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# OPERATION NUTRITION

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FLORIDA PRESH  
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**H**ealthy lifestyle choices are a crucial component to student success. This Operation Nutrition section brings important nutrition and fitness activities directly to classrooms. Students benefit by learning more about the importance of daily caloric balance, physical activity and healthy food choices. Publix Super Markets believes that the earlier these lessons are learned, the greater impact they will have on lifelong decision making and healthy lifestyles.

Publix Super Markets joined with the Florida Press Educational Services to bring Operation Nutrition to every third grade student in the southeast portion of the United States. These educational sections are being distributed to schools through a cooperative effort of Newspaper in Education programs in a five-state region.

Please use the coupon on the back of this Operation Nutrition section to treat your family to a healthy food selection from your local Publix Super Market store.

**In an ongoing effort to support health and nutrition, Publix offers many resources for you:**

#### **Publix Nutrition Facts**

The next time you're whizzing through the grocery aisles, keep an eye out for our easy-to-read Publix Nutrition Facts shelf tags. You'll spot them right next to or below products' price tags, on everything from cereal to frozen food to snacks. From low fat or fat free to low sodium, low cholesterol, and more, each one will offer you nutritional information about the item it represents. That way, you can make quick and easy choices about which products are best for you and your family, and then get on with your busy day.

#### **The Right Foods For You**

When you're looking to live a healthier lifestyle, there's a lot to consider: like your diet, for instance. Even though you may already know that you should eat wholesome and nutritious foods, how do you know which ones are best? And what if you don't have time to learn which products you should select? Rest easy: We've done a lot of the work for you. Just take a look at the shopping lists we've created on [publix.com](http://publix.com). Each one focuses on a specific dietary topic and lists items that have been evaluated on a per-serving basis. That way, you can simplify your shopping by quickly choosing the foods that are right for you.

#### **Natural and Organic Shelf Tags**

Publix has made it easy to spot products that are USDA certified organic, made with organic ingredients, or all-natural. Our special brown shelf tags have icons on them to tell you what's what. Our brown tags will help you storewide—in our Produce and Meat departments, as well as on dairy, grocery, and even household products. So take a look at the chart and see how easy it is to find the kinds of products you want on your next shopping trip.

**To check these resources out or get additional information visit the Health Center at [www.publix.com](http://www.publix.com)**

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#### **What is FPES?**

Established in 1980, Florida Press Educational Services was one of the first state NIE organizations developed (formerly known as FNIEC). FPES brings together NIE coordinators from all over the state

of Florida for training, special projects and support. NIE is an international program of cooperation



between newspapers and schools that encourages the use of the daily paper, in either electronic or print format. The Operation Nutrition program was a coordinated effort by FPES members and Executive Director Karen Tower, the Florida Press Association and participating newspapers in Georgia, South Carolina, Alabama and Tennessee.

**This special section was developed by the FLORIDA TODAY Communications Group**



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*Super Food Dude  
is on your side with  
Operation Nutrition*

**HE WANTS YOU TO BE SMARTER,  
HEALTHIER AND MORE PHYSICALLY  
FIT LIKE HE IS.**

Follow Super Food Dude as he answers your questions about super healthy habits! You will need a pad of paper or notebook to write in and a favorite pen or pencil. This will be your Super Food Diary. If you like, you can draw or color in it, too.



## VOCABULARY WORDS:

**Nutrition • Vitamin • Trans fat  
Mineral • Protein • Carbohydrate  
Fiber • Monounsaturated  
Polyunsaturated • Portion  
Saturated • Hydration**

# IT'S ALL ABOUT THE FOOD



## HOW DO I KNOW WHAT FOODS ARE BEST?

The truth is that most foods have some nutritional content. There are few, if any, truly “bad” foods, but you can make so-so, good, better or super best choices. Let’s start with some basic information.

You eat because your body and mind need energy to stay alive and function. Food contains nutrients that give you energy,

such as vitamins, minerals, proteins, calcium, carbohydrates and fiber. To make a ‘super best’ choice, you must choose foods that have the highest contents of these elements. In addition, since not all foods have the same amounts of nutrients, you must eat a variety of foods to get all the nutrition you need.

## A GOOD PLACE TO START IS YOUR GROCERY STORE’S FRESH PRODUCE SECTION

Stand there for a minute and admire the beautiful colors and shapes. You see a huge variety, from dark purple eggplants to red, ripe strawberries, to shiny green peppers. Don’t they look tasty? That’s because nature has a way of pointing you toward some of the super healthiest foods out there—the beautiful colors are a guide you can use in making super healthy food choices.

**1. Brightly colored** fresh fruits and veggies are super foods because they are packed with many of the nutritional elements you need.

**2. Fresh fruits and veggies** are “stand alone” foods, meaning they have not been processed in any way. No extra salt, fat, or other ingredients have been added. They are good to go right out of the garden.

**3. Variety is the spice of life.** There are countless choices in the fresh produce department. Don’t care for pineapple? Try grapes. Not happy about broccoli? Try green beans. Try things raw. Try them cooked. Try them alone or mixed with other foods. But try them!







