

# HOME FIELD ADVANTAGE

## Second Down



### EXTRA POINTS

Tips and ideas to try at home

#### “Energy In”

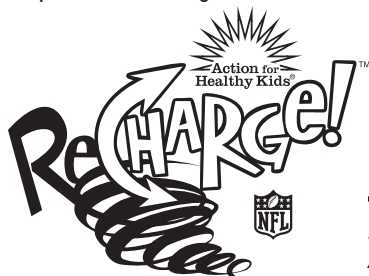
- Eat a low-fat, high-fiber breakfast — it may make you less hungry later in the day.
- Create family habits around smart eating — and make it easier for everyone by keeping healthy foods within reach.
- Choose food portions no larger than your fist.

#### “Energy Out”

- Celebrate a birthday or anniversary with something active — a hike, a volleyball game, a game of touch or flag football.
- Take a family walk after dinner a couple of nights a week instead of turning on the TV.
- Play with your kids for 30 minutes each day!



Some of the tips above are from **We Can! (Ways to Enhance Children's Activity & Nutrition)**, a public education program from the National Institutes of Health. For more ideas and tips to help your family eat well and get physically active, call 1-866-35-WE CAN or go to <http://wecan.nhlbi.nih.gov>.



**Children** (and adults!) are faced with decisions each day about what to eat and what to do during free time. As part of the **ReCharge!** program, we have been learning to make healthy nutrition and physical activity choices a part of our daily game plan. This issue of *Home Field Advantage* focuses on three healthy decisions that we can make every day:

- **eat a nutritious breakfast**
- **choose healthy snacks**
- **get up and move!**

**Breakfast** has been called the most important meal of the day — and it's true. A nutritious breakfast with foods from at least three of the Five Food Groups provides children with about one-fourth of the nutrients they need each day. Missing breakfast would be like missing one quarter of a football game and trying to make up the points! When kids eat breakfast, they learn better, feel good and often perform better throughout the day. Simply put, breakfast is the best way to kick off each day.

Children have chances to make healthy nutrition choices every time they reach for a snack. Eating **nutritious snacks** from the Five Food Groups helps kids get the nutrients their growing bodies need. Nutritious snacks also give students the energy they need to focus, learn and play.

Children are also faced with choices about what to do during free time. Health experts recommend that children get at least 60 minutes of **physical activity** every day. In addition to helping kids feel and look good, physical activity reduces the risk of many health problems. It also relieves stress, builds self-esteem and increases children's capacity for learning. The 60 minutes of activity doesn't have to be done all at once, and it doesn't need to be organized. Kids should choose activities *they* like to do, so they are more likely to do them regularly.

How can you help your child make these healthy decisions each day? One way is to let your child catch *you* making healthy choices! When your child sees you eating a healthy breakfast, choosing nutritious snacks and getting up and moving — with a bike ride, an after-dinner walk or even a ten-minute dance — he or she is more likely to follow your lead.

- For more information about healthy eating and the U.S. Department of Health and Human Services and the U.S. Department of Agriculture (HHS/USDA) Dietary Guidelines, go to [www.healthierus.gov](http://www.healthierus.gov).
- For information on physical activity, go to [www.fitness.gov](http://www.fitness.gov).

## Family Huddle

### Topics for team discussion at your training table (or dinner table!)

- How can we get ready for the next day before bedtime to give us more time to eat breakfast together?
- How can we make our family's snack choices healthier?
- What's a fun physical activity our family can do together?

Brought to you by **ReCharge!**, The After-school Program from Action for Healthy Kids and the National Football League

# Home Field Recipe

## TWO-MINUTE DRILL

Quick questions and answers about nutrition and physical activity

**Q:** What foods should be part of a healthy breakfast?

**A:** Any breakfast is better than no breakfast, but a breakfast that has foods from at least three of the Five Food Groups is the best way to start the day. For example, a bowl of cereal with low-fat/fat-free milk and a half of a banana (Grains, Milk and Fruits Groups). Eggs and other protein foods are also great breakfast choices.

**Q:** Are all snack foods okay to eat?

**A:** All snack foods can be part of a healthy diet, but some foods need to be eaten less often, such as those that are not part of the Five Food Groups. Cut back on foods that are high in fat and added sugars, such as sugar-sweetened soft drinks, candy bars, chips and cookies. Choose healthier snacks such as low-fat/fat-free yogurt, fruits, vegetables, low-fat cheese, whole-grain crackers and small portions of nuts.

**Q:** What activities "count" as physical activity?

**A:** Just about any activity where you're moving your body and using large muscle groups and burning energy counts. You can find a list of 100 different activity ideas on the President's Challenge website at [www.presidentschallenge.org/the\\_challenge/activity\\_list\\_pop\\_up.html](http://www.presidentschallenge.org/the_challenge/activity_list_pop_up.html).

## Fun, nutritious recipes for "Energy In"

### Strawberry-Banana Smoothie

- 1 large banana
- 1 cup whole, frozen strawberries
- 1½ cups low-fat/fat-free milk
- 1 8-ounce low-fat/fat-free strawberry yogurt

1. Peel banana. Break into chunks and place in blender.
2. Add strawberries, milk and yogurt.
3. Cover and blend until smooth. Serve immediately.

Makes 3 servings.

Source: National Dairy Council's website [www.NutritionExplorations.org](http://www.NutritionExplorations.org)



## Coach's Notes

### Important dates, resources and information for parents

- ✓ Mark your calendars for **ReCharge! Field Day** on \_\_\_\_\_.
- ✓ Look for the **ReCharge! Student Playbook** to come home periodically. The **Playbook** includes your child's journal entries, as well as recipes, tips and ideas to try at home!
- ✓ Get more information about youth football, a great way to keep kids physically active, at [www.NFLyouthfootball.com](http://www.NFLyouthfootball.com).

## ReCharge! HOME FIELD ADVANTAGE: Second Down



Action for Healthy Kids is a nonprofit organization specifically formed to address the problem of overweight, undernourished and sedentary youth by focusing on changes in schools. To learn more, visit [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).

