



Healthy Lifestyles

February 2014



GO RED!

This month we celebrate Valentine's Day and American Heart Association Go Red Month.

Nutrition, exercise, stress management and family history all play a part in heart health. The American Heart Association has a fantastic website with interactive areas at www.heart.org where you will find information on raising healthy kids, stress management, nutrition, fats and oils, physical activity, exercise, and much more. Another helpful website is the National Heart Lung and Blood Institute at www.nhlbi.nih.gov. Most of the articles in this newsletter came from the American Heart Association website. I encourage you to check the website out for yourself. It has a lot of interactive information you can use with recipes and other items that I am sure you will find helpful. There is something for everyone!

Have a great month!

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Dietary Recommendations for Healthy Children

www.heart.org

The American Heart Association has dietary recommendations for infants, children and adolescents to promote cardiovascular health:

AHA Scientific Position

Start in Infancy:

Breast-feeding is ideal nutrition and sufficient to support optimal growth and development for about the first 4–6 months after birth. Try to maintain breast-feeding for 12 months. Transition to other sources of nutrients should begin at about 4–6 months of age to ensure sufficient micronutrients in the diet.

Delay introducing 100 percent juice until at least 6 months of age and limit to no more than 4–6 oz/day. Juice should only be fed from a cup.

Don't overfeed infants and young children — they can usually self-regulate the amount of calories they need each day. Children shouldn't be forced to finish meals if they aren't hungry as they often vary caloric intake from meal to meal.

Introduce healthy foods and keep offering them if they're initially refused. Don't introduce foods without overall nutritional value simply to provide calories.

The American Heart Association recommends this eating pattern for families:

Energy (calories) should be adequate to support growth and development and to reach or maintain desirable body weight.

Eat foods low in saturated fat, trans fat, cholesterol, salt (sodium), and added sugars.

Keep total fat intake between 30 to 35 percent of calories for children 2 to 3 years of age and between 25 to 35 percent of calories for children and adolescents 4 to 18 years of age, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils.

Choose a variety of foods to get enough carbohydrates, protein and other nutrients.



Eat only enough calories to maintain a healthy weight for your height and build. Be physically active for at least 60 minutes a day.

Serve whole-grain/high-fiber breads and cereals rather than refined grain products. Look for "whole grain" as the first ingredient on the food label and make at least half your grain servings whole grain. Recommended grain intake ranges from 2 oz./day for a one-year-old to 7 oz./day for a 14–18-year-old boy.

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Serve a variety of fruits and vegetables daily, while limiting juice intake. Each meal should contain at least 1 fruit or vegetable. Children's recommended fruit intake ranges from 1 cup/day, between ages 1 and 3, to 2 cups for a 14–18-year-old boy. Recommended vegetable intake ranges from $\frac{3}{4}$ cup a day at age one to 3 cups for a 14–18-year-old boy.

Introduce and regularly serve fish as an entrée. Avoid commercially fried fish.

Serve fat-free and low-fat dairy foods. From ages 1–8, children need 2 cups of milk or its equivalent each day. Children ages 9–18 need 3 cups.

Don't overfeed. Estimated calories needed by children range from 900/day for a 1-year-old to 1,800 for a 14–18-year-old girl and 2,200 for a 14–18-year-old boy.

This eating pattern supports a child's normal growth and development. It provides enough total energy and meets or exceeds the recommended daily allowances for all nutrients for children and adolescents, including iron and calcium.

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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5 Ways that Play can Change your Day



It doesn't matter how you move, as long as you're physically active. Move until you breathe hard or break a sweat and you will be doing great things for your body and physical health. Here are five changes you may start noticing today:

1. **Sleep tight: Being physically active will help you improve your sleep.**

***Fun Fact: Your body and your brain communicate constantly. By being physically active during the day your body can send the "I am tired" message instead of the "I am still awake" message when you are going to bed.*

2. **Improve your mood: Physical activity can give you a better attitude and give you an extra energy boost during the day.**

***Fun Fact: Drinking a caffeinated beverage (like coffee, energy drinks or soda) does give you an energy boost, but it will wear off after only two hours and will usually leave you more tired than you were before. Exercise releases chemicals in your body that will give you an energy boost that lasts all day. So cut the calories of those energy drinks and get your body moving!*