## YOU'RE HUNGRY. YOUR STOMACH IS RUMBLING.

You have been working hard in the classroom. Now you need a lunch that will give you energy to keep learning. Think of your school lunch as the fuel you put in your tank. Your body is like a car. You have to keep the engine running. If you choose the wrong kind of fuel, you might run out of energy before the day is over.

What is the right kind of fuel? What does a healthy lunch look like? Ahah! Now that you are becoming a Super Food Dude (or Dudette) you will be able to find the answer to these questions!

You probably have the choice of packing lunch or buying one at school. Either way, you can now make good decisions. There are healthy choices in

foods that you like.

If you decide to bring your own lunch it doesn't have to be PB&J every time, but it cannot be just chocolate cake and potato chips either, can it? Including your favorite healthy foods is the way to go. If your favorite sandwich is peanut butter and banana, just make it and pack it. Maybe you love olives or raw carrots or tuna. Go ahead — put them in!

You may need help from a parent or other adult. Talk to the adult about what you like to eat so he or she can get the items for you at the store. Preparing your own lunch is a way to show that you're growing up. Plus, this way, you get to choose what you like to eat!

### WHETHER YOU PACK OR BUY YOUR LUNCH, FOLLOW THESE SUGGESTIONS:

■ **Always choose fruits and vegetables** They have lots of vitamins and fiber. They are "super foods!"

■ **Avoid foods high in unhealthy fats** Read labels. Look for the words "monounsaturated" and "polyunsaturated" for healthier fats in your foods. Avoid "saturated" and "trans" fats.

■ **Pick whole grains** Look for the words "whole grain" on breads, cereals and pasta. Choose brown rice instead of white.

■ **Drinks count, too** Milk has been a favorite lunchtime drink forever. Look for 1 percent or low-fat. If you don't like milk, choose water. Avoid juice drinks and sodas.

■ **Balance your lunch** Mix it up! Choose some whole grains, fruits and veggies, lean meat or protein foods, and low-fat yogurt or cheese.

■ **Quit the "clean plate" club** Listen to what your body is telling you. If you feel full, it's okay to stop eating.

**GROCERY  
STORE VISIT**

*Fruits & vegetables are perfect ingredients for your lunch. Check out the produce section at your neighborhood Publix and pick out five different fruits and vegetables to pack in your lunch for the next week.*



# SUPER FOODS

## FRESH FRUITS AND VEGETABLES

According to *The 10 Things You Need to Eat, and More than 100 Easy and Delicious Ways to Prepare Them*, written by Anahad O'Connor and Dave Lieberman, six of the top 10 best foods are avocados, beets, berries, cabbage, spinach and tomatoes.

Divide the class into six groups. Research each of the foods and create one of the following about the foods: write a poem, a short story or a rap song; make a video, poster or collage. Use illustrations to demonstrate the benefits of eating each food. Don't forget to try out your food choice!

### Try It, You Might Like It

With an adult, go to your local super market fresh produce section. Choose five foods you cannot identify. Take one home and try it. Start your Super Food Diary, listing which items you have tried and whether or not you liked them.

### Super Tip:

Fruits and vegetables are a fantastic source of the vitamins, minerals and fiber that you need to stay healthy. Make sure you treat them right, washing, storing, and handling them correctly. Ask the produce manager if you don't know how.

## Super Bonus Activity:

We are very lucky to get fresh produce all year long from different countries. When you are in the produce department choosing fruits and vegetables, discover where they were grown. Look on the packaging or food labels or store signs. Find at least five produce items that come from outside the U.S. Look them up on a map. Share your findings with your class.

Super Food Dude wants to know what is your favorite...

Fruit? \_\_\_\_\_

Veggie? \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you want to know when peaches or watermelon are at their juiciest best?

