Family Meals
How important are they?

Budget-friendly
Family Activities

Cooking on the Run
Try our recipes!

FREE!
Activity sheets for kids

Gardening Fun
for families

2009 Edition

www.ndsu.edu/eatsmart
Welcome to “Eat Smart. Play Hard. Together.”

This collaborative effort of the North Dakota State University Extension Service and Bison Athletics began with a poster in 2005. It expanded to a statewide educational program with a video featuring Thundar, the Bison mascot; a Web site (www.ndsu.edu/eatsmart); a 4-H club recognition program; poster contests; and classroom lessons for kids with newsletters for parents.

This premiere magazine issue brings together the expertise of faculty across NDSU with articles that range from making time for family meals to saving money on gas when driving children to activities. We are grateful to our colleagues for sharing their expertise in this magazine. We thank you, the readers, for picking up a copy.

Eat Smart and Play Hard!

Troy Goergen
Associate Athletic Director
Bison Athletics

Julie Garden-Robinson, Ph.D., L.R.D.
Food and Nutrition Specialist
NDSU Extension Service

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• Eat more dark green veggies
• Eat more orange veggies
• Eat more dry beans and peas

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“Eat Smart. Play Hard.” is an initiative of the Food and Nutrition Service, USDA.
Sharing the Family Meal
Among the most lasting and powerful traditions in family life is one that seems to have more influence than almost any other – the family meal. Recalling your favorite family experiences usually leads to thinking of such times as the weekly Sunday meal, family mealtimes during Thanksgiving or other holidays, or a Saturday morning breakfast with Mom or Dad. Why are family meals so powerful? Sharing a family meal provides an experience that touches all of our senses – sight, touch, taste, smell and listening to warm laughter or good conversation. Family meals help provide a regular, consistent opportunity to create a shared experience that is meaningful and offers a sense of belonging to all. Research has shown that regular and meaningful family meals offer a large variety of benefits to children and parents.

The Family-centered Meal
Family meals offer the opportunity to connect with each other, communicate about family happenings, and give each other time and attention. While families are encouraged to share meals, not every meal has to be a sit-down dinner extravaganza. The most important thing about family meals is to make them frequent, fun and family-centered.

Couples or families will benefit more from family meals if they occur more frequently during the week. Typically, research suggests that more than half of families with children in the United States share a meal five or more times a week. A concern, however, is that 30 percent to 35 percent of families often eat less than three meals a week together, which means less time for connecting and communicating. Changes in family life, such as the increase in dual-earner families and the rise in single-parent families, may make eating together frequently more difficult for families. Families, however, should try to set aside regular and consistent family meal opportunities to eat together as often as possible.

Fun also is part of the recipe for a happy family mealtime. Parents and other adults should try to avoid making mealtime a disciplinary occasion when children are reprimanded or given lectures. Instead, save such conversations for a time away from the dinner table, and focus instead on being together in a positive way.

A family-centered mealtime means limiting distractions, especially the TV or computer. Turn such things off at mealtime and use strategies to engage each family member in conversation.

For Families
Sharing family meals provides a multitude of benefits to families as a whole. Few family experiences offer such a wide range of benefits through such a simple activity. A few of the many benefits that research has documented that occur for families through sharing family meals are:

- Family meals provide a sense of family unity and identity. Family meals become a vehicle for carrying on valued family traditions, such as having a particularly favorite dish on someone’s birthday or going to a favorite place to eat together on special occasions.
- Family meals give the opportunity to transmit the values and attitudes of a family from one generation to the next. Children can learn from parents and grandparents about what values are important to the family. Also, family meals are a wonderful

The big benefits of family meals
Sean Brotherson, Ph.D., Extension Family Science Specialist and Associate Professor Department of Child Development and Family Science, NDSU
way to link family members with their cultural and ethnic heritage, as differing foods may reflect the unique cultural traditions or ethnic tastes of a particular family’s background.

• Family meals also furnish a means for daily communication and strengthening family connections. Conversation around the dinner table allows give and take among family members and the chance to cultivate attitudes of patience and respect in communication.

• Family meals give a meaningful opportunity for family members to spend time together and enjoy one another’s company in a relaxed setting. Families should consider how to maximize the time they have together by encouraging positive comments, adjusting meal experiences to the family’s needs, and creating a warm and relaxed setting.

**For Children**

In addition to the benefits that come to families, children are helped in a variety of specific ways when families share regular meals together. In fact, the range of areas in a child’s life that research has found are positively influenced by sharing family meals is remarkable. Who would have thought that family meals affect everything from childhood obesity to suicidal thinking to development of language abilities? A few of the many benefits that occur for children through sharing family meals are:

• Family meals allow parents an opportunity to be aware of and monitor their children’s moods, behaviors

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**Benefits of Family Meals**

More individuals think that family meals are highly important than you might expect. While some people think that the family meal is dying away, that does not seem to be true. In two different studies, 79 percent of teenagers indicated that they very much enjoyed eating meals together with their family. Also, an additional 64 percent of teens said eating at least one meal together each day as a family was very important. Further, 98 percent of parents agreed that having their family eat together at least once a day was important. **Ninety-eight percent!**
and activities with friends. This kind of parental monitoring is important for parents to be able to know what their kids are doing, who they are with, and where and when their activities are taking place.

• Family meals give regular structure and routine to a child’s day. If a child knows that he or she can expect a reliable schedule, it increases his or her sense of security and improves well-being.

• Family meals make a positive impact on young children’s language acquisition and literacy development. Family meals furnish a daily opportunity for a parent or sibling to speak to an infant or toddler, and help them learn words, understand language and build conversation.

• Finally, a striking number of studies give specific and wide-ranging evidence that family meals are an important “protective factor” in the lives of children and teenagers. Family meals are associated with a variety of positive outcomes that improve child well-being. These include a decreased risk of substance use or delinquency, heightened personal and social well-being, and better academic performance.

The most important thing about family meals is to make them frequent, fun and family-centered.

For Health

Another area of benefits that accrue to families through sharing meals is family health. Families who regularly eat together tend to be more healthful in their eating habits and have healthier outcomes. For example, some of the benefits that impact family health through sharing family meals are:

• Family meals furnish a meaningful opportunity to provide a role model for healthy eating. Parents and other adults can help model eating moderate portion sizes, tasting new foods or stopping when full. Also, they can use family mealtimes to encourage courtesy and other social manners that are valued in society.

• Family meals are associated with improved dietary intake among family members. For example, several large studies have shown that regular family meals are strongly associated with increased consumption of fruits, vegetables, grains and other healthy food choices while also linked with lesser consumption of fried or fatty foods, soft drinks or other less healthy food choices.

• Recent research suggests that family meals are associated with a reduced risk of childhood obesity in children and adolescents.

Enjoy Family Mealtimes

Mary Story and Dianne Neumark-Sztainer, two well-known researchers on family meals, make the case that family meals really do matter and bestow a whole range of benefits on family members. They advocate the following:

“Families should be encouraged to make the family meal more of a priority and to try to have at least four family meals per week. It is often easiest for families to eat dinner together, but other mealtimes work as well. Meals can be simple with shared mealtime responsibility among family members. Teaching children the enjoyment of cooking and having them involved in mealtime preparation develop skills they can use for a lifetime. Shared meals can also be extended to friends and neighbors to build a stronger sense of community and help with meal preparation. … Regular family meals are key components of family life that may make a difference in the lives of children and parents.”

(Story, M., and Neumark-Sztainer, D. A perspective on family meals: Do they matter? Nutrition Today, 40 (6), 261-266; 2005.)
Sports beverages: Are they needed?

by Gary Liguori, Ph.D., Assistant Professor
Department of Health, Nutrition and Exercise Sciences, NDSU

They’re flavorful and colorful with names such as Frost, Rain, Xtremo, Fierce, Mountain Blast and Arctic Shatter. What kid wouldn’t want a sports drink during soccer, baseball or hockey practice? Sports drinks are everywhere and are heavily marketed at youth and adolescents.

According to the ads, these drinks not only look and taste good but can improve sports performance while replacing key vitamins and minerals, something we all want for our kids.

But are the ads correct? What isn’t quite so clear in the advertising is the amount of calories in one bottle and what type of performance can be improved.

