



# The Right Bite

## Sugar Creek Elementary

February 2011

### WHAT'S YOUR GREAT IDEA?



One of my biggest pet peeves is when "experts" act preachy and simplistic in their advice for losing weight, exercising and getting kids to eat healthy. It's not easy and every individual is different. There is not one solution that works for everyone. That's why in *The Right Bite*, we not only want to provide *new* tips and tricks for adopting a healthy lifestyle, but also a variety of solutions that will help you choose what works best for your family. We really want to hear from you! Please email me at [stacy@stacycacciatore.com](mailto:stacy@stacycacciatore.com) to share what works for your family. Do you sneak veggies in your kids food? Do you have a favorite family fitness activity? Share your tips and we will publish them in the March edition of *The Right Bite*. As always, if you have a feature you would like to see covered in this newsletter or if you would like to contribute content, please contact Stacy Cacciatore, Health & Fitness Committee Chair, at [stacy@stacycacciatore.com](mailto:stacy@stacycacciatore.com). Also, check out the *150 of the Healthiest Foods on Earth Challenge Blog* at [www.stacycacciatore.com](http://www.stacycacciatore.com) for more recipes and healthy eating tips.

Stacy Cacciatore

### When Life Gives You Lemons

By Debbi Nagel



Did you know that lemons are loaded with healing powers? Just to name a few, lemons:

- Supply the body with significant amounts of potassium, magnesium, B1 and calcium.
- Are an outstanding source of Vitamin C, which helps strengthen your immune system and fight infection.
- Aid in curing many digestion problems, such as nausea, constipation and heartburn.

- Are also well known for bringing down a high fever.
- Can be used as a substitute for vinegar, stain remover and sunscreen.

Drink a glass of hot water with the juice of one lemon every morning to detoxify your liver, kidneys and skin. Add a natural sweetener, such as *Stevia* or honey, if you prefer a sweeter taste. *Note: Avoid lemons & citrus if you have ulcers*

### Healthy Recipe of the Month

By Stacy Cacciatore



February is National Sweet Potato Month. Sweet potatoes are rich in Vitamin A (betacarotene) and Vitamin C. Both Vitamins A and C are powerful antioxidants, which remove free radicals in the body.

Free radicals are organic molecules responsible for aging, tissue damage and many diseases. Eating foods high in antioxidants, like sweet potatoes, helps prevent tissue damage and reduce the risk of many diseases. Sweet potatoes are also great for lowering blood pressure and stabilizing blood sugar levels. Sweet potatoes also are high in fiber and phytochemicals like quercetin, which is a powerful anti-inflammatory. Give these sweet potato fries a try for a refreshing twist on an unhealthy favorite.

### Sweet Potato "Fries"

- ◆ 4 medium sweet potatoes
- ◆ Sea salt
- ◆ 1 Tablespoon olive oil

Peel sweet potatoes and cut into ¼-inch strips. Toss sweet potatoes with olive oil and salt. Bake in 400° oven for 30 minutes, turning halfway through.

## Small Changes Add Up Big

By Michelle Carr



Making healthier food choices can be overwhelming, but you don't have to overhaul your entire diet to see results. Make small, gradual changes to see big results with minimal impact to your lifestyle. Try healthier

food substitutions such as:

- Whole wheat bread/rice instead of white
- Water or fruit juice instead of soda
- Butter blend w/olive oil instead of butter
- Egg white/egg substitutes instead of whole eggs
- Popcorn instead of chips
- Oatmeal instead of sugary cereal
- Clear salad dressings instead of creamy

Visit [www.health.gov](http://www.health.gov) for more alternative food choices.

A few other small changes you can make are:

- Break down larger bags of snacks into smaller pre-portioned bags.
- Eat a small meal/snack every 2-3 hours to keep from getting too hungry
- Drink 6-8 glasses of water per day

## Did You Know?

By Stacy Cacciatore



Did you know that some of your kid's favorite foods can act as a serving of fruit, vegetable or dairy? Check out which foods make the grade, and which ones don't:

Food Category	Yes	No
Vegetable	Salsa	Ketchup
Fruit	Triple Berry Popsicles*	Store bought fruit flavored popsicles
Fruit	Freeze-dried fruit	Fruit Snacks
Dairy	Homemade Macaroni and Cheese made with 2% cheese	Macaroni and Cheese with cheese flavored packet
Vegetable	Baked Potato Wedges	French Fries

### \*Triple Berry Popsicles

Puree frozen blueberries, raspberries & strawberries with ½ cup yogurt. Place in popsicle molds and freeze for 4-6 hours.



## Valentine's Day Chocolate Treats

By Nikki Pounds



When we think of Valentine's Day...hearts, flowers, cards, and chocolates generally come to mind. This year make your own chocolates to show your loved one how you feel. Try these low-fat fudge brownies to help you and your loved ones' stay on track this Valentine's Day.

### Low-Fat Fudge Brownies

- 1/2 cup(s) whole wheat flour
- 2 tsp (unsweetened) cocoa
- 1/4 tsp salt
- 1/4 tsp baking soda
- 2 oz (unsweetened) chocolate, chopped
- 1 Tbsp unsalted butter (or 2 ½ tsp olive oil)
- ½ cup Splenda brown sugar
- 1 large egg and 1 egg white
- 6 Tbsp (unsweetened) applesauce
- 1 tsp vanilla extract
- 1 Tbsp confectioners' sugar (optional)
- Low fat whipped cream (optional)

### Directions:

- Preheat oven to 350F. Prepare 9-inch square baking pan In a small bowl, sift together flour, cocoa, salt and baking soda. Combine chocolate and butter in a heavy-bottomed saucepan. Cook, stirring, over low heat until melted and smooth. Remove from heat; let cool for 2 minutes. Add sugar, egg, egg white, applesauce and vanilla; stir until smooth. Add dry ingredients, stirring until evenly combined.
- Pour batter into prepared pan. Bake for 22-24 minutes. Cool completely. Cut into 16 bars. Sift - confectioners' sugar over brownies to decorate or add whip cream between layers.

### Family Fitness Tip of the Month

By Stacy Cacciatore



Who said exercise has to be boring? Play *Balloon in the Air* to get your kids moving and have fun. Simply blow up one non-helium balloon for each player and challenge each child to do anything they can to keep the balloon from hitting the ground. Whoever keeps their balloon up the longest wins.