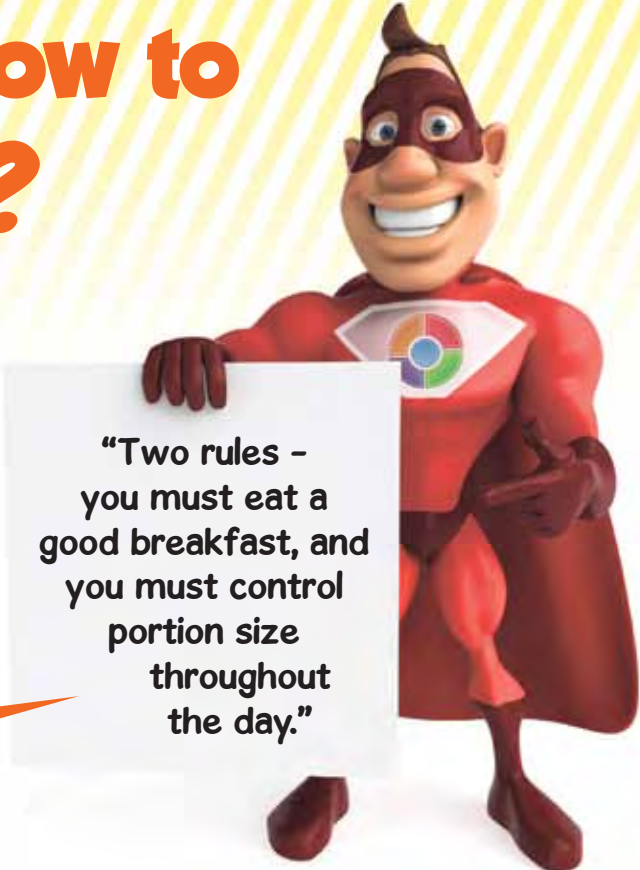
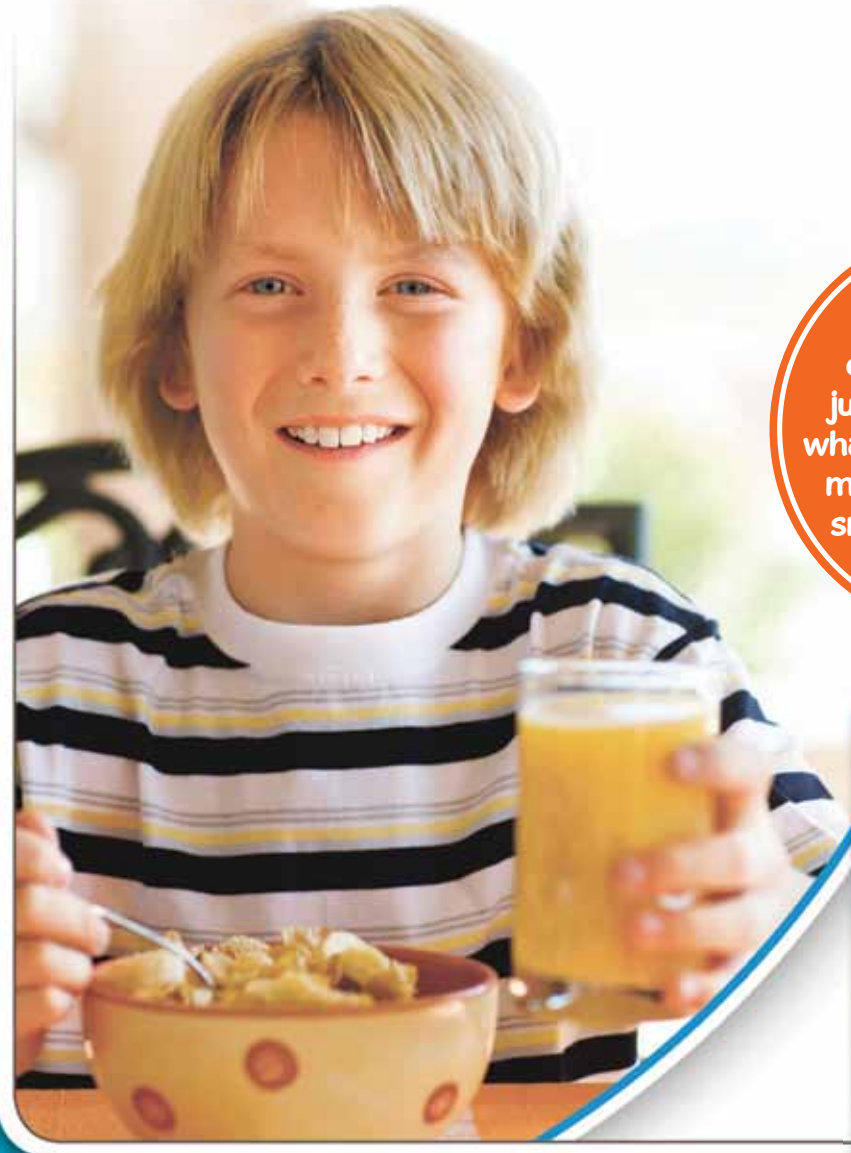
Simply go to [www.publix.com/atseasonspeak](http://www.publix.com/atseasonspeak). You can check out the calendar to find out when fruits and vegetables reach their peak of flavor and freshness. You'll also find nutrition facts and yummy recipes for your favorites. Ask your mom or dad to sign up for email or text alerts and your family will always know which produce is in season. Don't forget to use the \$2 produce coupon on the back page!

# What Else Do I Need to Know to Make Super Food Choices?

More and more scientific research is proving that a good breakfast is essential. A good breakfast gets you started on your day, keeps your energy up until lunch, and believe it or not, helps control weight gain.

Here are examples of a healthy breakfast:

- Whole grain cereal with milk
- Banana bread with peanut butter
- Small glass fruit juice
- Publix Bakery Breakfast Bread
- Hard boiled egg
- Whole-wheat toast with small glass fruit juice



"Knowing how much to eat of any food is just as important as what you eat. You must make yourself super smart about portion sizes."

## How Much Is Too Much?

**Big. Super Size. Maxi. Extra Large. Giant.** Ever hear those words describing foods? Super Food Dude guesses yes, you have. We live in a world of big food portions, often too big. Use the guide below to help you measure the amount of food you should eat. Remember: too much of anything isn't good for you! If you don't know how much, stick to a portion about the size of your fist until you find the correct amount. Here's another hint: many restaurant portions are too big; take some home for the next day's meal.