The idea that sports drinks can enhance sport performance is well-accepted. However, the effect is apparent only during higher-intensity, longer-duration activities, usually in excess of 60 minutes. Anything less, and water should be the drink of choice.

The hidden calories of sports drinks are another concern. A bottle of Gatorade is considered four full servings and has 200 total calories. POWERade has 120 calories. This is a lot of calories, especially since your children might not even use this many calories in their practice or games. Even tennis star and POWERade spokesperson Venus Williams says, “I have a nutrition plan and need to rehydrate without the calories.” POWERade vice president of marketing Matt Kahn states, “… even an elite athlete is going to be careful about consuming wasted calories.”

In response to this and to health advocates pressuring for healthier drinks for kids, drink manufacturers recently introduced no- or low-calorie sports drinks. These new drinks provide considerably fewer calories than past products, yet still retain all of the flavor and performance enhancement potential.

Specifically, the amount of calories per 8 ounces (remember, all the bottles in the store are much larger than 8 ounces) is: 50 for Gatorade, 35 for POWERade, 25 for G2, 10 for flavored Propel Fitness Water and 0 for POWERade Zero. Plain water also contains zero calories, comes at little or no cost and is the healthiest thing a kid can drink during practice.

If you still want to get the “popular” drink for your sports-minded kids, opt for the low- or no-calorie choices. Otherwise, stick to water; it is still the best drink around.
My daughter has lactose intolerance. Is that the same as a food allergy? Can she have any dairy products?

No, lactose intolerance is not the same as a food allergy. Lactose intolerance is caused by the deficiency of the milk sugar digesting enzyme (lactase), while food allergy involves immune responses.

Your daughter cannot digest the sugar in the milk adequately. She may experience the following after consumption of milk or dairy products (greater than 12 grams of lactose, or about 1 cup of milk):

- Bloating
- Cramps
- Flatulence (Gas)
- Diarrhea

To avoid discomfort, most people with lactose intolerance need to avoid milk-containing products such as the following:

- Milk
- Ice cream
- Frozen yogurt
- Chocolate drink mixes such as Ovaltine or Carnation Instant Breakfast
- Any desserts or food prepared with milk or dairy products, such as pudding or custard
- Any sauces and salad dressing containing milk or dairy products

However, some people with lactose intolerance may tolerate smaller amounts of milk with meals. Most people with lactose intolerance can tolerate the following dairy products:

- Aged cheese
- Yogurt
- Lactaid milk
- Any dairy products with the addition of lactase, such as Lact-Aid or Dairy Ease, which are available at any drug store

Ardith Brunt, Ph.D., L.R.D., Associate Professor, Department of Health, Nutrition and Exercise Sciences, NDSU

My twins are very picky eaters. I worry about them getting the nutrition they need. How can I get them to try some different foods?

You have to offer new foods regularly and encourage them to try the new foods. Getting children to try new foods takes more than one or two attempts. In fact, you may need to offer children new food up to 20 times before they will accept it. Making sure that you don’t give in and only offer tried and true favorites is important.

Ruts are hard to get out of for adults and children alike. However, you will find that after awhile of consistently trying new foods, the twins will look forward to the new flavors. Finally, having the whole family eat the food that you are encouraging your children to eat is important (modeling desired behavior). If you are concerned about nutrition, you might want to try cold cereal for breakfast. Many of the low-sugar, whole-grain cereals are packed with vitamins and minerals. Limiting treats is another thing that might help the twins be more likely to try new foods.

Ardith Brunt, Ph.D., L.R.D., Associate Professor, Department of Health, Nutrition and Exercise Sciences, NDSU

Yeong Rhee, Ph.D., L.R.D., Associate Professor, Department of Health, Nutrition and Exercise Sciences, NDSU
My preschool children, ages 2 and 4, like to help me in the kitchen. What are some age-appropriate things they can do?

Cooking experiences help children learn to follow directions, develop fine-motor skills, learn words, learn sorting and classifying skills, and enhance their social skills. Even 2-year-olds can help in the kitchen. Remember, all cooking activities require close adult supervision for safety.

These are beginning cooking activities for preschool children:

• Tasting and sitting at the table
• Dipping
• Scrubbing
• Tearing, breaking and snapping
• Pouring and measuring
• Mixing and shaking
• Spreading
• Juicing
• Peeling with fingers

Have fun with your child!

Debra Habedank, M.S., Director of the Center for Child Development, NDSU

After having three children, I’ve gained weight and I can’t seem to lose it. My husband has gained weight, too. Do you have any tips to get us started toward a healthy weight?

You are busy parents with three children to care for. Take time to take care of your health, too. By eating healthfully and getting into a regular exercise routine, you will be healthier and have more energy for your growing family.

Your goal for weight loss should be ½ to 1 pound per week. Some great support groups for weight loss and weight maintenance are available, including TOPS (Take Off Pounds Sensibly), Weight Watchers and Overeaters Anonymous, to name a few. Try these tips to get started:

• Try writing down everything you eat and drink for one day, including the amount. To find out just how many calories you ate, you can use a great Internet tool, www.MyPyramid.gov. Most people are surprised by how many calories they actually consume.
• Think about how to reduce your portion sizes by using smaller dishes: a 7- to 9-inch dinner plate, an 8-ounce glass and a fruit bowl for cereal. Divide your plate and put your entrée on one-quarter of the plate; vegetables (without extra butter or sauce) should take up about half the plate and a potato or rice should take up the last quarter.
• Limit fats to about 1 tablespoon per meal.
• Eat fresh vegetables and fruits between meals.
• Share a restaurant meal with your husband or a friend and practice eating smaller portions by leaving some food on your plate at every meal.
• Increase your activity level. Wear a pedometer and keep track of your steps, join a fitness club, take the stairs and park farther away from your destination. Find a friend who enjoys walking (outside or at the mall).
• Try to be less organized (to burn more calories).
• Play with your children.
• Don’t forget to reward yourself for your hard work and success: a massage, new outfit, bubble bath, coffee with a friend, some alone time or a date night with your husband.

By eating smaller portions, exercising and taking better care of yourself, you will enjoy renewed energy and a much more positive outlook on life. You also will be a great role model for your children. For more information on weight loss success, go to the National Weight Control Registry, www.nwcr.ws/. People in this study have lost at least 30 pounds and maintained their weight loss for at least one year.

Lynette Winters, M.S., L.R.D., Senior Lecturer and Director of the Coordinated Program in Dietetics, Department of Health, Nutrition and Exercise Sciences, NDSU
Eating healthy is the fuel you need to make it possible to stay active and live a healthy life! Take care of your body. It’s the only place you have to live.

Pete Cuadrado, Head Women’s Soccer Coach

If you are going to be in sports, eating right is just as important as training right.

Bucky Maughan, Head Wrestling Coach

Good habits start early in life. Playing hard and choosing the right foods put you on the winning track. The time is now to Eat Smart and Play Hard!

Saul Phillips, Head Men’s Basketball Coach

Eating healthy is the fuel you need to make it possible to stay active and live a healthy life! Take care of your body. It’s the only place you have to live.

Pete Cuadrado, Head Women’s Soccer Coach

Eating the right foods and exercising takes time, effort and dedication, but being healthy and physically fit is worth all the hard work!

Craig Bohl, Head Football Coach

If you are going to be in sports, eating right is just as important as training right.

Bucky Maughan, Head Wrestling Coach

Eat right, get fit now. Making smart decisions and living a healthy, active lifestyle at a young age will prove to be beneficial and rewarding as you enter into different stages of your life. Be proud to be healthy!

Carolyn DeHoff, Head Women’s Basketball Coach

Our players have seen their performance get better and better on the court since they have made the decision to make healthy eating a part of their lives.

Erich Hinterstocker, Head Women’s Volleyball Coach

Want to reach your best? Then train hard, eat well, and dream big!

Ryun Godfrey, Head Women’s Track Coach

For good health, kids need at least 60 minutes of physical activity every day; adults need at least 30 minutes a day.

For more information, go to www.mypyramid.gov.

For good health, kids need at least 60 minutes of physical activity every day; adults need at least 30 minutes a day.

For more information, go to www.mypyramid.gov.
When our child's health-care provider brings out the growth chart and plots our child's height and weight, some of us wait with bated breathe to see where our child falls on the chart. Is she growing at a steady rate? How is his weight compared with his height? Having children who are overweight these days is not uncommon. About 17 percent of U.S. children aged 2 to 19 are overweight.