3. **Fuel your brain: Twenty minutes of physical activity before starting your homework can help you unwind from the day and improve your concentration.**

***Fun Tip: Try and schedule your workouts before you sit down to do your homework or keep a basketball or jump rope by your desk for a quick break to regain focus.*

4. **Bond with buddies: Engaging in physical activity with your friends is a great way to bond with your friends and to even make new ones.**

***Fun Tip: Join a community sports team or organize your friends for an after-school game of pick-up. Not only will your workouts be more fun, but your friends will be counting on you to show up helping to make sure you don't miss your 60 minutes.*

5. **Stretch your talent: Make stretching part of your pre- and post-workout sessions. It can help improve your balance which in turn enhances your coordination and athletic performance.**

***Fun Fact: Most sports injuries can be prevented by maintaining flexibility. Ensure your time in the game and not on the bench by stretching every day.*

Salty Six - Common Foods Loaded with Excess Sodium

Eating too many salty foods can create all sorts of health problems, including high blood pressure. But did you know a lot of common foods are packed with excess sodium? It's not just the french fries and potato chips you need to be careful with.

That's why the American Heart Association/American Stroke Association is increasing awareness of sodium and the "Salty Six" – common foods that may be loaded with excess sodium that can increase your risk for heart disease and stroke.

Sodium overload is a major health problem in the United States. The average American consumes about 3,400 milligrams of sodium a day – more than twice the 1,500 milligrams recommended by the American Heart Association/American Stroke Association. That's in large part because of our food supply; more than 75 percent of our sodium consumption comes from processed and restaurant foods.

Be sure to keep in mind that different brands and restaurant preparation of the same foods may have different sodium levels. The American Heart Association's Heart-Check mark—whether in the grocery store or restaurant helps shoppers see through the clutter on grocery store shelves to find foods that help you build a heart-healthy diet.



Sodium doesn't just affect your heart health, but your physical appearance as well. Excess sodium consumption may make your face feel puffy, give you bags under your eyes, increase swelling in your fingers and make your jeans look, and feel, tighter. In fact, from an American Heart Association/American Stroke Association consumer poll, 75 percent of respondents stated that their pants feeling too tight is their least favorite effect of bloating which may be associated with excess sodium consumption.

As you gear up for your next grocery store run or order from the menu, keep the Salty Six in mind. All you need to do to make a heart-healthy choice is to look for the Heart-Check mark. Another helpful tool is the Nutrition Facts label on the package and calorie labeling in restaurants, which together with the Heart-Check mark helps you make wise choices for the foods you and your family eat. Make the effort to choose products that contain less sodium. It's worth it!

THE SALTY SIX

DID YOU KNOW?

THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET*

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

- BREADS & ROLLS**
Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.
- COLD CUTS & CURED MEATS**
One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.
- PIZZA**
A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.
- POULTRY**
Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.
- SOUP**
Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.
- SANDWICHES**
A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

*Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), Vital Signs: Food Categories Contributing the Most to Sodium Consumption—United States, 2007–2008, February 16, 2012 (A105E12-16).

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Fight Stress with Healthy Habits

Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop.

1. **Talk with family and friends.**
A daily dose of friendship is great medicine. Call or write your friends and family to share your feelings, hopes and joys.
2. **Engage in daily physical activity.**
Regular physical activity relieves mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.
3. **Accept the things you cannot change.**
Don't say, "I'm too old." You can still learn new things, work toward a goal, love and help others.
4. **Remember to laugh.**
Laughter makes you feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when you're alone.
5. **Give up the bad habits.**
Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, decide to quit now.
6. **Slow down.**
Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done.
7. **Get enough sleep.**
Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help

reduce stress and depression. Physical activity also may improve the quality of sleep.

8. **Get organized.**
Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.
9. **Practice giving back.**
Volunteer your time or return a favor to a friend. Helping others helps you.
10. **Try not to worry.**
The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but today might not be the right time.

How Do We Learn to Manage Our Stress?

Step 1: Awareness! Learn about your "Low Zone."

Stress has a way of becoming chronic as the worries of everyday living weigh us down. Or perhaps you've become accustomed to stress in your life, and you allow whatever is currently the most stressful problem to dictate what you will do each day. But everyone needs pleasure, productivity and creativity. Chronic stress robs us of these.

