



## Balancing a Food Plan

To balance a food plan, consider: food groups, number of servings in each food group, portion sizes, and color, temperature, and texture.

**Food Groups:** Every day, try to include a variety of foods from each of the five groups; grain, vegetable, fruit, protein, and dairy. No one group provides all the nutrients needed. The United States Department of Agriculture (USDA) replaced the food pyramid with a new food image called MyPlate. The new image of a plate helps people make healthier food choices, and stresses the importance of the five food groups. Find information at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**Number of servings.** The larger the sections on MyPlate, the more servings you need. For example, the vegetable and fruit groups take up 1/2 of the plate. More servings are needed from these groups. The next largest section is grains. Select whole grains, such as 100 percent whole wheat bread, whole wheat spaghetti, and brown rice. Protein foods make up about 1/4 of the plate. Lean protein foods include

lean beef, pork, fish, chicken, turkey and legumes (dried beans and peas.) The dairy group is small, but very important. Lowfat milk and yogurt are healthful selections from this group. Find sample menu plans and recipes at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**Portion sizes.** It's possible to eat the suggested number of servings from every food group on your plate, but consume portions that are too small or too large. Always eating large portion sizes leads to obesity. For example, 1 vegetable

serving of corn for an adult is 1/2 cup, but only 1/4 cup for a 2- to 5-year old child. To determine correct portion sizes for different age groups, refer to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) or ask your health care provider for help.

**Color, Temperature, and Texture:** Every time you plan a meal, think of color, temperature, and texture. Vary hot, cold, and room temperature foods. And vary textures; include soft and crunchy foods. Color is important in meal planning. The more colors on a plate, the more varied and healthful your diet.



## Cheese Surprises



4 slices whole wheat bread  
Margarine  
1 apple, peeled and sliced  
Raisins  
4 slices low-fat cheddar cheese

### How To Fix:

1. Toast bread and spread with a thin layer of margarine.
2. Place apple slices on top of bread. Sprinkle with raisins.
3. Cover apple and raisins with cheese slices. Broil under low heat, just until cheese starts to melt. Serves 4. (198 calories and 7 grams fat per serving)

### Quick Broccoli Soup

4 cups lowfat chicken broth  
1 (1-pound) bag frozen broccoli  
1/4 cup flour  
2 cups 1 percent milk

### How To Fix:

1. Boil broccoli in chicken broth for 10 minutes. Mash broccoli.
2. To prevent lumps, slowly add milk to flour. Add to broth. Cook on low heat. Add cheese and ham cubes, if desired. Serves 4 (126 calories and 2 grams fat per serving)

## Mumps

In the United States, mumps are rare, but children still need to be protected against this disease.

Mumps is an infection of the glands that secrete saliva (spit). The glands are found below the ears. The disease is caused by a virus and is spread from person to person by coughing or sneezing. Many cases of mumps are so mild that people never know they have the virus. If present, symptoms may include fever, swollen and tender glands under the ears, headache, and



tiredness. In a few cases, the virus affects other organs, causing more serious problems. Contact a health care provider if you or a family member has symptoms of mumps. Most people get over mumps without complications within 7 to 10 days.

The best way to prevent mumps is to get the vaccine. The measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV) vaccine is given between 12 to 15 months of age. A second shot is given between 4 to 6 years of age.

## Singing

Singing helps preschool children develop language and listening skills, and helps them express themselves. Children like to copy adults; if you sing, they will too. Don't worry about being in tune or knowing the words. For example, sing "la, la, la, la, la" instead of "row, row, row your boat."

Sing familiar songs and sing slowly. You can make up your own song, or sing favorites such as:  
"Twinkle, Twinkle, Little Star,"  
"Pop! Goes the Weasel,"  
"Old MacDonald Had A Farm,"  
and The Eentsy, Weentsy Spider.

## Feelings

Often adults have trouble **understanding** how children feel. And many children have trouble **telling** adults how they feel.



To help children express feelings, play the "feelings" game. Make a cube out of poster board. Ask children to draw faces that express different feelings on each side. Faces might be mad, glad, sad, and afraid. Cut 2 x 1 inch cards out of poster board. Write questions on each card. Question ideas: What makes you \_\_\_\_? How can you tell when you are \_\_\_\_? When was the last time you were really \_\_\_\_? Place the cards in a pile.