Recently, health-care providers began graphing a new measure of growth called BMI for Age. BMI stands for body mass index, which is a comparison of weight to height. In adults, BMI is useful for identifying adults who are at risk for chronic diseases, such as cancer, diabetes and heart disease. BMI for adults is independent of sex and age.

In children, BMI is compared with other children based on their age and sex because 1) children still are growing and 2) growth patterns differ between girls and boys. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The growth charts show the weight status categories used with children and teens (underweight, healthy weight, overweight and obese).

What's a healthy weight for kids?

Abby Gold, Ph.D., M.P.H., R.D., Assistant Professor and Extension Nutrition and Wellness Specialist
Department of Health, Nutrition and Exercise Sciences, NDSU

[Graph showing Body mass index-for-age percentiles for boys, 2 to 20 years]

www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/childrens_BMI/about_childrens_BMI.htm
Ask your provider about the BMI for Age chart. Knowing how your child is doing weightwise is part of the full picture of your child’s health. But the most important thing is to foster healthy behaviors in children so they can live a healthy life now that surely will carry them into adulthood. What are some strategies?

First and foremost, our children watch us closely, then they do what we do. So, whatever we expect from our children, we should expect from ourselves. Watch what we say to our children about their weight. Focus on the positive. Focus on the good activities and behaviors. Give lots of positive reinforcement through our words and actions. Diane Neumark-Sztainer (public health researcher) says, “Families can chose to talk less about weight … with particular attention given to avoiding derogatory weight comments.”

What can we do to make our environments conducive for children to choose healthy foods and be physically active? The first step is to reflect on our words and actions that are inhibiting healthy behaviors in our children. Then make a plan to incorporate one new healthy strategy at a time. See how things go!

**Health is a family endeavor, so we can try the following things:**

1. Limit sugar-sweetened beverages.
2. Eat lots of fruits and vegetables.
3. Watch television in a planned way (favorite shows only, then turn the TV off).
4. Eat breakfast.
5. Eat together whenever possible.
6. Watch those portion sizes — think of putting vegetables on half of your plate.
7. Be active as a family (walks, hikes, bike rides).
8. Foster interests in our children, involve them in activities (volunteering, sports, arts, 4-H — the opportunities are endless). Remember family time, though.

**Find your balance between food and physical activity**


**Is your playground safe for kids?**

For a free brochure, visit [www.ag.ndsu.edu/pubs/fitness.html](http://www.ag.ndsu.edu/pubs/fitness.html)
Imagine this situation:
You glance at your family’s calendar and you note the following:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 – 4:15</td>
<td>Kayla’s basketball practice</td>
</tr>
<tr>
<td>4:30 – 5:00</td>
<td>Taylor’s piano lessons</td>
</tr>
<tr>
<td>5:15 – 5:45</td>
<td>Kayla’s dance class</td>
</tr>
<tr>
<td>6:30 – 7:30</td>
<td>Ben’s band concert</td>
</tr>
</tbody>
</table>

Sound familiar? For many families, a jam-packed schedule leaves little time for meal preparation or even eating together. You might be tempted to go through the fast-food drive-through more often than you would like. Grabbing food on the run may put a dent in your budget and make you question whether your family is getting the nutrition it needs.

Are you saving time?
Which of these statements are true of you? Mark with an “X.”

- I plan menus and write grocery lists so I have meal ideas and the food I need.
- I sometimes prepare portions of a meal in advance.
- I sometimes use leftovers as the basis for another meal.
- Other people in my household help with meal preparation and cleanup.
- I focus preparation efforts on one portion of the meal. For example, if the main course is time-consuming, I fix a simple vegetable or salad.
- I assemble equipment, cooking utensils and ingredients before I begin meal preparation.
- I use time-saving equipment, such as slow cookers and microwave ovens.
- I use the one-pot method. For example, I add vegetables to pasta that is cooking.

Think about the items you marked and the ones you did not mark. These are time-saving strategies and some may work for you.

Visit www.mypyramid.gov for an online menu-planning tool.

Cooking on the Run

Julie Garden-Robinson, Ph.D., L.R.D.
Associate Professor and Extension Food and Nutrition Specialist
Department of Health, Nutrition and Exercise Sciences, NDSU
Make your own freezer meals

Consider making your own “convenience foods” by preparing and freezing meals ahead of time. Many commercial convenience foods are high in fat and sodium.

• Choose your favorite recipes, but check the ingredients in the recipes. Entrees containing sour cream, mayonnaise and raw vegetables do not freeze well. Most of the time, you can leave these items out before freezing. The entree can be thawed and the extra ingredients can be added right before baking. Be sure to note ingredients to add when you label the entrees.

• Create a grocery list. If you are short on pans, consider buying some aluminum freezer pans.

• Set up your kitchen in assembly line fashion and plan for efficiency. For example, chop all the ingredients, such as onions, at the same time.

• Undercook starchy ingredients, such as pasta, rice and potatoes, because the casserole will be baked later and could become overcooked.

• Leave casserole toppings, such as breadcrumbs, off the casseroles so they don’t become soggy.

• Package in meal-sized portions whether you are cooking for an individual, couple or family. To free baking pans, you can line them with heavy-duty aluminum foil, bake and freeze. Then you can pop out the entree, seal securely and return to the freezer.

• To protect your food from freezer burn (dehydration of the contents leading to quality losses), use heavy-duty aluminum foil, freezer containers or freezer paper.

• Label the freezer container with the date and contents so your dinner menu does not feature “frozen surprise.” Include baking time on the label. For best quality, enjoy your homemade casseroles within three months.

• Be sure your freezer temperature is zero degrees Fahrenheit or lower.

• You can bake frozen casseroles or you can thaw them overnight in the refrigerator. The amount of baking time depends on the number of servings. For frozen, fully cooked casseroles, bake at 400 degrees for the maximum time stated in the recipe or until the contents reach an internal temperature of at least 165 degrees. For thawed, fully cooked casseroles, bake at the temperature directed in the recipe, but add about 15 minutes to the baking time. The internal temperature of the casserole should measure 165 degrees.

Plan your menus

One of the best time-saving and health-promoting tips actually takes a little time up front: Plan your menus and your shopping trips. To get started, consider these tips to save time and promote better health:

• Look at store ads to provide ideas for menus. Aim for a wide variety of foods from all the MyPyramid food groups and then write down menus for a week. Save your list of menu ideas, perhaps in a binder, and include the shopping list with the menus. You may want to recycle your menu ideas in a few weeks.

• Consider items on your menu that allow you to cook once and eat twice. For example, having a roast for Sunday dinner provides the basis for roast beef sandwiches on Monday. Leftover grilled chicken can be used in soups, fajitas or other dishes.

• Consider using a computer to make your list. That way you can leave your staple items, such as milk, eggs, bread and juice, and add your needed items to the list.

• Keep a shopping list on your refrigerator so family members can add to the list during the week.

• If you know the store layout well enough, make a list based on the layout with subheadings such as “fresh produce,” “canned goods,” “meats” and “breads.” Some grocery stores provide a map.
Can you size up a portion?

Size up your portions with these visual clues. As shown, one-half of a baseball is the same size as ½ cup of mashed potatoes.

<table>
<thead>
<tr>
<th>Visual Clue</th>
<th>Portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ baseball</td>
<td>½ cup of mashed potatoes</td>
</tr>
<tr>
<td>large egg OR golf ball</td>
<td>¼ cup of dried cranberries</td>
</tr>
<tr>
<td>pingpong ball</td>
<td>2 tablespoons of peanut butter</td>
</tr>
<tr>
<td>check book</td>
<td>3 ounces of fish</td>
</tr>
<tr>
<td>card deck</td>
<td>3 ounces of meat or poultry</td>
</tr>
<tr>
<td>6 dice</td>
<td>1½ ounces of natural cheese (cheddar, Swiss)</td>
</tr>
<tr>
<td>thumb tip</td>
<td>1 teaspoon of margarine or butter</td>
</tr>
</tbody>
</table>
**Easy Spaghetti Sauce** (Serves 10)

1 lb. lean ground beef
½ c. chopped green bell pepper
1 clove garlic, minced
1 (16-oz.) can stewed tomatoes
1 (15-oz.) can tomato sauce
1 envelope spaghetti sauce seasoning
½ c. chopped onion
1 c. chopped celery
1 (6-oz.) can tomato paste
2 c. water

Brown meat with onion, pepper and garlic. Drain well and put into slow cooker with remaining ingredients. Cover; cook on high until sauce comes to a boil and then turn to low and simmer for six hours.

