

Randolph Hospital

Special points of interest:

- Healthy Eating Out
- Healthy Holiday Recipe
- Family Fun Physical Activity
- Healthy Holiday Traditions
- Healthy Role Models

Slow Down on Fast Food  
 Opt For Water  
 Add Activity  
 Reduce TV Time



Eating Out the Healthy Way

Even in the current economic decline, Americans are continuing to frequently eat meals outside of the home. Up to one half of a family's food budget is spent on food consumed outside of the home. Eating out is no longer reserved for special occasions, it has become a normal way of life. Eating out often means excess calories, saturated fat, sodium, and portion sizes. Follow these tips to keep the whole family eating healthy when you dine out.

- Ask for your salad dressing to be served on the side. This way you can control how much goes on your salad.
- Choose dishes that are grilled, steamed, or broiled instead of fried.
- Choose vegetables and salads as side dishes instead of French fries or other high fat side items.
- Choose main dishes that include vegetables such as stir fries, kabobs, or pastas (without cream sauce).



- Drink water or low fat milk instead of sodas, juices, or other sugary drinks.
- Choose a salad packed with vegetables instead of a high fat appetizer.
- Do not join the "clean your plate club". When you are full stop eating. Ask for a box to take the remainder of your food home.
- Choose whole wheat bread and pastas when available.
- If entrée portion sizes are too large, share the entrée with someone else. Another alternative is to order an appetizer or lunch size portion instead.
- Avoid foods that are served in cream sauces or gravies.

Healthy Holiday Traditions

The holiday season is a time where eating and food traditions are often the focus. This year spend time creating new family traditions that do not focus on food. Some ideas to try include:

- \* Take walks together, this can be a great way to bond and get physical activity
- \* Volunteer at a soup kitchen or home for the elderly
- \* Make healthy dishes (fruits and vegetables) as your family's food contribution at holiday gatherings
- \* Instead of baking numerous holiday sweets, make holiday crafts and gifts
- \* Read stories or sing holiday songs together



Sweet potatoes can be found year round and are an excellent source of Vitamin A and Vitamin C.

## Maple-Roasted Sweet Potatoes

### Ingredients

1 1/4 pounds sweet potatoes, peeled and cut into 1 1/2 inch pieces  
 1/4 cup pure maple syrup  
 1 tablespoons butter, melted  
 2 teaspoon lemon juice  
 1/4 teaspoon salt  
 Ground pepper, to taste

### Directions

Preheat oven to 400 degrees. Arrange sweet potatoes in an even layer in a large baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in a small bowl. Pour the mixture over the sweet potatoes, stir to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook additional 45 minutes until tender. Continue to stir every 15 minutes.

### Makes 6 Adult Servings

Adult serving size 1/2 cup

Child Serving size (For children 3-5 years of age)

1/4 cup Sweet Potatoes  
 1/2 cup cooked turkey  
 1/2 cup 1% Milk

\* Recipe Adapted from Eating Well

## Family Fun Physical Activity

### Colored Eggs

The parent will be the fox while the children will be different colored eggs. The children will pick what color egg they want to be and should not tell the fox what color egg they have chosen to be. The fox will call out different colors and when a child's color of egg is called the child must run around the circle and back to their spot without being tagged by the fox. If a child is tagged they can become the fox's helper.

\*You may play several rounds of this game and each time change the motion to use when the child's color of egg is chosen (run, walk, hop, skip, etc.)



Children learn by example. Be a positive role model and show your children good health habits by being physically active and eating healthy foods.

Parents have the most influence over their child. You can help your child develop lifelong healthy habits by setting a good example. When your child sees you doing good things for your body, over time they will do so as well. Try these easy ideas to create a healthy environment in which your child can learn and grow.

**1** Eat your fruits & veggies. Serve fruits & vegetables with meals & as snacks. The more your child sees you eating these foods, they will want to try them too.

**2** Try new foods yourself. Offer one new food in a small amount at a time. Serve another food that you know your child likes along with the new food. Remember it can take children up to 15 tries before they will accept a new food. Be patient and keep serving the new food in small amounts.

**3** Don't use sweets as a reward or to make your child feel better. It teaches your child to think these are better foods. Reward or comfort children with time spent together.

**4** Get active. Let your child see you being physically active and plan physical activity fun for the whole family.

**5** Turn off the screens. The American Academy of Pediatrics recommends no more than 2 hours of TV and/or computer time a day. Follow this recommendation for yourself as well.

**6** Turn off the TV and phones at mealtimes. Keep mealtimes as a time to focus on family and the meal without distractions.