

CHCS

'BIGGEST' WINNER' 2008*"I can do all things through Christ who strengthens me." - Philippians 4:13***Kids' Edition****Fat Facts**

Will eating fats make you fat? Not if you're smart about what you eat and how much!

Why do I need fat? Here are the main reasons why kids need fat in their diet:

- **For Fuel.** Fat supplies energy that can either be used right away or stored for future use. It plays an important part in fuelling your muscles during many types of physical activity. But don't eat foods that give you fats without really filling you up. Fatty foods like chips, cookies, and chocolate are easy to overeat and don't provide nutrition for your body -- just fat.

- **For Helping Your Body to Use Vitamins.** Fat in food helps your body absorb the vitamins A, D, E and K. A meal without any fat would make these vitamins useless to your body. Including a *small amount* of fat or oil in a meal is a good thing. Fats also transport nutrients, like vitamins and proteins, in your body.

- **For Growth, Development, and Growth.** Certain kinds of fats and oils are needed for normal growth and development. These are "essential", or "unsaturated" fats. These important omega-3 oils are found in certain fish, pumpkin seeds, leafy green vegetables, walnuts, sweet potatoes, and oils like flaxseed and canola.

- **For Taste and Texture.** Fat helps the taste and texture of many foods, and makes eating more enjoyable. Just a little bit, though! Healthy fats, not fatty fats!

From *Awesome Foods For Active Kids* by Anita Bean

Future Fitness Club

I found out about something you might want to check out for yourself! The Future Fitness Club is a healthy lifestyles program sponsored by Akron Children's Hospital and Kohl's Community Youth Fitness. The program is now available at the downtown Akron and Green YMCA's!

Future Fitness Club provides the opportunity for young people ages 8-13 to be active and to learn healthy fitness habits!

Activities will include non-competitive obstacle courses, relays, circuit training, rope jumping, swimming, and a variety of fun games.

The Future Fitness Club meets for 8 weeks, 3 times a week, and costs only \$15 per month. For details on how to get started, please call 330.543.2126.

Good-For-You Snack Ideas

- Whole-grain toast with peanut butter
- Carrots or celery with hummus
- Fresh fruit like apple slices, pear, oranges, grapes, strawberries, etc.
- Plain popcorn
- 3 oz. Dixie cup filled with cashews, almonds or walnuts -- or mixed nuts
- Small bowl of whole-grain breakfast cereal with lowfat milk, with some fruit on top
- Lowfat vanilla or other yogurt (not the fruit-on-the-bottom kind -- too much sugar), mixed with a little fruit and a teaspoon of honey. Try using mashed bananas!

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**Think Before You Eat!**