*Per serving:* 160 calories, 6 g fat, 12 g carbohydrate, 2 g fiber, 730 mg sodium

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**Chicken Noodle Soup** (Serves eight)

1 large onion, sliced
2 celery stalks, sliced
2 tsp. salt
¼ tsp. thyme
10 oz. frozen peas
5 c. water
2 carrots, sliced
4 oz. mushrooms (canned or fresh)
½ tsp. pepper
1 Tbsp. parsley flakes
6 oz. chicken breast, cubed
3 c. noodles

Combine all ingredients except noodles in a slow cooker. Cover; cook on low for eight hours or on high for four hours. Stir in noodles. Increase heat to high and cook for one to 1½ hours.

*Per serving:* 130 calories, 1 g fat, 20 g carbohydrate, 3 g fiber, 770 mg sodium

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**Chicken Curry** (Serves 10)

2¾ lb. chicken breasts, without skin
1 16-oz. jar salsa (mild or medium)
1 medium onion, chopped
2 Tbsp. curry powder
1 c. fat-free sour cream

Place chicken in slow cooker. Combine salsa, onions and curry powder and pour over chicken. Cover with lid. Cook on low for eight to 10 hours (or high for five hours). Remove chicken to serving platter; cover to keep warm. Add sour cream to salsa mixture in the slow cooker. Blend and pour over the chicken.

*Per serving (using boneless, skinless chicken breasts):*
180 calories, 2 g fat, 9 g carbohydrate, 1 g fiber, 270 mg sodium

---

**Barbecued Beans** (Serves eight)

1 lb. lean ground beef
1½ c. chopped onion
1 (16-oz.) can baked beans, undrained
1 (16-oz.) can kidney beans, drained
1 c. ketchup
4 tsp. prepared mustard (or to taste)
2 tsp. cider vinegar
¼ tsp. salt (optional)

Brown the meat with onions in a nonstick pan over medium heat. Drain any excess fat. Spray slow cooker with nonstick cooking spray. Combine all ingredients in slow cooker. Cook on low for six to eight hours or on high for two hours.

*Per serving:* 320 calories, 8 g fat, 40 g carbohydrate, 8 g fiber, 720 mg sodium
Vegetable Soup (Serves eight)

1 lb. hamburger, browned and drained  
1 (15-oz.) can tomato sauce  
1 (14.25-oz.) can beef broth and 1 can water  
1 (16-oz.) can stewed tomatoes  
1 (1.45-oz.) envelope dry onion soup mix  
1 (10-oz.) pkg. frozen mixed vegetables

Mix all above ingredients together in slow cooker and cook on low seven to nine hours.

*Per serving:* 210 calories, 8 g fat, 14 g carbohydrate, 2 g fiber, 870 mg sodium

Pasta e Fagioli (Serves eight)

1 lb. lean ground beef (or ground sausage)  
1 c. chopped carrots  
2 cloves garlic, minced  
1 (15-oz.) can red kidney beans with liquid  
1 (15-oz.) can tomato sauce  
1 Tbsp. white vinegar  
1 tsp. oregano  
½ tsp. pepper  
8 oz. small shaped pasta  
1 small onion, chopped  
3 stalks celery, chopped  
2 (14.5-oz.) cans diced tomatoes  
1 (15-oz.) can Great Northern beans with liquid  
1 (12-oz.) can V-8 juice  
1½ tsp. salt  
1 tsp. basil  
½ tsp. thyme

Brown meat in large saucepan over medium heat. Drain fat. Place all ingredients, except pasta, in slow cooker. Simmer seven to nine hours. Cook pasta according to directions until al dente. Drain and add pasta to soup. Simmer five to 10 minutes and serve.

*Per serving:* 410 calories, 9 g fat, 54 g carbohydrate, 6 g fiber, 1,130 mg sodium

Have leftovers? If you do not plan to eat leftovers in the next few days, freeze them in meal-sized portions to enjoy later for meals or lunches.

Sloppy Joes (Serves 50)

8 lbs., 10 oz. ground beef  
½ c. dehydrated onions  
9 oz. fresh onions, chopped  
1 Tbsp. garlic powder  
1 lb., 12 oz. tomato paste  
1 lb., 13 oz. ketchup  
1 qt. plus 1¼ c. water  
1 c. plus 2 Tbsp. vinegar  
2 Tbsp. dry mustard  
1 tsp. black pepper  
½ c. plus 2 Tbsp. brown sugar, packed

50 hamburger rolls

Brown ground beef. Drain. Add onions and garlic powder. Cook for five minutes. Add tomato paste, ketchup, water, vinegar, dry mustard, pepper and brown sugar. Mix well and simmer for 25 to 30 minutes. Pour ground beef mixture into serving pans. Hold at 140 degrees or higher. Portion with No. 12 scoop (½ c.) onto bottom half of each roll. Cover with top half of roll.

*Per serving (one sandwich):* 350 calories, 30 g carbohydrate, 13 g fat, 451 mg sodium

Fruit Salsa (Serves four)

1 c. diced strawberries  
1 diced large banana  
1 peeled and diced kiwi  
1 cored and diced large apple  
2 Tbsp. lemon juice  
¼ c. sugar  
¼ tsp. nutmeg  
¼ tsp. cinnamon

Combine fruit in a medium bowl and add lemon juice. Stir in sugar, nutmeg and cinnamon. Use as a dip with baked cinnamon chips (see recipe) or serve as a side dish with grilled meat or fish.

*Per serving:* 120 calories, 0 g fat, 31 g carbohydrate, 4 g fiber, 0 mg sodium

Eat Smart. Play Hard. Together.
Salsa Dip (Serves eight)

1 c. fat-free sour cream
1 c. chunky salsa

Mix sour cream and salsa. Serve with baked tortilla chips and/or your favorite vegetables, such as carrot sticks, celery sticks, radishes and zucchini slices.

Per serving (¼ c.): 40 calories, 0 g fat, 7 g carbohydrate, 0 g fiber, 140 mg sodium

Easy Bean Dip (Serves five)

1 can refried beans (no fat added)
¼ c. salsa

Mix beans and salsa together. Microwave until heated through. Serve with whole-grain crackers or veggies.

Per serving: 60 calories, 0 g fat, 11 g carbohydrate, 3 g fiber, 360 mg sodium

Spinach Salad with Poppy Seed Dressing (Serves four)

8 c. bite-sized pieces fresh spinach
½ c. jicama (cut into julienne strips) or carrot sticks
½ c. sliced fresh radishes
3 medium fresh oranges, peeled, seeded and cut up
1 c. strawberries, sliced

Dressing:
2 Tbsp. honey
2 Tbsp. white vinegar
1 Tbsp. yellow mustard
2 Tbsp. finely diced onions
2 tsp. poppy seeds
¼ tsp. salt
½ c. canola oil

In tightly covered container, shake all dressing ingredients. In large bowl, toss dressing and remaining ingredients. Garnish with strawberries.

Per serving: 290 calories, 20 g fat, 28 g carbohydrate, 5 g fiber, 250 mg sodium

Fruit Salad (Serves four)

1 16-oz. can fruit cocktail, drained
2 bananas, sliced
2 oranges, cut into bite-sized pieces
2 apples, cut into bite-sized pieces
8 oz. nonfat yogurt, vanilla, lemon or pina colada-flavored

Wash fruit and prepare as directed. Mix fruit and yogurt in bowl. Chill in refrigerator before serving.

Per serving: 190 calories, 0 g fat, 47 g carbohydrate, 6 g fiber, 35 mg sodium

Cinnamon Chips (Serves four)

4 8-inch flour tortillas (flour or whole wheat)
2 tsp. sugar
¼ tsp. cinnamon

Preheat oven to 350 degrees. Mix sugar and cinnamon in small dish or place in an empty salt shaker. Cut tortillas into wedges and place in a single layer on large baking sheets. Spray each side with butter-flavored cooking spray. Sprinkle with sugar mixture. Bake for eight to 10 minutes. Remove from oven and allow to cool 15 minutes.