To play the game, each child rolls his own cube, then chooses a card from the pile. Children fill in the blank with the feeling shown on the cube. Then let them answer the question. For example: What makes you sad? "I'm sad when mommy leaves."

## Keeping Infants Warm or Cool



Newborns need to be kept warm to be relaxed and content. When infants get cold, they become fussy. Energy has to be used to produce heat, instead of eating and growing. Three layers of clothing, such as a tee shirt, stretch suit, and blanket, are needed to keep a baby warm in a room around 70° F. Don't let infants sleep in a room that is too cool at night, and bathe an infant in a warm room. As infants get older and weigh more, they get better at staying warm. They can spare some energy to keep themselves warm.

Hot weather doesn't usually bother infants if they have loose, light clothes. But never leave an infant outside in direct sunlight, or wrapped tightly in lots of clothes and blankets. Infants need to sweat; the sweat evaporates and cools them.



# TOBACCO QUICK FACT

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**MARCH : NATIONAL TAKE DOWN TOBACCO DAY**

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## **READY. SET. GO!**

**National Take Down Tobacco Day is happening on April 1 st! Set on April Fools' Day because the tobacco industry is trying to fool our youth with sweet flavors and bright colors making it seem harmless. With the increasing number of high school and middle school students using e-cigarettes, we need to educate on how addictive nicotine is and the harm it can have on adolescent brain development. Using nicotine in adolescents can harm the part of the brain that controls attention, learning, mood, and impulse control (cdc.gov). Take a stand for our youth and their development. Don't be fooled. Make a pledge to help maintain a healthy environment for everyone. For more information, visit**

***WWW.TAKEDOWNTOBACCO.ORG* or call *1-800-QUIT-NOW* for help quitting.**

**They now serve young tobacco users with a phone counseling program specifically designed for youth, ages 13 to 17, who are ready to quit.**



# YOU DON'T HAVE TO STOP SMOKING IN ONE DAY. START WITH DAY ONE.

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout<sup>®</sup> event on November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

Learn more at [cancer.org/smokeout](https://cancer.org/smokeout)  
or call 1-800-227-2345.



Attacking from every angle.™

## MARCH-KALE



**KALE GIVES YOU MORE NUTRITIONAL BANG FOR YOUR BUCK. 1 CUP OF RAW KALE HAS JUST 33 CALORIES YET CONTAINS 684% OF VITAMIN K, 134% OF VITAMIN C, 206% OF VITAMIN A PLUS IRON, FOLATE, OMEGA-3S, MAGNESIUM, CALCIUM, IRON, FIBER, AND 2 GRAMS OF PROTEIN. KALE CONTAINS NUTRIENTS, WHICH LOWER INFLAMMATION, CLEARS THE LIVER OF TOXINS AND EVEN PROTECTS BRAIN CELLS FROM STRESS. KALE CAN BE USED IN A SALAD, SMOOTHIE, SIDE OR TO MAKE CHIPS.**



## MARCH-EXERCISE AND SLEEP

RESEARCH SHOWS THAT EXERCISE HELPS YOU FALL ASLEEP MORE QUICKLY AND IMPROVES SLEEP QUALITY EVEN IN THOSE WITH INSOMNIA. EXERCISE CAN HELP STEADY YOUR MOOD AND RELAX THE MIND, WHICH IS IMPORTANT FOR SHIFTING TO SLEEP NATURALLY. A DROP IN BODY TEMPERATURE AFTER A SLIGHT RISE FROM EXERCISE CAN TRIGGER SLEEPINESS A FEW HOURS LATER. EARLY MORNING AND AFTERNOON EXERCISE MAY HELP RESET THE SLEEP WAKE CYCLE. EXERCISE TOO CLOSE TO BEDTIME MAY INTERFERE WITH SLEEPING FOR SOME PEOPLE. YOU CAN TRY EXERCISING AT DIFFERENT TIMES OF THE DAY TO SEE WHAT WORKS BEST FOR YOU.