

Health Bits

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Nutrition in the News



Eat Healthy, Be Active... Your Kids are Watching!

While what children learn to eat what you eat at home, factors outside the family are a growing influence. A recent study done by John Hopkins Bloomberg School of Public Health found that factors other than family and parental eating behaviors may play an increasing role in what American children are eating. **Like what?** Factors such as community, school, peer pressure, food environment, television viewing and individual factors such as self-image and self-esteem seem to play an important role in young people's intake.

Consider **TV**

Children see an average of 15 TV food ads a day, with 98% of them promoting foods high in fat and sugar. A recent Yale study gave children a bowl of goldfish crackers while they watched cartoons. Children exposed to food ads during cartoons ate **50%** more than children watching cartoons without food ads. Hmm, food for thought... 'watch' what they watch if you want to curb extra calories and pounds.

"I'm moving to the country,
I'm going to eat a lot of peaches".

Many people remember this popular 90's song but many didn't follow the advice of the band. July is national peach month. Peaches are packed with vitamin A, C, and E. They are also rich in phytochemicals that act as antioxidants, which help prevent disease.

Try to buy fresh peaches and avoid canned, which are processed foods with some fiber stripped from them and also additional sugar.



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Tips To Have Healthy Kids

- Educate your children about proper nutrition and the benefits from it.
- Don't force them to eat foods they don't like.
- Limit television consumption.
- Don't be a food "Nazi" by strictly prohibiting junk food.
- Teach them moderation.
- Be active with your kids.

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Grilled Peaches

Ingredients

- 1 peach
- 1/2 a cup of sherry or balsamic vinegar
- 1/4 cup of brown sugar
- Lemon juice
- 1/4 teaspoon of freshly ground pepper

Halve the peaches, remove pits. Drizzle with about 2 teaspoons of the lemon juice. Cover with plastic wrap and set aside.

In a small saucepan, combine vinegar, brown sugar, remaining lemon juice and black pepper. Boil until reduced by about 1/2.

Place peaches cut-side down on a hot lightly oiled grill. Cover and cook for about 2 minutes, or until there are grill marks. Turn over and baste the cut sides with the vinegar mixture. Cover the grill and cook for about 3 more minutes, or until softened.

<http://southernfood.about.com/od/grillfruitveggie/r/blpeach1.htm>