Per serving: 150 calories, 3.5 g fat, 25 g carbohydrate, 1 g fiber, 290 mg sodium

Simple Snack Mix (Serves three)

1 c. whole-grain cereal (such as Cheerios)
¼ c. dried fruit of your choice
¼ c. nuts (walnut pieces, slivered almonds, pistachios)
¼ c. small whole-grain snack crackers or pretzels

Place all ingredients in a large zip-close baggie or storage container. Shake it up.

Per serving: 170 calories, 7 g fat, 24 g carbohydrate, 3 g fiber, 270 mg sodium
### Baked Chicken Nuggets (Serves four)

1.5 lb. boneless, skinless chicken breast*  
1 c. cornflakes or other ready-to-eat cereal crumbs  
1 tsp. paprika  
½ tsp. Italian herb seasoning or seasoning of your choice  
¼ tsp. garlic powder  
¼ tsp. onion powder  
Honey mustard sauce (optional, as dip)  
Barbecue sauce (optional, as dip)

Preheat oven to 400 F. Cut the chicken into bite-sized pieces. Place cereal in a plastic bag and crush using a rolling pin or can. Add remaining ingredients to cereal crumbs. Close bag tightly and shake until blended. Add a few chicken pieces at a time to crumb mixture and shake to coat evenly. Discard any unused crumb mixture. Place chicken pieces on greased baking sheet so they are not touching. Bake until golden brown with an internal temperature of 165 F, or about 12 to 14 minutes.

*You can substitute chicken thighs, but you will need to remove the skin and bones.

**Per serving (made with boneless, skinless chicken breast):**  
220 calories, 2 g fat, 7 g carbohydrate, 0 g fiber, 160 mg sodium

### Oven Fries (Serves eight)

4 large potatoes  
1 Tbsp. vegetable oil  
Paprika (optional)  
Grated Parmesan cheese (optional)

Wash potatoes, but don’t peel; slice into ½-inch-thick strips. Blot dry with paper towels; toss potatoes with oil in a bowl until coated. Sprinkle with paprika if desired. Spread on baking sheet and bake at 425 degrees for 20 to 25 minutes. Toss with Parmesan cheese (optional).

**Per serving (without Parmesan cheese):** 150 calories, 29 g carbohydrate, 2 g fat, 3 g fiber and 10 mg sodium

### Fruit and Yogurt Parfaits (Serves four)

2 c. low-fat yogurt, vanilla or fruit-flavored  
2 medium bananas  
2 c. seedless grapes  
1 c. dry crunchy cereal (Grape Nuts or granola)

Peel and slice the bananas. Spoon the grapes into tall plastic cups or glasses. Put three spoonfuls of yogurt on top of the grapes. Spoon the bananas on top of the yogurt. Add the rest of the yogurt. Sprinkle the cereal on top.

**Per serving:** 270 calories, 4.5 g fat, 55 g carbohydrate, 4 g fiber, 85 mg sodium

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For a FREE online cookbook, go to www.ndsu.edu/eatsmart  
(Click on “For Parents/Caregivers” and then “Steps to Healthy, Economical Meals”)

![Make half your grains whole](www.MyPyramid.gov)

- Eat at least 3 ounces of whole-grain bread, cereal, crackers, rice or pasta every day.  
- Look for "whole" before the grain name on the list of ingredients.


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Eat Smart. Play Hard. Together.
Having kids in sports means life gets even busier. Driving
to practices and attending many games and weekend
out-of-town tournaments leaves little time for meal
planning, let alone snack planning, for a growing child.

Children competing in sports need not only healthy
meals, but also well-planned snacks before, during and
after the competition or heavy practice. Despite their best
intentions, parents may be challenged by limited conces-
sion stand options (or closed concession stands); too many
or not enough restaurant choices; not enough time to plan,
shop, prepare and serve a meal; and picky children.

Sports nutritionists recommend a balance of nutrients
for pre-game, post-game and between-meal planning for all
athletes, including children. Carbohydrate foods, adequate
protein, moderate fat and plenty of fluids must be provided
so kids can play their best, avoid injury related to dehydra-
tion or a low fuel tank, and continue to grow and develop.
Consider a game plan that includes a well-developed meal
formula involving parents, coaches, schools and, of course,
the child to be sure all nutrition goals can be achieved be-
fore, during and after the game.

Meal the night before

If a big game, or even an all-day tournament, is being
held the next day, plan the pre-game supper ahead of time,
especially if traveling out of town. Call ahead or check
http://healthydiningfinder.com. Many North Dakota com-
unities have listings on this registered dietitian-designed
Web site. Have the entire team meet at a restaurant serving
healthier options and call the restaurant ahead of time to let
it know what time your “mob” of players and parents will
arrive. Communicate ahead of time to parents/players about
suggested menu recommendations, such as baked chicken,
plain baked potato, steamed vegetables, side salad, bread/
rolls and reduced-fat milk.

Players should avoid deep-fried, greasy, breaded foods
the day before a big tournament to avoid an upset stomach
the next morning, especially for an early morning game.
If a pizza place is the only option, skip the fatty meats,
such as pepperoni and sausage, and see if the team may
be adventuresome enough to try lean Canadian bacon and
pineapple, veggie or even plain cheese pizza. Breadsticks
with marinara sauce are OK, but skip the greasy, buttery
dipping sauces. Also, encourage a side salad and reduced-
fat milk. Milk is the “new” sports drink; it’s full of minerals
that athletes — especially adolescents — lose through sweat.

Hanging out by the swimming pool at the hotel is fun,
but skip the chips and plan ahead. Pack veggie/ranch dip
trays, chunked fresh fruit with marshmallow crème dip and
a variety of watery beverages or juice. Caffeine should be
avoided after dinner so athletes get enough sleep.

Day of the game or during the tournament

Avoid a fatty breakfast and stick to kid favorites: cold
cereal, juice/fruit and reduced-fat milk. High-fiber cereals
may cause cramping, so avoid large portions of cereals such
as Raisin Bran if the kids have a morning game. Sausage,
bacon, doughnuts and other hotel restaurant foods may re-
sult in unplanned bathroom trips during the morning game.
Fat is slow to empty from the stomach. Don’t ever try new
foods the day of a long or high-intensity tournament; stick
with tried-and-true foods familiar to the child.

Packing healthy snacks on the road can be challenging,
so often parents and players rely on concession stands at the
soccer, volleyball or hockey tournament. Favorite offerings
include hot dogs, nachos and taco-in-a-bag. All of these
popular snacks are relatively high in fat and are associated
with not only an upset stomach in young athletes, but also
fatigue, if the athlete isn’t getting enough carbohydrate
from other sources.

Also, players need protein for recovery
from the impact and other wear and
tear from sports. An average hot
dog on a white bun has less
than 10 grams of protein
and more than half the
calories from fat. Nachos
with “cheese” sauce
contain even less protein
and an even higher
percentage from fat, and that taco-in-a-bag has more than one-half of the calories from fat. Players will perform better with foods that contain less than one-third of the calories from fat. They need up to about 1 gram of protein per pound of body weight. In other words, a growing teenage boy would need more than 100 grams of protein. That’s quite a few hot dogs.

Tell your school officials that sloppy joes or build-your-own tacos (on plain tortilla shells) are options that would be appreciated for better concession stand choices. Volunteer to participate on the concession stand committee so your voice can be heard. Be sure the offerings include vegetables, such as fine-chopped onion, chunked fresh tomatoes, dark green leafy lettuce and salsa on the side. Also, apples, oranges, bananas, popcorn, chili (with beans), soft pretzels (without cheese sauce) or even homemade oatmeal cookies or rice krispy bars containing peanut butter or peanuts would be good options. Yogurt; bottled orange juice; real grape juice; 1 percent or skim, plus chocolate skim, milk; dried fruits, nuts or trail mix; sorbet frozen bars; or even deli sandwiches or burgers with onion, lettuce and tomato options are realistic, healthier concession stand options.

Food safety rules should be adhered to at all times. Children who are overtraining, with lowered immune systems, may be particularly vulnerable to viruses and other bugs related to cross-contamination, uncovered coughs and sneezes, and unwashed hands.