SERVING	SIZE
3 ounces of meat	thickness of a deck of cards
medium piece of fruit	a tennis ball
1 ounce of low-fat cheese	4 stacked dice
½ cup low-fat ice cream	tennis ball
½ cup brown rice or pasta	size of your fist
1 teaspoon peanut butter	tip of your thumb
1 ounce of nuts	one small handful



# We Have To Talk About Fat

Yes, there is fat in some foods. You need some fat in your diet. However, it is important to eat the right kinds.

There are four kinds of fats to learn about:

**A. Monounsaturated**—these are healthy fats found in nuts, walnuts, olive oil, nut butters and avocados.

**B. Polyunsaturated**—these are okay fats, found in salmon, fish oil, and corn, soy, safflower and sunflower oils.

**C. Saturated**—these are not-so-good fats, found in coconut oil, palm oil, and palm kernel oil; some meats, dairy, cheeses and seafood.

**D. Trans fats**—these fats are found in packaged foods, stick margarine and shortenings. They are the least healthy fats, and you should try to avoid them.

Remember this about all fats in food: too much of any fat can make you overweight and even sick, so eat small amounts. Read food labels carefully for the four kinds of fats. Stick to those with mono- or polyunsaturated fats. Eat non-fat or low-fat meats, dairy products and cheeses. Limit packaged foods such as cookies, chips and ice cream.

# Nutritional Elements of Foods

Research in order to fill in the chart on this page. Why does your body need each of these to stay super healthy? For help with your search go to <http://ndb.nal.usda.gov>

SUPER NUTRIENTS	B Vitamins	Vitamin A	What It Does _____ Foods with Vitamin A _____
		Niacin	What It Does _____ Foods with Niacin _____
		Vitamin B1 (thiamine)	What It Does _____ Foods with Thiamine _____
		Vitamin B2 (riboflavin)	What It Does _____ Foods with Riboflavin _____
		Vitamin C	What It Does _____ Foods with Vitamin C _____
		Vitamin D	What It Does _____ Foods with Vitamin D _____
		Vitamin E	What It Does _____ Foods with Vitamin E _____
		Fiber	What It Does _____ Foods with Fiber _____
		Protein	What It Does _____ Foods with Protein _____
		Carbohydrates	What They Do _____ Foods with Carbohydrates _____

## Super Bonus Activity:

**Just like vitamins, protein and fiber, your body needs certain minerals for good health.** There are two kinds: macro minerals and trace minerals. Macro means “large” in Greek, meaning you need slightly larger amounts of these minerals than

trace minerals. Trace minerals are necessary only in tiny amounts.

Macro minerals include calcium, phosphorus, magnesium, sodium and potassium.

Trace minerals include iron, manganese, copper, iodine and zinc.

In your Food Diary, make a chart like the one you did for vitamins in this booklet. Research each mineral, what it does and in which foods you will find it.

For one week, write down in your Food Diary what you eat for breakfast. Check at the end of the week to make sure you are choosing healthy foods.

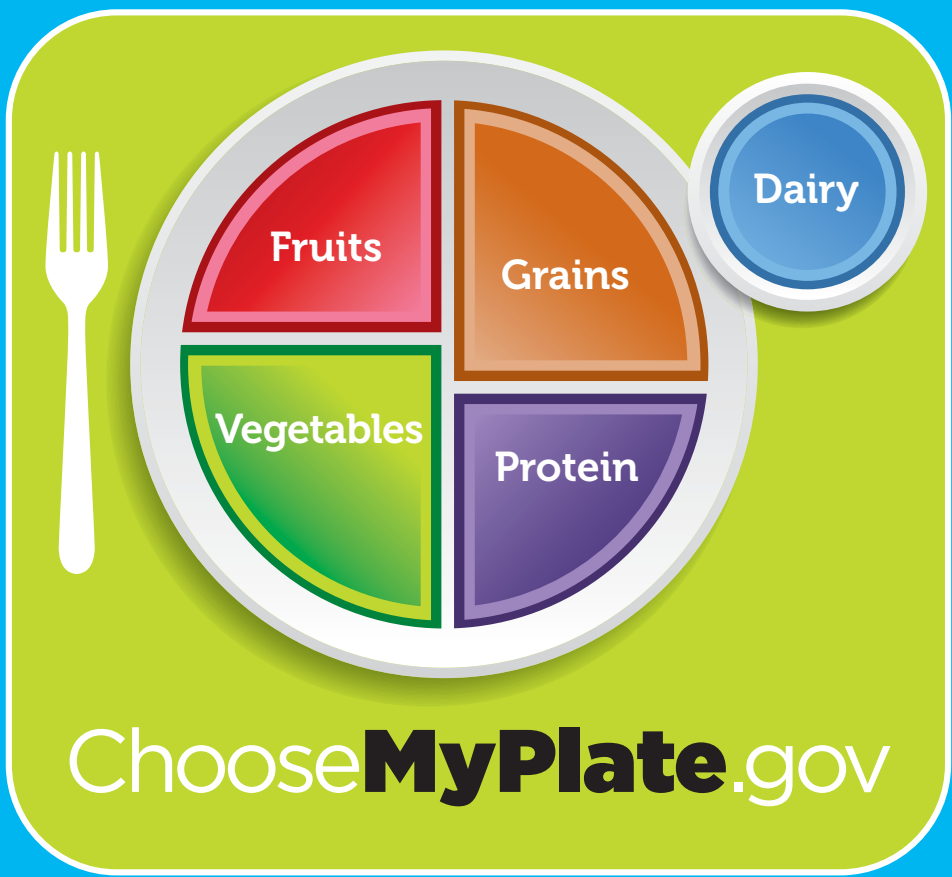
## What Other Foods Do I Need to Eat?

