

CHCS

'BIGGEST' WINNER' 2008

"I can do all things through Christ who strengthens me." - Philippians 4:13

Kids' Edition

Important First Goal

When grown-ups want to change their eating and exercise habits, many times it's because they want to lose weight. When you're a grown-up and gain weight, the only way you're going to grow is wider, not taller!

When you're a kid, an important goal is to simply stop **gaining** weight. Since you're still growing taller, it's okay to lose a couple pounds but, unless you're really overweight, your main goal should be to not gain *more* weight than is healthy for your age and height.

I was going to put a chart here showing the average weights for kids your age. But I think a better idea would be for your family doctor to tell you what a healthy weight would be for you. Perhaps you could ask one of our school nurses, Mrs. Rayl or Mrs. Crocker, what a good weight for someone your age and height would be.

The important thing is to learn how to make good, healthy choices *now* that will stay with you as you get older. One thing you can do is learn about portion control. That means knowing how much you're going to eat before you eat it -- not just eating and eating until you're 'way too full. That's how we gain more weight than our bodies need.

We don't always eat just because we're hungry. Sometimes we eat because we're bored. Or upset. Or worried. Or... well, you get the idea!

The next time you want to eat, stop and think *before* you put anything in your mouth. Thinking about it *after* you've already eaten it is too late. I know. There were many times when I would eat something and then think, "It wasn't even that good" or realize "I wasn't even hungry." Think first!

Q & A Corner

Q - Are there different kinds of fats in foods?

A - Yes. You could even say there are "good" fats and "bad" fats.

It's important to have certain fats in our diets in small amounts. Too much of *any* fat is not good for your body, but some are worse than others.

Saturated fats can supply your body with *some* energy, but these fats are not needed in our diets. I'm not saying to cut these foods out completely, but you should be careful how much of them you eat:

- Beef
- Lamb
- Spareribs
- Sausage
- Regular hot dogs
- Bacon
- Whole milk
- Whole milk yogurt
- Cream
- Whipped topping
- Whole milk cottage cheese
- Whole milk cheese
- Ice cream
- Coconut
- Butter
- Cocoa butter/ chocolate
- Donuts
- Cookies
- Cakes
- Other "sugary" desserts

Monounsaturated fats are fats that your body can put to good use. These are much better for you than saturated fats, but you should still limit the amount of these foods you eat:

- Olive oil
- Peanut oil
- Canola oil
- Peanut butter
- Macadamia nuts
- Peanuts
- Pecans
- Almonds

When you eat foods that contain "good fats", remember portion control. 1/4 cup of nuts makes a good serving (about the size of a 3 oz. Dixie cup). When you eat peanut butter, 2 tablespoons is plenty!



**Think
Before You Eat!**