Keep in mind that too much of a good thing may not be good for children (high-fiber foods such as nuts and raisins should be limited to about a handful per day). Chips that are not fried are still chips and are very limited in protein, vitamins and minerals.

If the concession stand cannot offer healthier options, plan ahead and have parents take turns buying foods for the entire team, such as “brick pack” orange juices, single-pack snacks such as trail mix, and peanut butter/jelly sandwiches. Have fun with it and make festive, player name-labeled “treat bags,” but skip the candy, sweet rolls, doughnuts, etc.

Sports beverages are optional. Juice and milk contain carbohydrate and electrolytes, plus nutrition, not found in all sports drinks, but variety encourages kids to drink, so any beverage is preferable to none.

For more information about a healthy school environment, visit this Web site: www.fns.usda.gov/TN/Healthy/changing.html
Spending time with your family doesn’t have to mean spending a lot of money. Here are some tips to help you enjoy your family time without straining the family budget:

Help your children learn new skills and ideas:
- Teach children how to garden.
- Teach children craft skills you enjoy and spend time doing these together.
- Teach children about issues that are important, such as politics, news or the environment. Does the community provide opportunities to volunteer as a family for a cause you all believe in?

Take advantage of local public resources:
- Spend time together at the park or local community festival.
- Go for hikes or bike rides.
- Go for a family picnic.
- Go swimming at the local pool, lake, ocean or springs.
- Take advantage of free programs offered by the library, museums and community bands or orchestras, or other free community events.
- Check out books, music and videos for free from the library.

Find cheaper entertainment at home:
- Have a family game night.
- Rent or borrow movies, pop some popcorn and have a family movie night at home.
- Bake or cook together as a family.
- Read stories to one another.
- Go on evening walks together.

For more information about family economics, visit www.ag.ndsu.edu/money
Go lean with protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it or grill it
- Vary your choices — with more fish, beans, peas, nuts and seeds


Focus on fruits

- Eat a variety of fruit
- Choose fresh, frozen, canned or dried fruit
- Go easy on fruit juices

Meet and shake the hands of any prairie gardener and you will notice a strong grip, along with toned muscles of the arms, back, stomach and legs. Even with every conceivable gardening convenience available today, gardening still provides a modest workout. In addition to the healthful benefits of gardening as a form of exercise, it also establishes a modest pride of independently providing for self and family, and freeing one from the total dependence of someone else doing the thinking and work for you.

Did your parents or grandparents garden? If so, then very likely you, too, are a gardener or wannabe gardener. Just what is meant by the term “gardening”? To me, it always has involved anything done out of doors that can be related to plants: digging, mowing, raking, tree and shrub trimming, turning the compost pile, weeding, hoeing and much more.

My parents were avid gardeners. In fact, the entire neighborhood I grew up in was a series of friendly competitive “Victory Gardens.” As a kid, I needed gentle prodding from my father to get involved in gardening. His tactic was, “If you want to eat, you have to learn how to grow some of your own food, and there is nothing like hands-on training.” Gradually, I got into Victory Gardening (aka “war gardens”) and enjoyed the fruits of our labor: fresh tomatoes, peppers, beans, sweet corn, cabbage and more. As neighbors, we’d get together and have a fall festival in someone’s backyard, each bringing some of his or her own produce to share. It was great and, unlike many a youth of today, I grew up enjoying eating vegetables. I still do, eating my potatoes completely, skin and all.

Did our parents make mistakes in gardening like many of us do? Of course! F.F. Rockwell, writing in the Feb. 6, 1943, issue of The Saturday Evening Post, provided a listing of the common mistakes beginning gardeners make and are commonly made today:

- Starting too late in the spring
- Attempting too much
- Growing only those vegetables you like best
- Planting everything at one time
- No plan for succession crops
- Failing to plant winter crops
- Not growing vegetables in full sun

Ronald C. Smith,
Professor and
Extension Horticulture Specialist,
Department of Plant Sciences, NDSU
Research shows that children are more likely to eat their fruits and vegetables if the produce is homegrown. In interviews with 1,600 parents of preschool children in rural Missouri, researchers reported that children who were served homegrown vegetables were twice as likely to meet the daily recommendation.

A recent study by Barbara Ainsworth and associates showed that an individual expends as much energy performing certain gardening tasks as he or she would participating in recommended exercise routines. In addition, small-scale gardening diverts the mind from work, family conflicts and other stresses that are faced in everyday life.

Gardening - the nurturing part of it - satisfies the human instinct we all have for providing care. Nothing is more rewarding than harvesting sweet corn or fresh tomatoes at the end of the growing season from a garden that has been attended to by family members working together.

The obesity epidemic in our country could get knocked out if kids got involved in the outdoor gardening chores. Give them guidelines, responsibility and authority over a portion of their own garden patch. Start small. Consider square foot gardening. One 4-foot by 4-foot-square (16 square feet) area can provide an amazing amount of produce if the techniques outlined in the book by the same name are followed.

What are the calories burned in typical gardening activities? It varies, of course, with each person, with the larger person (200 pounds-plus) burning more than a smaller individual (150 pounds or less), but some typical comparisons to chew on are:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories Burned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raking and bagging leaves</td>
<td>162 calories</td>
</tr>
<tr>
<td>Mowing (push with motor)</td>
<td>182 calories</td>
</tr>
<tr>
<td>Trimming shrubs (manual)</td>
<td>182 calories</td>
</tr>
<tr>
<td>Digging, spading, tilling, laying sod, general gardening</td>
<td>202 calories</td>
</tr>
<tr>
<td>Mower (push, no motor)</td>
<td>243 calories</td>
</tr>
</tbody>
</table>

This is all well and good, but in the upper Midwest, we have a few winter days that gardening cannot be carried out, so don’t give up your membership at the local gym. You need to stay fit for the gardening season with proper warm-ups; stretching; lifting moderate weights; and doing crunches, pushups and squats. This, too, is something that the entire family can get involved in and will carry them into the gardening season. Just don’t overdo it if you are just starting out.

For more information about gardening, visit [www.ag.ndsu.edu](http://www.ag.ndsu.edu) Click on “Home – Lawn – Garden – Trees.”
Choose Activewear for Comfort and Safety

Linda Manikowske, Ph.D., Associate Professor, Department of Apparel, Design and Hospitality Management, NDSU

Activewear has come a long way in the last few years as technology has allowed for the creation of new fibers, fabrics and finishes. Selecting the right type of activewear for a specific sport or exercise adds to the comfort as well as safety of the wearer.

Brand-name activewear, including Under Armour, Nike and Adidas, is popular with teens and adults. Private-label brands available in department and discount stores might be made of similar materials but cost less than the national brands. Most activewear is made from durable fabrics that can be laundered frequently and still provide long wear. Since most are knit fabrics that stretch, fit is not much of a problem, adding to the wear life of the garments. Children and teens often wear activewear for school and leisure activities because comfort is important to them. Clothing that is worn often can be worth a higher price tag.

Here are some tips on what is available in the marketplace and how to shop:

For aerobic activity: Choose clothing made of breathable materials designed to wick moisture away from your body and dry quickly. This is especially important for the clothing that will be in direct
Layering for exercise involves wearing three different clothing types: a moisture-wicking base layer; an insulating midlayer; and a water-resistant, breathable outer layer.

- For the base layer, look for high-tech polyester, polyolefin and spandex.
- For the insulating layer, look for synthetic fleece or wool knit to help maintain your body temperature by trapping warm air against your skin.
- For the outer layer, look for polyester microfibers or rip-stop nylon with a durable water-repellent finish to provide wind and moisture protection while retaining body heat and allowing perspiration to evaporate.

Pay special attention to the head and extremities in cold-weather conditions. Wear a hat or head covering of some sort. Remember that 40 percent to 50 percent of body heat is lost through the head. Moisture-wicking and breathable gloves or mittens are also a must. Choose a pair that offers wind and water resistance if you’re out in cold, wet weather. A good pair of thick socks made from lightweight wool, polyester or polypropylene will help keep feet warm. With thicker socks, you might need to adjust the size of your shoes.

For yoga: Look into fitness wear that will not hinder your movements. Clothing that is designed for yoga is also a very good option for general fitness activities because it stretches and is very comfortable.