Super Food Dude says: “You need whole grains, low-fat dairy products, and fish, lean meats and beans.” These include whole grain bread, cereals, pasta and brown rice; low-fat milk, cheese and yogurt. These super foods supply the fiber, carbohydrates, calcium, protein and some vitamins and minerals you need to round out your diet.”

Remember ‘Stand-alone Foods’? Besides fruits and vegetables, you should check out the dairy aisle. Look for low-fat milk, non-fat light yogurts and low-fat cheeses. Dried peas and beans have no additional additives. Most fresh lean meats and fish are ‘stand-alones’ too. Make a list of these foods in your Food Diary. Add to it as you discover new ones.



# What's on your plate?



**Before you eat, think about what and how much food goes on your plate or in your cup or bowl.** Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



**Make half your plate fruits and vegetables.**



**Make at least half your grains whole.**



**Switch to skim or 1% milk.**



**Vary your protein food choices.**

## Cut back on sodium and empty calories from solid fats and added sugars

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.  
Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.



## Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

**Children and adolescents:** get 60 minutes or more a day.

**Adults:** get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<b>For a 2,000-calorie daily food plan, you need the amounts below from each food group.</b> To find amounts personalized for you, go to <a href="#">ChooseMyPlate.gov</a> .				
<b>Eat 2½ cups every day</b>  <b>What counts as a cup?</b> 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens	<b>Eat 2 cups every day</b>  <b>What counts as a cup?</b> 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit	<b>Eat 6 ounces every day</b>  <b>What counts as an ounce?</b> 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal	<b>Get 3 cups every day</b>  <b>What counts as a cup?</b> 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese	<b>Eat 5½ ounces every day</b>  <b>What counts as an ounce?</b> 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas



# Is There Anything I Shouldn't Eat?

There are no truly bad foods, but there are things you should only have in small quantities because they have too much fat, sugar or salt or little nutritional value.

Some examples would be:

**Soda pop:** zero nutritional value, lots of sugar

**Ice cream:** loaded with fat, sugar

**Pretzels and chips:** loaded with fat, salt

**Cookies:** loaded with fat, sugar

Oh, no, you say! I love my soda pop, ice cream, cookies, candy and chips. The truth is we all do. Eat them, but only in very small amounts, and **ONLY** after you have your healthy meals and snacks. They are no substitutes for the healthy foods you need.



Food labels are a great tool to help you make healthy food choices. With your class, practice reading different food labels from food bags, boxes, cans or bottles. Make it a Super Food Dude habit to read and understand labels!

To do this, you must do more research. Find out what the recommended daily allowance is for kids your age for protein, carbohydrates, vitamins, minerals, fiber, etc. You should also find out what the limit is on sugars, salt and fats. Compare the recommendations with the foods you eat each day. Are you staying within the limits?



## Make It Healthier

At your super market, look at and compare the food labels on the following foods:

Fill in the blanks below using information on the labels:		Amount of sugar (if any)	Amount of fat (if any)	Amount of salt (if any)	Nutrients (list all)
Group 1:	Ice Cream:				
	Ice Milk:				
	Frozen Yogurt:				
Group 2:	Potato Chips:				
	Pretzels:				
	Pita Chips:				
Group 3:	Soda Pop:				
	Juice Drink:				
	Orange Juice:				



Do you know about 'sneaky sugars' and 'hidden salt' (sugars and salts found in foods that go by other names)?  
 Yes No (circle one)

List their names: e.g. corn syrup; sodium

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# What is a Super Snack?

This is easy. Start with super snack foods that are what we call 'grab-and-go'. Some examples include: an ounce of low-fat cheese, a slice of whole grain bread with peanut butter, a delicious apple, a handful of nuts, low-fat yogurt, a hard-boiled egg, crunchy celery or carrot sticks, or popcorn.

Want a little fancier snack? Dip the apples or celery in the yogurt. Wrap the egg and cheese in the slice of whole grain bread. Smooth peanut butter onto apple slices or celery sticks. Crunch up the nuts and put them on top! Freeze a banana on a stick.

## Still not satisfied? Try these:

**Mix-It-Up Bagel** — use half a bagel, top with reduced-fat cream cheese, crunchy carrots, cucumbers, bean sprouts, grape tomatoes, green or red peppers and black olives. Pick and choose which ingredients you like best!

