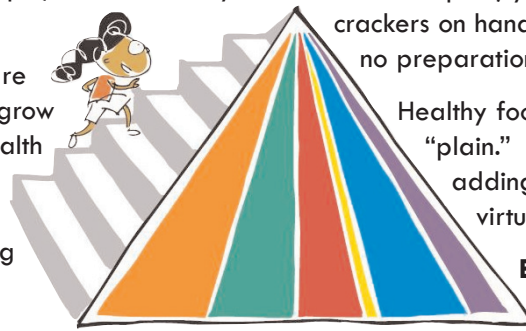


Making Healthy Choices

According to the Centers for Disease Control and Prevention (CDC), 16 percent (over 9 million young people) of children and teens aged 6-19 years old are considered overweight.

Since dietary habits are established very early in life, it is important to teach proper nutrition as early in life as possible. Children also learn by example, so make sure you eat a variety of healthy foods.

Healthy eating and physical activity are important life skills that help children grow and prevent them from developing health problems later in life, including obesity. Obesity in youth often carries over into adulthood contributing to the development of many chronic diseases including heart disease and diabetes.



My Pyramid

The new food guide pyramid, called "MyPyramid" can be found at www.mypyramid.gov. It provides a detailed explanation of exactly how the new pyramid can work for you. You also can find other detailed information on nutrition and healthy eating habits.

MyPyramid was developed using the notion that "one size does not fit all."

Four overarching themes can be found in MyPyramid:

Variety - Eat foods from all food groups and subgroups.

Proportionality - Eat more of some foods (fruits, vegetables whole-grains, fat-free or low-fat milk products) and less of others (foods high in saturated or trans fats, added sugars, cholesterol, salt and alcohol).

Moderation - Choose forms of foods that limit intake of

saturated or trans fats, added sugars, cholesterol, salt and alcohol.

Activity - Be physically active every day.

Eating Healthy is Not Difficult

Make sure you are ready, always keep fruit, vegetables, 100% fruit juice, yogurt, bagels, pretzels and whole-wheat crackers on hand. These types of foods require little or no preparation and are healthy, low-fat choices.

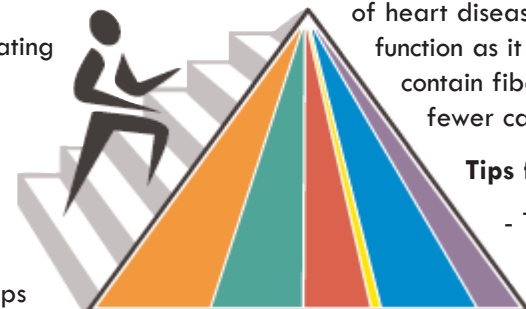
Healthy foods do not have to taste "bland" or "plain." A great way to season foods without adding salt or butter is to use herbs. Herbs virtually can be used with any food.

Eat Whole Grains

People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

Grains provide many nutrients

that are vital for the health and maintenance of our bodies. Fiber from whole-grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function as it helps reduce constipation. Foods that contain fiber provide a feeling of fullness with fewer calories.



Adult

Tips for Eating Out

- Try to start your meal with a salad with veggies. Ask for dressing on the side.

- Choose main dishes that include vegetables, such as a stir fry, kabobs or pasta with tomato sauce.

- Order steamed, grilled or broiled dishes.

- If portions are large, immediately set aside or pack half of it to take home.

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Smart Snacking

Choosing healthy snacks, along with eating healthy meals, is important to providing good nutrition and to help prevent diseases such as heart disease, cancer, diabetes, high blood pressure and obesity.

Listed below, find some great, quick, healthy snacks that you can keep at your desk or give to your children for school:

Fruits

Apples
Bananas
Grapes
Oranges
Peaches
Pears
Strawberries

Applesauce, dried and frozen fruit, fruit salad, and fruit smoothies are other great alternatives.

Vegetables

Baby carrots
Celery sticks
Peppers
String beans
Grape or cherry tomatoes

You can use various dips for vegetables (salad dressings, bean dips, guacamole, hummus, salsa or peanut butter), as long as you eat your vegetables every day.

Grains

 (breads, crackers, cereals etc.)

Try to eat mostly whole-grains, which provide more fiber, vitamins and minerals, than refined grains.

Whole-wheat muffins, pita or tortillas
Cereal (Cheerios, Grape-Nuts, Raisin Bran, Wheaties)
Crackers (Triscuits, Kalvi Rye, Matzos)
Rice Cakes
Popcorn
Baked Tortilla Chips
Granola & Cereal Bars (check sugar content)
Pretzels, Breadsticks & Flatbreads

(Check to make sure these products are whole-grain and low-fat)

Dairy Foods

Yogurt
Low-fat cheese
Low-fat pudding & frozen yogurt

Other Snack Ideas

Nuts and trail mix (you can even make your own trail mix by combining different dried fruits, nuts and adding some crunchy cereal such as Chex).

Beverages

Water
Milk (low-fat or fat-free)
100% fruit juice

Children and adults should consume minimal amounts of sugary soft drinks (soda, sweetened tea, lemonade and juice drinks that are not 100% juice). These beverages are loaded with empty calories (calories that your body cannot use).

Total Amount of Food that Should be Consumed in (1) Day

Children

Grains (3-6 ounces)
Vegetables (1-2½ cups)
Fruits (1-2 cups)
Oils (3-6 tsp.)
Milk (2 cups)
Meat & Beans (2½ ounces)

Adults

Grains (6 ounces)
Vegetables (2½ cups)
Fruits (2 cups)
Oils (3-6 tsp.)
Milk (3 cups)
Meat & Beans (5½ ounces)