For active sports: Compression gear is a new type of clothing being marketed. Shirts or pants are made using seamless technology from polyolefin fabric, which draws moisture, humidity and perspiration away from the body. Garments are designed with high elasticity, fit very snugly (like a second skin) and help minimize muscle fatigue. These garments are popular for weight training, soccer and any other sport requiring a lot of running.

For outdoor winter activities: Everyone has different sensitivity to the cold. The key to comfort is dressing in multiple layers. No matter what the activity, the layers need to be versatile and efficient. Wear a number of lightweight items that you can add or remove in response to changing weather conditions or activity levels.

**Shopping with kids and teens**

When selecting clothing for children and teens, remember they are sophisticated shoppers with great exposure to marketing information on the Internet. Peer influences usually are more important than preferences or opinions of parents. Shopping for teens is just as much a social and experiential event as it is an occasion to buy something. Consider these tips:

- Go shopping together and do some comparison shopping online.
- Spend time finding out about each other and what you both like.
- Use the opportunity to teach children about fabrics, finishes and how to be a wise consumer.
- Remember: A small investment in the right clothing for the sport or exercise might be the encouragement they need to stay active.
How much physical activity do kids need?

Two published reports have just emphasized that children and adolescents should participate in one hour or more of physical activity per day. The National Association for Sport and Physical Education (NASPE), an association of the American Alliance for Health, Physical Education, Recreation, and Dance, and the U.S. Department of Health and Human Services (HHS) have just published fact sheets regarding research in health promotion, which found that our children are not as active as they should be.

HHS has just published the first ever Physical Activity Guidelines for Americans. In that document, the researchers note that physical activity is beneficial for all age, ethnic and racial groups, and they suggested amounts necessary for improving health and reducing the risk of disease. This document suggests that children and adolescents should participate in:

- One hour or more of physical activity per day, and most of the activity should be moderate or vigorous aerobic physical activity
- Vigorous physical activity at least three days a week
- Muscle-strengthening activities, such as push-ups and sit-ups and playing tug-of-war, three days a week and incorporate bone-strengthening activities, such as jumping rope, hopping or running, at least three days a week.

NASPE agrees with this statement, as well as referencing a 2003 NASPE publication titled Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12. Summary guidelines from this publication state:

- Children should accumulate at least 60 minutes and up to several hours of age-appropriate physical activity on all or most days of the week.
- Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
- Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
- Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.

For additional information, visit the following Web sites:

- HHS – Physical Activity Guidelines for Americans: www.health.gov/paguidelines

Donna Ierbizan, Ph.D. Professor
Department of Health, Nutrition and Exercise Sciences, NDSU
My kids are in lots of sports. Do we have anything we can do to help prevent injuries?

Kids play sports and are physically active primarily because it is fun. They have fun with their friends and meet new ones, and they like to win and have that feeling of being successful. Being active in a variety of sports helps the child be versatile in a variety of skills and prevents burnout.

A risk of injury comes with any type of physical activity. Injuries can vary from mild to moderate to severe, depending on the sport or activity and how the injury occurred. Nonetheless, preventing all injuries from taking place is impossible. Therefore, being aware of prevention techniques can aid in decreasing the chance of an injury occurring.

Having coaches, teachers and parents who are properly trained in first aid/CPR is imperative. No matter what the injury might be, this basic training can help the lay person learn basic skills to assist in recognizing and caring for an injury. Consulting a physician if you have questions or concerns about any type of injury always is important, too. If a serious injury has taken place, following return-to-play criteria established by a physician is vital.

Other important prevention techniques:

- Do pre-participation screening prior to start of sport season (yearly)
- Stretch and/or warm up body prior to activity or sport
- Use proper techniques
- Wear equipment that fits properly, including shoes that fit correctly
- Drink water as needed to stay hydrated, especially during warmer weather
- Give adequate rest breaks for the body to recover
- Follow the rules of the game

Pamela Hansen, Ed.D., ATC, Associate Professor /Athletic Training Education Program Coordinator, Department of Health, Nutrition and Exercise Sciences, NDSU

Should shoes be passed down from one sibling to the next?

The answer to this question depends on what the shoes are going to be used for, such as general use or more specific athletic/sport activities. If your child or adolescent is just going to use the shoes for general use, such as everyday activities, playing in the yard, etc, then passing shoes down is not a problem as long as the sibling who will receive the shoes has similar-sized feet and the shoes are not too worn out. If the shoes have holes or are coming apart, a new pair is necessary.

However, if the shoes are going to be used for athletic or sport activities, especially activities that involve a lot of running on hard surfaces, you need to be more careful when passing down shoes. There are a couple of reasons why this is true. The first is that shoes tend to lose their cushioning ability. After about 300 to 500 miles of wear, a pair of shoes will lose their cushioning ability due to the use they have been put through. Even if they have not been worn for several hundred miles, the shoes still will lose some of their cushioning ability due to the aging of the materials in the shoe. As the materials age, they lose the ability to cushion the feet properly.

Another possible reason to avoid passing shoes down for sport-related activities is that having shoes that fit properly and are designed to match the gait pattern of the foot is more important. The majority of people have a normal gait pattern. However, some people have “flat feet,” which means they have little or no arch. When looking for running shoes, remember that runners who have “flat” feet need shoes that are designed with motion control features and a straight last. Some people have “high arches” and walk or run mainly on the outside edge of their feet. The people with these types of foot patterns need running shoes designed with a curved last and extra cushioning.

You may have a child or adolescent with shoes designed for flat feet, but the sibling to receive the shoes has high arches or vice versa. In that case, the shoes should not be used by the second sibling. The shoes probably will not be comfortable to the second sibling receiving the shoes and that sibling is more likely to have overuse injuries to the feet, knees and possibly hips.

Bryan Christensen, Associate Professor, Department of Health, Nutrition and Exercise Sciences, NDSU
"Boys will be boys." "Girls have to learn to deal with rumors and gossip — it’s just part of growing up." "He has to learn to stand up for himself." "She should learn to just walk away." "He needs to fight back and not be a wimp."

Do these sentiments sound familiar? They seem to be popular notions about bullying, but do they make sense? Research suggests that none of these approaches is very helpful for promoting the development of positive mental health, and some may be harmful. What is the right thing to do when your child is being bullied?

1. Know what bullying is. A single fight between two peers may not be bullying. Bullying involves an intent by the bully to harm someone who is in some way less powerful than the bully. The imbalance of power could arise when a bully is physically stronger, more popular or just older and more clever than the victim. The harm that is done could be physical, verbal or social. When that harm is coupled with the threat of future aggression because it occurs repeatedly, then we have a case of bullying.

2. Take proactive steps to prevent it. Monitor your child’s friendships, helping him find or make friends if necessary by setting up play dates or other activities. Volunteer your yard as the place neighborhood kids can get together to play. Have a conversation with your child every day. Make sure your child knows she can come to you and tell you anything that is troubling without fear of your judgment.

3. Recognize the signs of bullying and ask about it. Even in the most warm, open families, some children will not feel comfortable coming to a parent with news of being bullied. Look for other signs, such as sudden unexplained changes in behavior (losing interest in school, sleep problems, aches and pains, a drop in grades, social withdrawal). When asking your child about bullying incidents, rather than being direct, try asking if there are any bullies in his class, what they do and whom they pick on.

4. Listen. Instead of asking yes/no questions, say things such as, “Tell me more about that.” Resist the urge to offer a solution immediately.

5. Validate and show support. Tell your child her emotions, whether anger or fear or embarrassment, are all OK to have. Emphasize that the bullying is not her fault and she did not deserve to be victimized. Don’t try to minimize it or ask what the child did to bring on the abuse.

6. Create a plan together. The plan should not be to fight back, ignore it, silently walk away from it or avoid being around the bully. None of these approaches have been found to reduce bullying, and several actually increase the victim’s own adjustment problems. Telling a teacher or principal about it should be a part of the plan. Coach your child on how to respond assertively, not passively and not aggressively. An assertive response tells bullies in direct terms that what they are doing is not working: “That’s not going to work on me. I’m outta here.”

7. Learn more. Ask your child’s teacher, school counselor and principal what they are doing to prevent and respond to bullying. Read a book such as Barbara Coloroso’s “The Bully, the Bullied, and the Bystander.”
You can't be beside your child at all times to protect her, nor should you be. But you can help your child develop the skills needed to prevent and withstand bullying.
Driving kids here and there?

