

# Healthy Kids @ Home



## MARCH: HEALTHY FOOD CHOICES!

This month, Healthy Kids is focusing on healthy food choices.

### CHALLENGE

Challenge yourself to try a new fruit and vegetable every week. Check out the "Colorful Plate" document for a variety of options to choose from.

### HEALTHY RECIPE

Try Fresh Rec Stop's confetti grain salad for a delicious, nutritious lunch or dinner. This meal is packed with whole grains, fresh vegetables, and flavor.

You may choose to add chicken or beans for protein or sweet potatoes for sweetness. Find the recipe here <https://www.healthystpetefl.com/fresh-rec-stop-confetti-grain-salad/>



Here are a few tips for choosing healthy foods:

1. **The less processed, the better.** Processed foods are typically filled with high amounts of sodium, sugar, refined carbohydrates, and trans fats.
2. **Instead of processed, choose whole snacks.** Whole foods are minimally processed, and full of nutrients, including vitamins and fiber.
3. **Eat the rainbow.** Fruits and vegetables are colorful and full of vitamins, nutrients, and fiber. Try and make every plate colorful with fresh foods!

### DID YOU KNOW?

There are several benefits to a whole-food diet, including lower rates of heart disease and type 2 diabetes. There are also studies that link whole food consumption to positive mental health.

For more information, visit [healthystpetefl.com](https://www.healthystpetefl.com)



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## APRIL: SUGAR AND CAFFEINE, OH MY!

This month, Healthy Kids is focusing on recognizing hidden sugars and caffeine.

According to **MyPlate**, children over 2 years old should choose foods and beverages with little to no added sugar. Added sugar has zero nutrients, high amounts of calories, and leads to an increased chance of heart disease.

Children should avoid caffeine altogether. Caffeine from energy drinks and coffee can cause gastrointestinal problems, increased heart rate, body jitters, and concentration difficulties.

Common foods with added sugar include candy, dessert, cookies, and sugary drinks.

Common beverages with caffeine include energy drinks, soda, coffee, and certain teas.

For more information,  
visit [healthystpetefl.com](http://healthystpetefl.com)



## DID YOU KNOW?

Sugar was first identified around 8000 BCE. It's predicted that the indigenous people of New Guinea found the plant first and would chew the sugar raw!

## EAT THIS, NOT THAT!

- Instead of candy, try all natural dried-fruit
- Instead of ice-cream, try plain greek yogurt with mixed berries
- instead of sugary cereal, try oatmeal with apples and cinnamon
- Instead of an energy drink, try a fresh green smoothie
- instead of soda, try sparkling water