

# Community Health Newsletter

Week One



## A Healthy Start: Importance of Breakfast



Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.

Breakfast Improves School Performance

- Students' math and reading scores improved
- Students were less likely to miss class or be tardy
- Discipline problems decreased
- Visits to the school nurse decreased

Eating breakfast is a healthy habit that can help kids and adults on the path toward a healthy weight.

### For many of us, breakfast has to be a fast, portable meal, but it should include:

- a serving of a protein-rich food such as low-fat milk, yogurt, cheese or peanut butter
- a whole-grain (complex carbohydrate) such as a whole-grain bagel or whole-grain cereals
- a fruit or vegetable rich in vitamin C such as an orange, apple, or strawberries.

Breakfast supplies important nutrients that are typically not made up during the day.

#### Apple Pie Oats Recipe

6 cups water  
2 cups apples, cored and chopped  
½ cup honey  
1 teaspoon ground cinnamon  
½ teaspoon vanilla  
4 cups rolled oats  
Bring water to a boil in a 4-quart pot. Add each ingredient in order. For a sweeter taste, add more honey. Simmer for 5 minutes. Turn off heat and let sit for 5 minutes with lid on. Serves 6.

#### ACTIVITY TIP

People who are apple-shaped typically carry the majority of their body fat around their middle. If you are overweight and apple-shaped, you may have a higher risk factor for type 2 diabetes. Regardless of your shape, it's important to exercise. The key is to do an exercise that you enjoy.

Stair climbing is an exercise that can be done either indoors or outside. The exercise is simple; walk up the stairs and then back down. Stair climbing is an excellent cardio workout and will burn an average of 10 Calories per minute as it strengthens leg and hip muscles.

Source: In 2006, Jaylynn Park, 8, of College Station, TX submitted this recipe and was recognized as the winner in the Texas Department of Agriculture's Kids Kitchen Corral Contest.

### Food of the Week: A is for Apple

An apple's primary nutritional benefit is in the pectin and fiber. Apples contain as much fiber as a whole bowl of cereal. Natural chemicals called flavonoids may play a role in prevention of certain cancers and heart disease.

Americans eat about 120 apples each per year.

- Add chopped apple to yogurt, oatmeal or cereal.
- Top toasted whole-grain bread with peanut butter and sliced apples

Do you have trouble picking the best apples? Them Apples is a free, colorful downloadable app from the iTunes store. Them Apples details flavors, textures and rates basic uses such as eating, baking, sauce and pie.