**Sandwich Cones** — Cut the crusts off a slice of bread and flatten the bread with a rolling pin. Spread with 1/4 cup of tuna or chicken. Add chopped celery, nuts or raisins, if you like. Roll into a cone shape.

## Be Inventive

Using super foods, invent your own recipes for the following: Mini Pizzas, Banana Blasters, Fruit or Veggie Kabobs, Peanut Butter Roll-ups, Super Fruit or Veggie Dip. Create your own super snacks and name them. Share with your family and friends!

*Do you like to help with the cooking at home?*

Yes No (circle one)

*If yes what do you like to cook?*

Okay, Super Foodies, time to move on to other healthy subjects. Keep your Super Food Diary handy. Continue adding to your list of healthy foods. Don't forget to try them. List their nutritional value and how much you should eat of each.

## Draw your own blank food plate!

Use the example of the Food Plate on page 8 to draw your own blank food plate. Create a healthy meal by filling in the plate with names of your favorite fruits, grains, vegetables, protein and dairy items. Take your picture home and see if you can help shop for the ingredients to make your perfect healthy meal for your family. If you need ideas for your meal just use your newspaper grocery store insert.





# What Should I Be Drinking?

It's simple. The super best choice is water. It helps regulate your body's temperature, helps those nutrients travel to your organs, is good for your skin, helps your body process food better, and protects and lubricates your joints.

Wow! Talk about super! Our bodies are 60–70 percent water. You lose much of that water each day by exercising, sweating, going to the bathroom and simply breathing in and out (respiration). It is important to replace the lost water each and every day.

## Super Important Tips:

Know the signs of dehydration (needing water). They include feeling tired or confused, headache, leg or stomach cramps, nausea and/or feeling thirsty.

Also, there are times when you think you are hungry, but you really are dehydrated. If you have eaten recently but still feel hungry, try drinking a glass of water or 100 percent juice. It may be just what you need.

Don't wait to feel thirsty to drink. You should be taking in liquids throughout the day as a regular part of your super health habits. In addition to water, other thirst-quenching options are 100 percent fruit and vegetable juices. Read the labels, though. Look for low sugar and/or salt content.



*What is your favorite thing to drink?*

*Is your favorite drink choice:*  
*so-so   good   better*  
*super best (circle one)*

*Why or why not?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## SUPER NOTE:

According to the Centers for Disease Control (CDC), half of all Americans drink a soda or sugary beverage every day. The CDC recommends that when selecting beverages, you should be aware that water, low-fat or fat-free milk, and small amounts of 100% fruit juice are the healthiest options. Drinking too much regular soda or pop, sports drinks, and other sweetened beverages can lead to excess weight and diabetes. Keep healthy options handy so that you won't be tempted by sugary drinks.

## FIGURE IT OUT

If you weigh 75 pounds, how much of that is water? \_\_\_\_\_  
(Use an average of 65 percent water to calculate)

How much does the  
rest of your body  
(bones, tissues, organs)  
weigh? \_\_\_\_\_

If you weigh  
100 pounds? \_\_\_\_\_  
150 pounds? \_\_\_\_\_  
200 pounds? \_\_\_\_\_

# WHAT ELSE WILL HELP ME STAY HEALTHY?

Listen. This is really important.  
You absolutely must stay  
physically active for super health.  
Keeping active is as important  
as what you eat.

Wow! Who wouldn't want to do all those things? Unfortunately, the bad news is that many Americans are not super fit. More than 30 percent of children ages 3-17 are overweight, many seriously so. You already know we often overeat. We also watch too much TV and too many videos and spend too much time sitting at the computer. Sure, those things are fun, but so is physical activity. Keep the sitting around stuff to less than two hours each day. Even then you should stretch or move around every 30 minutes or so.

Here's the good news: It's easy to get active! One hour per day of moderate to active exercise is all it takes. That means moving. Walk, run, play ball, ride a bike, jog with the dog, swim, do whatever it is you most like to do.

Scientific studies have good news. Staying active helps you to:

- control weight ■ increase muscle strength
- boost your body's ability to fight disease
- sleep better ■ improve your mood
- improve your self-image ■ release tension

## Calorie Burners

All of the activities listed  
here are great ways to get  
moving and burn calories.

Some activities burn more  
calories than others. Put  
them in order 1-10 starting  
with the highest calorie  
burner at number one.

(Answers on Page 15...don't peek!)

Swimming

Weight Lifting

Hiking

Dancing

Jogging

Basketball

Golf

Aerobics

Bicycling

Brisk Walking

Look through the newspaper's  
Sports section. Make a list of  
all the sports that are included.  
The list should be fairly long.  
Compare your list with your  
classmates' lists.  
Who found the most?

SPORTS

IN THE

NEWS

➤ Divide the class into six groups. Each group will research one of following activities in your local newspaper: playing basketball, swimming, walking, rowing a boat, riding a bike, jumping rope. Have a class debate about which activity is the best. Use specific facts to support your argument.

➤ It's time to get out that Super Food Diary. Keep track of your daily physical activity. Write down each day's activity and how long you spent doing it. Work up to a minimum of one hour per day.