When fuel costs are high, many families look for ways to make their vehicles more energy efficient. You have a number of simple things you can do to save a few dollars on your fuel budget. All vehicles are different and will experience various levels of savings, but here are a few of the basics that work for all types of cars and trucks:

- **Make sure your air filter is clean.** Clogged air filters make your engine work harder, burning more fuel to create the same amount of power. Replacing a clogged air filter can save up to 10 percent on fuel costs, or up to 35 cents a gallon.

- **Check the air pressure on your tires.** Mileage per gallon may be reduced as much as 3 percent with tires that aren’t inflated to the proper level. Properly inflated tires also last longer and are safer for you and your family. Paying attention to tire pressure could save you up to 10 cents per gallon. However, overinflating a tire results in uneven tire wear.

- **Slow down.** Most vehicle mileage drastically begins to drop off at speeds in excess of 60 mph. As a general rule, every 5 miles an hour in excess of 60 mph is costing you an extra 20 cents a gallon.
Calm down. Aggressive driving, rapid acceleration and braking can affect fuel mileage. You can see savings up to 30 percent by changing your driving habits. That could be a savings of more than $1 per gallon.

Remove extra weight. Those bags of traction sand you left in the bed of the truck or trunk are reducing your mileage. Extra weight will affect smaller cars more than larger vehicles, but removing extra weight, especially in excess of 100 pounds, can improve mileage from 4 to 7 cents a gallon.

Car pool. Combining trips with friends, family or co-workers not only saves gas money, but wear and tear on vehicles.

Be leery of “gas-saving” claims. The U.S. Environmental Protection Agency has tested more than 100 fuel-saving products and has found none that significantly reduce fuel mileage. In fact, a number of them actually caused damage to the engines in which they were used.

Make sure your car is maintained according to manufacturers’ recommendations. Driving a car with the check engine light on or one that is obviously not running properly can drastically affect mileage. An improper functioning oxygen sensor can use as much as 40 percent more fuel. At $3.51 per gallon, that would be the equivalent of paying an extra $1.40 for every gallon of gasoline used.

Eliminate extra wind resistance. Using a loaded roof rack increases fuel consumption.

If you are in the market for a new vehicle, choose one that is more fuel efficient. According to the government Web site www.fueleconomy.gov, a person driving 15,000 miles a year can realize a savings of $878 per year by driving a vehicle that gets 30 miles per gallon (mpg) versus one that gets 20 mpg. That is a savings of more than $4,388 in five years.

For more tips on cutting your fuel costs, visit these Web sites:

http://agbiopubs.sdstate.edu/articles/xEx14094.pdf
www.fueleconomy.gov/feg/drive.shtml
www.ftc.gov/ftc/oilgas/archive/061013.htm
www.ndsu.edu/energy


Get your calcium-rich foods

- Go low-fat or fat-free
- If you don’t or can’t consume milk, choose lactose-free products or other calcium sources

Most vehicle mileage drastically begins to drop off at speeds in excess of 60 mph.

- Go low-fat or fat-free
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Eat Smart. Play Hard. Together.
- NOW PLAYING -

Eat Smart. Play Hard.

Thundar’s New Game Plan

Starring

THUNDAR

Two thumbs up!!
VOTED BEST PICTURE!
Action-packed!
Great family entertainment!

www.ndsu.edu/eatsmart
Click on “Thundar’s New Game Plan” video link
1. What food belongs in the MyPyramid grain group? What color is the grain group?
   a. Popcorn — red
   b. Cereal — orange
   c. Candy — yellow

2. The color of the MyPyramid group where you find cheese, yogurt and milk is ________.
   a. Purple
   b. Green
   c. Blue

3. Which MyPyramid food group gives you lots of protein?
   a. Vegetables
   b. Meat and Beans
   c. Grains

4. Which food group contains green foods such as lettuce, broccoli and peas?
   a. Vegetables
   b. Fruits
   c. Grains

5. What color on MyPyramid stands for the Fruit Group?
   a. Yellow
   b. Purple
   c. Red

Answers: 1-b, 2-c, 3-b, 4-a, 5-c

For more fun nutrition games, visit www.ndsu.edu/eatsmart. Click on “For Kids.”
Find the six food safety mistakes, then color the picture.
(See the answers below.)

Answers
1) Mayonnaise is in the cupboard with the lid off,
2) Backpack is on the counter,
3) Cat is on the counter,
4) Milk carton is on the floor, not in the refrigerator
5) Sandwich is on the floor,
6) Hotdogs are in the cupboard.

Source: U.S. Department of Agriculture
Crack the Code for Health

Find out what you can do to help protect yourself and others from getting sick. Write the answer to each clue. Use the numbers below each letter to answer the mystery question.

**CLUE 1**
This outdoor activity is one way to have fun and get physical activity.

**G A R D E N I N G**

**CLUE 2**
Wear this for protection while biking.

**CLUE 3**
Eat this red fruit as part of a healthy diet.

**CLUE 4**
Wear this to help protect you from getting sun burns and skin cancer.

**CLUE 5**
Drinking milk and eating other calcium-rich foods help make these strong.

**MYSTERY QUESTION**
What can you do to help protect yourself and others from getting sick?

For more health games and tips, visit: www.cdc.gov/family/kids
Calcium is aMAZEing!
Like you, Bo needs calcium to keep bones and teeth strong and healthy. Help Bo find her way through the calcium maze to the Great Calcium Fair.

Fat-free milk
8 fluid ounces = 300 milligrams of calcium

Broccoli
1 cup = 90 mg

Macaroni & Cheese
1/2 cup = 180 mg

Ice Cream
1 scoop = 118 mg

Congratulations!
Collect your ribbon from the Calcium Queen.

Children 4 to 8 years old need 800 mg of calcium daily!
Children 9 to 18 years old need 1,300 mg of calcium daily!

National Institutes of Health/
Department of Health & Human Services
www.nichd.nih.gov/milk
**Tip:** Try to make your meals and snacks as colorful as you can. A variety of fruits and vegetables can really brighten up your plate!

**Why do potatoes make good detectives?**

Because they keep their eyes peeled.

**Why are basketball players sloppy eaters?**

Because they’re always dribbling.

**What do you call cheese that isn’t yours?**

Nacho cheese.

**Knock, knock**

Who’s there?

Lettuce!

Lettuce who?

Lettuce in and I’ll tell you!

**Why did the tomato blush?**

Because he saw the salad dressing.

**What do vegetables live for more than anything else in the whole world?**

Peas (peace).

**What is a tailor’s favorite kind of vegetable?**

A string bean.

**Why did the banana go to the doctor?**

Because it wasn’t peeling well.

**Hungry for a snack?**

Munch on baked tortilla chips and salsa, veggies or popcorn.

**Tip:** Try to be active for one hour each day. This can include in-line skating, jumping rope and playing games such as basketball and soccer.

**What do you call a cow that can’t get milk?**

A milk dud.

**Why did the banana go to the doctor?**

Because it wasn’t peeling well.

**What is a tailor’s favorite kind of vegetable?**

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Because it wasn’t peeling well.
Have Fun with fruits and vegetables

Find the hidden fruits and vegetables in the puzzle.
Works can read up, down or across, from left to right or right to left.

Find:
Apple
Banana
Broccoli
Carrots
Celery
Eggplant
Grapes
Kiwi
Orange
Papaya
Pear
Peas
Squash
Yams

Fruit and Vegetable Goals

Name a fruit you would like to try:
________________________________________________________________________
How will you eat this fruit?
(On cereal, as a snack, for dessert, with dinner or on pancakes.)
________________________________________________________________________
________________________________________________________________________

Name a vegetable you would like to try:
________________________________________________________________________
How will you eat this vegetable?
(As a snack, with dip or for lunch.)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Color MyPyramid! Use the chart below to guide your color choices.

- Grains: Orange
- Vegetables: Green
- Fruits: Red
- Oils: Yellow
- Milk: Blue
- Meat & Beans: Purple

Write in the food group names here.
EAT SMART. PLAY HARD. Together

www.ndsu.edu/eatsmart

NDSU Extension Service
North Dakota State University

MyPyramid.gov
www.ndsu.edu/eatsmart