Take a look at this continuum :



- 1 — I'm creatively and cheerfully engaged in life.
- 2 — I'm relaxed and expect to stay this way.
- 3-4 — I can handle stresses and think of positive solutions to my challenges.
- 6-7 — I'm moderately irritable, anxious or overwhelmed, and stresses feel burdensome .
- 8 — My problems seem unsolvable. Many things are irritating or upsetting me.
- 9 — Help! I'm about to lose it!
- 10 — I have chart-topping negative emotions

Where do you put yourself now? How do you know when you've passed the moderate point? Identify for yourself the small changes you can detect in your mood as you move up the continuum. This may take a few days of observing yourself, but if you are like most people, (and chances are good that you are!) your stress level will climb in a predictable pattern. If you take time to learn your emotional cues, you can learn to regulate your stress so that you spend more of your time in the "low zone" (at numbers 1 - 5).



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Reading Food Nutrition Labels

Here are some tips for making the most of the information on the Nutrition Facts label:

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 0%
Thiamin 8%	Riboflavin 0%
Niacin 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Start here. Note the size of a single serving and how many servings are in the package.

Check total calories per serving.

Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

Limit these nutrients. Remember, you need to limit your total fat to no more than 56–78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).

Get enough of these nutrients. Make sure you get 100 percent of the fiber, vitamins and other nutrients you need every day.



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Quick guide to % DV. The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.

Here are more tips for getting as much health information as possible from the Nutrition Facts label:

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight. Find out your personal daily limits on My Fats Translator.
- In general, as you think about the amount of calories in a food per serving, remember that for a 2,000-calorie diet:
 - 40 calories per serving is considered low;
 - 100 calories per serving is considered moderate; and
 - 400 calories or more per serving is considered high.
- There is no % DV shown for *trans* fat on the panel because the U.S. Food and Drug Administration (FDA) does not have enough scientific information to set this value. We recommend eating less than 20 calories or (less than two grams of *trans* fat) a day – that's less than 1 percent of your total daily calories (for a 2,000-calorie-a-day diet).
- When the Nutrition Facts panel says the food contains "0 g" of *trans* fat, it means the food contains less than 0.5 grams of *trans* fat **per serving**.
- When the Nutrition Facts label says a food contains "0 g" of *trans* fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains *trans* fat, but less than 0.5 grams of *trans* fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of *trans* fat.

In addition to the Nutrition Facts label, a lot of foods today also come with nutrient content claims provided by the manufacturer. These claims are typically featured in ads for the foods or in the promotional copy on the food packages themselves. They are strictly defined by the FDA. The chart on the next page provides some of the most commonly used nutrient content claims, along with a detailed description of what the claim means.

(Continued on next page)

Tips for Eating Breakfast

- ✓ Start your meal with a glass of fruit juice.
- ✓ Order whole-grain instead of white toast. Instead of butter, spread your toast with low-fat cottage cheese and a little jam.
- ✓ Ask for low-fat cream cheese with your bagel.
- ✓ Look for whole-grain cereals with fat-free milk (but watch out for high-fat granolas).
- ✓ Enjoy fat-free or low-fat yogurt with fruit — either in a bowl or as a smoothie!
- ✓ Hot cereals such as oatmeal, grits, cream of wheat or cream of rice with a little honey can warm you up on a cool morning.

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My Family Health Tree



Did you know that just like the color of our eyes or how tall we are, other things like health conditions can be passed down genetically from one family member to another? It is important to know what health conditions and diseases are in our family history so that we can make healthy choices to help reduce our risk for getting those conditions ourselves. Read these facts about family conditions and then fill out the [My Family Health Tree](#) to find out which conditions are in your family. Afterward, complete the My Healthy Habits Check List to decide which healthy habits you will do to help reduce your risk for getting those health conditions.

- Having a blood relative with certain health conditions or diseases (like heart disease), can increase our risk for getting those conditions too.
- Even though some diseases can be passed down to us, by making healthy food and lifestyle choices, we can decrease our chances of having some of these health conditions.
- To learn about what health conditions and diseases are in your family, look at your family's health history. Use the Family Tree diagram to make a map of all your blood relatives and their health history. This will help you to see which health conditions and diseases you may be at risk for. Talk to your parents and other family members about their health and yours.
- The more we know about our own health history, the more we can do to reduce the chances of getting heart disease. After finishing your family tree, talk to your parents and family members about how knowing their health history can help them make healthy life choices. Talk to your doctor or nurse about your health history during your next visit.

