



The Right Bite

Sugar Creek Elementary

January 2011



January is a time for making New Year's Resolutions and vows to lead a healthier lifestyle. I hope that this edition of the newsletter will provide you with tips and tricks you need to make healthy choices for you and your family. 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. Also, check out the *150 of the Healthiest Foods on Earth Challenge Blog* at www.stacycacciatore.com for more recipes and healthy eating tips.

Stacy Cacciatore
Editor

Nature's Zero Calorie Sweetener

By Debbi Nagel



Stevia is the sweetener of the future - it's natural, safe and has zero calories. The Stevia plant tastes 30 times sweeter than sugar, making just a pinch more than enough to sweeten any beverage. The purest form of the plant has been used by the Indians of Paraguay for 1500

years. The most common forms of Stevia here in the United States are refined Steviosides & Rebaudiosides, a semi-white powder or a clear liquid usually referred to as an extract. The market is quickly becoming flooded with all types of Steviosides, but be careful in choosing different brands of Stevia because the poorer quality plants tend to taste bitter and not as sweet. Try out my favorite: KAL, a pure Stevia extract that can be found at any health food store.

Healthy Recipe of the Month

By Stacy Cacciatore



Kale, which is in season from December to February, is the most nutritious vegetable, according to the, ORAC (Oxygen Radical Absorbance Capacity) scale. The ORAC scale is a testing procedure,

used by the USDA, to determine the antioxidant capacity of fruits and vegetables. Kale received an ORAC rating of 1770, which is higher than any other vegetable tested. Kale contains powerful phytochemicals and can protect against breast, cervical and colon cancers. Research has also found that this cancer-fighting vegetable can lower the risk of lung cancer by 30 percent in non-smokers and an amazing 69 percent in smokers. One cup of kale provides 192.4 percent Daily Value for Vitamin A, seven times the amount of beta-carotene as broccoli, four grams of protein, three grams of fiber and only 66 calories.

Give kale a try with this recipe for kale chips. Your family will love the crispy, salty satisfaction of chips without heart-clogging trans fat.

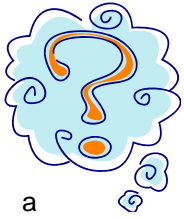
Kale Chips

- ◆ 1 bunch of fresh kale
- ◆ sea salt
- ◆ garlic powder
- ◆ oregano or Italian seasoning
- ◆ olive oil

Wash the kale leaves, cut the stems off and dry the leaves with a paper towel. Place the kale leaves in a bowl and combine all ingredients, tossing well to coat each leaf. Bake in a 275 degree oven for 30 minutes.

Did You Know?

By Debbi Nagel and Stacy Cacciatore



Did you know that corn seed is actually a vegetable, a grain, and a fruit? According to Penn State University's College of Agricultural Sciences, corn seed is a vegetable because it is harvested for eating, a grain because it is a dry seed of grass species and a fruit because that is the botanical definition.

Family Goals

By Michelle Carr

Goal Setting

2011

S: SPECIFIC
M: MEASURABLE
A: ATTAINABLE
R: RELEVANT
T: TIME BOUND

Get the kids involved in making family New Year's Resolutions this year. Setting goals is a great way to teach kids about responsibility and follow through.

Try out some of these ideas when planning family resolutions for the

New Year:

- Commit to try at least one new healthy food, then plan, shop and prepare a meal together using the new ingredient. Research shows that kids are much more likely to try a new food when they participate in the preparation.
- Plan to exercise as a family, such as taking a family walk or bike ride at least three times per week.
- Create a list of new books to read. Dedicate time in the evening to read together.
- Clean out old/unused items and donate them to your favorite charity.
- Plan dedicated weekly family time. Identify new games to play, people to visit and places to explore.

Your children will have fun brainstorming the family's goals for the year. Follow these tips to set your family up for success:

- Make the goals SMART – Specific, Measureable, Attainable, Relevant and Timebound.
- Keep your list in a visible location.
- Take time to review your goals together and measure your progress.
- Check off and reward accomplishments as you achieve them.
- Most importantly, have fun planning and make 2011 your best year yet!

Got an App for that?

By Stacy Cacciatore



If you have a smartphone or an itouch, chances are you've downloaded an app. From organizing your grocery list to giving you the scoop on

the local restaurants, there seems to be an app for everything. Health and fitness apps are no exception. There is an overwhelming variety of diet, exercise and nutrition apps, but it can be difficult to choose which ones are valuable. I've tried out many of these and can give you the scoop on my personal top five health and fitness apps:

1. **Livestrong Calorie Tracker** allows you to track your food intake, exercise and water with the touch of a button. With quick entry, immediate feedback on net calories consumed and the ability to create custom foods and meals, this is the best food and exercise diary that I've found.
2. **Nike+ GPS** uses GPS to track runs and provide feedback on pace, distance, duration and calories. This is a must-have app for a runner.
3. **iFitness** provides hundreds of exercises, routines, customized workouts, BMI calculator, an exercise log and more.
4. **SparkRecipes** provides healthy recipes, allowing you to search by food category, course, cuisine, dietary needs and even occasion. This app even has instructional videos demonstrating how to prepare the dish.
5. **Soleil Organics** provides budget-conscious grocery shoppers the scoop on when to buy organic (raspberries) and when to skip it (bananas.)

National Oatmeal Month

By Stacy Cacciatore



January is National Oatmeal Month, so whip up a batch of oatmeal in the cold winter mornings to give your child the right start to their day.