It is important to like  
your exercise. It can  
also help to exercise  
with someone. If you  
haven't been that  
active, start slowly,  
maybe 15-30 minutes.  
Work up to 60-90  
minutes each day.  
Remember to hydrate.



# Where can I learn more?

**That's easy!**

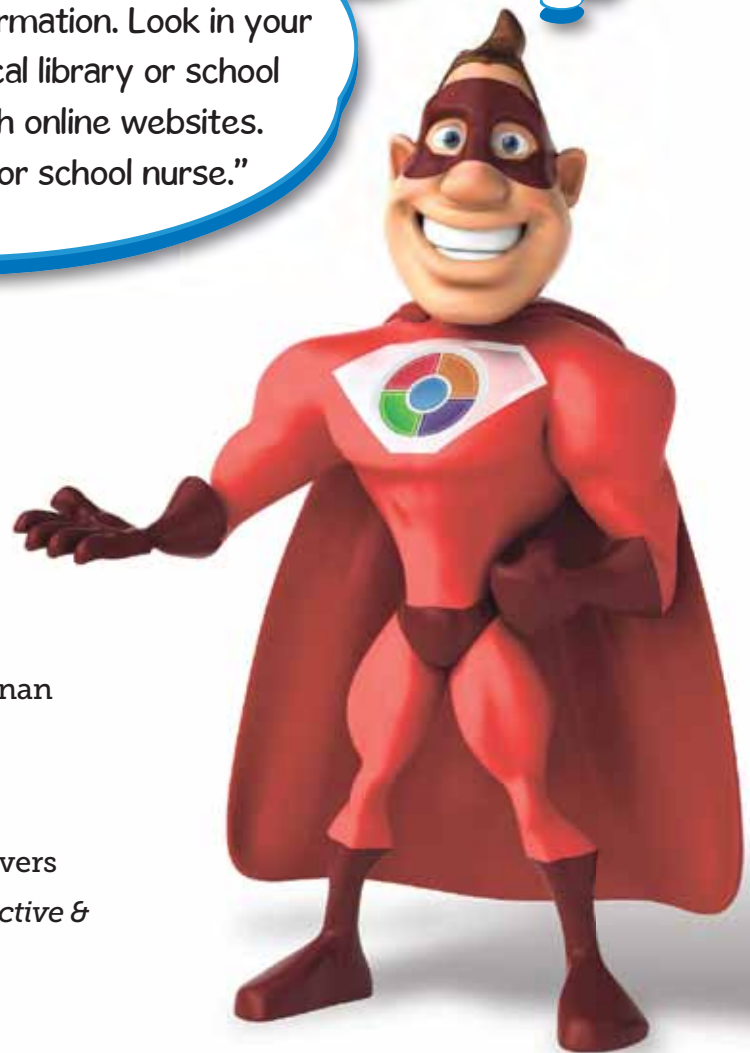
## WEBSITES

[www.publix.com](http://www.publix.com)  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.sesamestreet.org](http://www.sesamestreet.org)  
[www.kidshartfelthealth.com](http://www.kidshartfelthealth.com)  
[www.energybalance101.com](http://www.energybalance101.com)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.nutritionexplorations.com](http://www.nutritionexplorations.com)  
[www.superkidsnutrition.com](http://www.superkidsnutrition.com)  
[www.shapingamericasyouth.com](http://www.shapingamericasyouth.com)  
[www.floridajuice.com](http://www.floridajuice.com)

## BOOKS

- *Honest Pretzels: and 64 Other Amazing Recipes for Cooks Ages 8 & Up*, written by Mollie Katzen
- *Cooking With Children*, written by Marion Cunningham
- *The Children's Kitchen Garden*, written by Georgeanne Brennan and Ethel Brennan
- *Good Enough To Eat: A Kid's Guide To Food and Nutrition*, written by Lizzy Rockwell
- *How To Teach Nutrition To Kids*, written by Connie Liakos Evers
- *The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!*, written by Edward Miller

"There are many, many places to look for healthy eating and fitness information. Look in your newspaper, check the local library or school media center. Research online websites. Talk to your doctor or school nurse."



**Super Tip!**

"You can also find free videos online to get you started on your path to Super Health and Fitness. Start with [www.fitness.gov](http://www.fitness.gov) for great ideas!"

# Making it Easy!

Here is a fun Challenge Log to get you started. Fill it in, or copy it and paste it in your Super Food Diary. This is a good way to keep track as you begin.

