington Apple Commission.

Interactive site dedicated to teaching children about apples and their effect on health status.

Strawberryville!

California Strawberry Commission.

Interactive site has strawberry related activities and lesson plans to help kids learn about strawberries. Includes a screensaver to download, gardening information, quizzes, games, fun facts, and more.

Sunkist Kids

Sunkist Growers.

Provides interactive games and trivia for kids as well as lesson plans and classroom activities for teachers.

There are also Resources for Parents such as:



Fruits & Veggies - More Matters™

Produce for Better Health Foundation.

Provides helpful shopping and cooking tips, recipes and a [Mom2Mom blog](#) to help families learn how to increase their fruit and vegetable intake. Parents can also [sign up](#) for weekly e-mail updates that provide healthy eating suggestions.

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Sharing What You Do

In February I asked that you let me know of any events you have done which could be shared with other Healthy Lifestyle Chairs. Unfortunately I did not receive any information to pass on. Please make sure to include all the great things you have done in your procedure binders for the next person who takes on your position. They will be very appreciative for the help! Be sure to tell them about the below training. Everyone who comes to training will receive a blank display board and some supplies they can use to make one for Healthy Lifestyles.

Healthy Lifestyle Chair Training

FRIDAY

MAY 30TH

10:00 - 11:30 am

Northside Activity Center -
Culebra & Loop 410

Email Deede Goethke to
register at:

kinjo@biochem.uthscsa.edu

What is a SHAC?

Texas law requires that every public school district establish a School Health Advisory Council (SHAC). Membership is comprised of parents, district staff, community agency representatives and professionals and by law; the majority of members must be parents who are not employees of the district. The NISD Board of Trustees approves the members of the SHAC each year in our district and may also appoint a member each year from the area they represent. The SHAC provides guidance, recommendations and support in eight different areas of Coordinated School Health through programs, services and curricula which impact student health and learning. The Eight Components of Coordinated School Health are:

- Health Education
- Physical Education
- Family/Community Involvement
- Health Promotion for Staff
- Health Services
- Healthy School Environment
- Nutrition Services
- Counseling, Psychological, & Social Services

The SHAC meets approximately once a month and within the SHAC there are several sub-committees such as the Wellness Committee. During the 2012 -2013 school year the Wellness Committee worked on revising the NISD Wellness Policy to strengthen the guidelines so that all NISD students, family and staff have an updated policy which meets legal mandated standards in the areas of nutrition and physical activity and also needs of our district.

The SHAC's Mission is to:

- Evaluate and make recommendations on health and fitness curriculum.
- Work with educators to promote student's health.
- Help our school district meet legal mandates.
- Address community health concerns.
- Recommend appropriate instructional programs pertaining to sexuality and human growth and development.
- Advocate for healthy living for students, staff, and community.

Please support NISD programs that promote healthy students and families. For more information on the SHAC, or to become a parent member, please contact Linda Seewald, NISD Director of Health and Physical Education, linda.seewald@nisd.net.

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Who Will Be the HL Chair Next Year?

Officer elections should have taken place at local PTAs and with the change in officers come changes in some board positions.

If you have served in your position for two years it will mean that someone else will be coming into your position.

If you have not been keeping a procedure book please start preparing one now. Every new chairperson appreciates and should be given a procedure book with the following information:

- o a resource guide for the position
- o a copy of the current local PTA bylaws
- o your Plan Of Work (POW)
- o a copy of your budget
- o copies of flyers/lists of vendors and any notes on all events you held. Information on how well the events were attended, how many volunteers were needed, what could be done better or changed are always helpful
- o were donations received and if so what were they and the value (if they aren't received additional money would be needed in the budget in the future)
- o any other items you see as important

If you have been in this position one year we hope you are interested in returning again!



**March 2014
Government
Canyon State
Natural Area**

12861 Galm Rd,
San Antonio, TX
78254
(210) 688-9055

April 12 - **Hike the canyon** (Join us every second Saturday for a guided hike!) 8:30am – 12:00pm
April 12– **Beginners Guide to Birding** (Celebrate snakes and snake conservation with the whole family!) 8:30am – 11:30am
April 12 – **Nearly Full Moon Hike** 7:30pm – 9:30pm
April 13 – **Wildflower Walk** 1:30pm – 4:00pm
April 19 – **Explore the Canyon** (Join us each month every third Saturday for a new adventure!) 8:30am – 12:00pm
April 20 – **Golder-cheeked Warbler Hike** 8:30am – 12:00pm
April 26 - **Kids In The Canyon** (Have some Family Fun every fourth Saturday!)

**An average of 390 children
ages 0 – 14 died in pool
drownings each year.**

**For information on pool safety,
videos and a kids corner, go to:**

<http://www.poolsafely.gov/>

Did you know that San Antonio has a website dedicated to being fit? Go to www.fitcitysa.com and find out about healthy eating, physical activity and events in our city! There you can find a calendar of all the events going on in San Antonio throughout the month.



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DID YOU KNOW?

About one-third of pre-teens and teens are overweight or obese. But small changes in what you do and eat may help you stay healthy.

MAINTAIN A HEALTHY WEIGHT

Try to eat less of foods like cookies and candy. If you do eat dessert, try low-fat frozen yogurt.

Avoid adding sugar to your food and drinks.

Drink water, low-fat milk, or fat-free milk, and avoid high-sugar drinks. Soda, energy drinks, and some juices are the main sources of added sugars in our diets.

DID YOU KNOW?

Not all fats are unhealthy! Unsaturated fats can be healthy—as long as you don't eat too much of them. Try eating moderate amounts of these foods, which have unsaturated fats:

- *olive, canola, safflower, sunflower, corn, and soybean oils*
- *nuts like walnuts, almonds, peanuts, and pecans*
- *fish like tuna, salmon, and trout*



Take Charge of Your Health A Guide for Teenagers

[What's in This Booklet?](#)
[Know How Your Body Works](#)
[Charge Up with Healthy Eating](#)
[Get Moving](#)
[Take Your Time](#)
[Make It Work for You](#)
[Resources](#)

You can download this booklet at:
<http://win.niddk.nih.gov/index.htm>

DID YOU KNOW?

Just one super-sized fast food meal can have more calories than you should eat in an entire day. And when people are served more food, they eat more food—even if they don't need it. This may lead to weight gain. When eating fast food, choose small portions or healthy fast food like a veggie wrap or salad.

DID YOU KNOW?

Many teens need more of these nutrients:

Calcium builds strong bones and teeth.

Vitamin D supports bone health.

Potassium helps lower blood pressure.

Dietary fiber may help you to digest your food better and feel full.

Protein helps you grow strong and powers you up.

Iron supports your growth.

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