



Thanksgiving: A Time for Family, Festivity and Food

Produced by ADA's Public Relations Team

On Thanksgiving Day, families gather around the dinner table to enjoy traditional foods like casseroles, pies, stuffing and turkey.

Tips to help you enjoy your meal and prevent overindulgence:

- Eat slowly.
- Savor each bite.
- Engage in mealtime conversations.
- Take time to eat slowly, allowing your stomach to get full.

Help prevent holiday weight gain by getting the whole family involved in year-round physical activities – walk, bike, play a game of catch, rollerblade or golf. Good physical activity habits can teach kids that family exercise is as important as family meals.

Calcium

By: Milk Matters at www.nichd.nih.gov/milk

Calcium is a mineral that is essential for building strong bones. Unfortunately, most tweens (ages 9-12) and teens do not get enough calcium. In fact, fewer than one in 10 girls and only one in four boys ages 9-13 is at or above his or her adequate intake of calcium.

Tweens and teens need 1,300 milligrams (mg) of calcium a day to build strong bones for life. Adults up to age 50 need about 1,000 mg a day. Milk and milk products are excellent sources of calcium and other nutrients. Tweens and teen can get most of their daily calcium from 3 cups of low-fat or fat-free milk (approx. 900 mg), but they also need additional servings of foods that provide calcium to meet their calcium needs. Most milk is fortified with vitamin D, an important nutrient that helps the body absorb more calcium.

Calcium intake between the ages of 9 & 18 is critical for bone development because most bone mass (bone strength and density) accumulates during this time.

Think Outside the Lunchbox

Produced by ADA's Public Relations Team and ADA National Spokesperson Suzanne Farrell, MS, RD

Making time to plan your child's lunch while finding items that he will actually eat can be quite challenging. Keep in mind the lunchbox ABC's:

A: Aim for 4

B: Be creative

C: Communicate with your child

Aim for at least four food groups to ensure balance: Whole grain, protein, low-fat dairy and fruits and vegetables. Examples of whole grains are whole-wheat breads, whole-grain crackers, low-fat popcorn, whole-grain cereals or whole-wheat pitas or tortillas. Dairy options include low-fat yogurt, cheese and milk. Protein options include lean deli ham, turkey or roast beef, peanut butter, hard-boiled eggs, cottage cheese, hummus, refried beans, tuna fish and egg salad. For fruits and veggies, try bite-sized ones and include a yogurt dip or low-fat dressing for the vegetables.

Be Creative: Not all children like the standard sandwich of meat between two slices of bread. Try making wraps, tortilla triangles or stuff a pita pocket. You might have an easier time sneaking in vegetables, such as a shredded carrot or chopped romaine lettuce. Cut up fruit to dip in yogurt.

Communicate with your child by including him or her in the meal planning process: Make a grocery list together and have your child pick certain items at the store to help increase the likelihood that he or she will eat it.

Seven days without exercise makes one weak!

There is no better exercise for strengthening the heart than reaching down and lifting up another.