Nutrition and Fitness Challenge	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Possible	My Total
5 servings of fruits and Veggies in one day ..... (2 points each)								70	
2 healthy snacks ..... (5 points each)								70	
1 healthy dessert or treat ..... (5 points)								35	
Water or 100% juice, not soda ..... (10 points)								70	
Try 1 new whole grain food, (cereal, bread or pasta) ..... (5 points)								35	
Compare nutrition labels (i.e., 1%, 2%, or whole milk) ..... (5 points)								35	
Exercise program ..... (5 points each 15 minutes)								140	
Try a new sport or activity ..... (10 points)								70	
Watch 30 minutes less TV ..... (10 points)								70	
Reduce computer time by 30 mins ..... (10 points)								70	
Reduce phone/texting/ tweeting by 30 mins ..... (10 points)								70	
								<b>Total Points:</b>	<b>My Total Points:</b>
								665	

**Answers to the page 13 quiz:** 1. Jogging (5 miles per hour) 2. Swimming (slow freestyle laps) 3. Aerobics 4. Brisk Walking (4.5 miles per hour) 5. Weight lifting (vigorous effort) 6. Basketball (vigorous) 7. Hiking 8. Dancing 9. Golf (walking and carrying clubs) 10. Bicycling (less than 10 miles per hour)

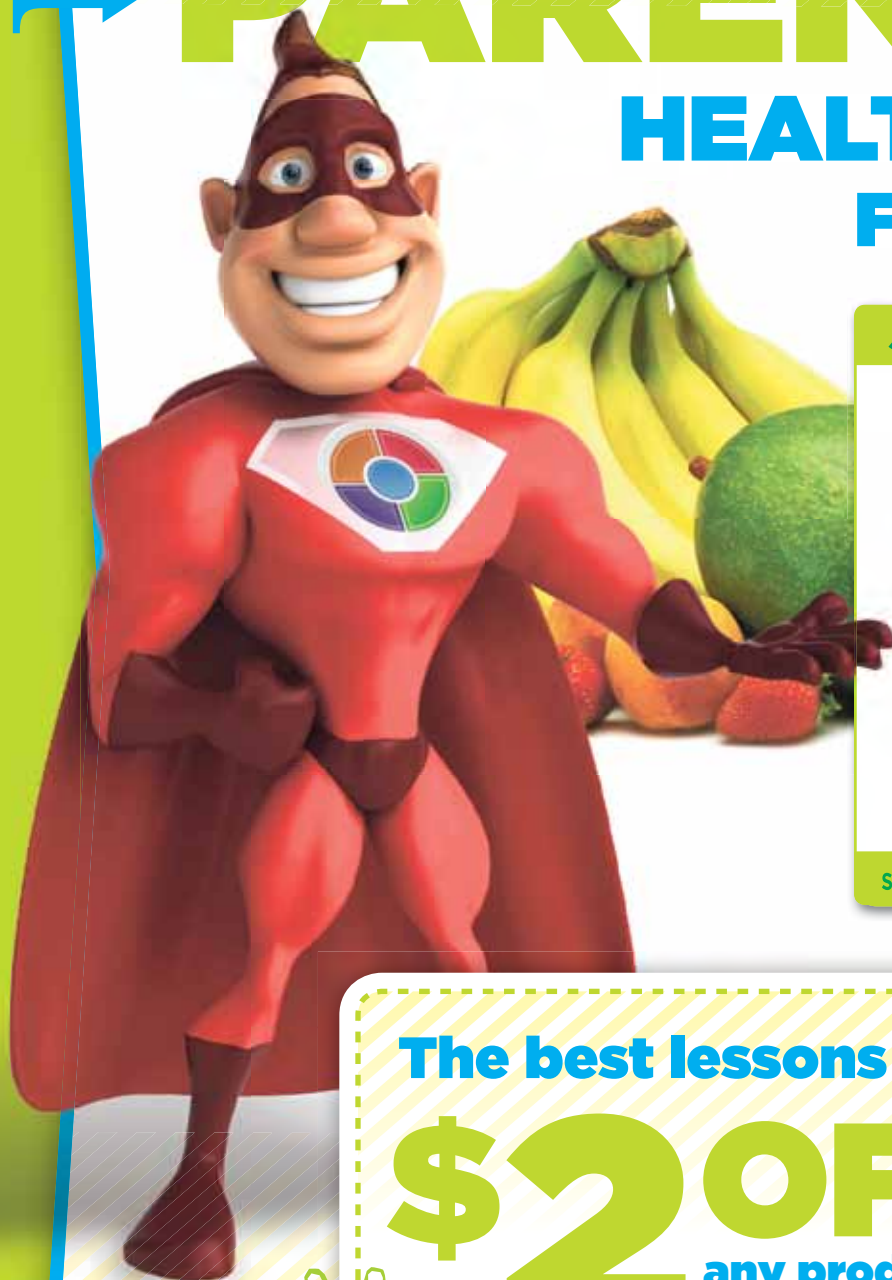




# PARENTS,

you can be a

## HEALTHY ROLE MODEL FOR YOUR CHILDREN!



### SHOW BY EXAMPLE

- Eat vegetables, fruits and whole grains.
- Go shopping at Publix together. Let your children make healthy choices.
- Get creative in the kitchen with fresh foods. Invent new healthy snacks.
- Offer the same foods for everyone. It's easier to plan family meals when everyone eats the same foods.
- Reward with attention, not food. Don't offer sweets as rewards.
- Focus on each other at the table. Try to make eating meals a stress-free time.
- Listen to your child. Offer choices—Do you want broccoli or cauliflower for dinner?
- Limit screen time. No more than one hour per day of TV and computer games.
- Encourage physical activity. Walk, run and play with your child.
- Be a good food role model. Try new foods yourself.

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