Reading Food Nutrition Labels

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If a food claims to be...	It means that one serving of the product contains...
Calorie free	Less than 5 calories
Sugar free	Less than 0.5 grams of sugar
Fat	
Fat free	Less than 0.5 grams of fat
Low fat	3 grams of fat or less
Reduced fat or less fat	At least 25 percent less fat than the regular product
Low in saturated fat	1 gram of saturated fat or less, with not more than 15 percent of the calories coming from saturated fat
Lean	Less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol
Extra lean	Less than 5 grams of fat, 2 grams of saturated fat and 95 milligrams of cholesterol
Light (lite)	At least one-third fewer calories or no more than half the fat of the regular product, or no more than half the sodium of the regular product
Cholesterol	
Cholesterol free	Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat
Low cholesterol	20 or fewer milligrams of cholesterol and 2 grams or less of saturated fat
Reduced cholesterol	At least 25 percent less cholesterol than the regular product and 2 grams or less of saturated fat
Sodium	
Sodium free or no sodium	Less than 5 milligrams of sodium and no sodium chloride in ingredients
Very low sodium	35 milligrams or less of sodium
Low sodium	140 milligrams or less of sodium
Reduced or less sodium	At least 25 percent less sodium than the regular product
Fiber	
High fiber	5 grams or more of fiber
Good source of fiber	2.5 to 4.9 grams of fiber

If you can't remember the definitions of all of the terms, don't worry. You can use these general guidelines instead:

- "Free" means a food has the least possible amount of the specified nutrient.
- "Very Low" and "Low" means the food has a little more than foods labeled "Free."
- "Reduced" or "Less" mean the food has 25 percent less of a specific nutrient than the regular version of the food.

Note: Any type of family tree diagram can be used.

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National Walking Day



Get Up and Move!

These days, adults are spending more time at work than ever before. An unfortunate side effect is that, as a nation, we're becoming more inactive. This is a problem when you consider that physical inactivity doubles the risk of heart disease!

But take heart! It's a problem you can help fix by encouraging your community and company to take part in the American Heart Association's National Walking Day.

On this day, Americans are encouraged to lace up their sneakers and take at least 30 minutes out of their day to get up and walk. It's a great way to raise awareness of the importance of physical activity and to get your family, friends and co-workers started on a healthier way of life.

Get the Ball Rolling - Sign Up for Your Toolkit!

It's easy to participate in National Walking Day. Complete the appropriate registration form to receive the National Walking Day Toolkit. It includes lots of fun materials and tips to easily promote National Walking Day in your community or workplace. Your registration confirmation email will include links to a how-to guide, posters, flyers, email scripts and more.

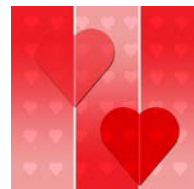
Companies (HR Representatives & Worksite Wellness Coordinators) Signup Coming in February 2014	Community Organizations Signup Coming in February 2014	Schools Signup Coming in February 2014	Individuals Signup Coming in February 2014
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Get Others Involved

- Host a walk and/or rally to show your commitment to living longer, healthier lives.
- Rally your family, friends and neighbors to walk that day and every day.
- Invite your co-workers to wear their sneakers to work.
- Encourage employees to get in their 30 minutes of walking that day.
- Change one of your meetings to a walking meeting, and let your colleagues know why.
- Join others across the country and be part of the solution to get America walking.
- Discover and share more information from the American Heart Association about why physical activity is so important.
- Start Shopping for some physical activity gear and show you support the American Heart Association's healthy living movement.
- Get your family, friends and co-workers involved in the annual Heart Walk in your community.

Get Healthy

Statistics show that one in two men and one in three women are at risk for heart disease, and research shows that poor lifestyle is a major contributor. From walking paths and clubs to healthy cooking tips and easy-made, heart-healthy recipes, the American Heart Association's My Heart. My Life.TM healthy living initiative helps individuals and families understand how to get active and eat healthy – all part of the American Heart Association's 2020 goal. Don't stop with signing up for National Walking Day; use our American Heart Association Walking Clubs and Walking Paths to keep you walking every day. Visit MyHeartMyLife.org to learn more.



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