



Taming The Sugar Monster

Parents should take a good look at how much sugar their children eat. In moderation, sugar can make foods taste better. But in excess, sugar adds calories, and has few nutrients. It can also cause tooth decay. The *Dietary Guidelines for Americans* recommend that we do not eat too much added sugar. Many high-sugar foods are low in healthy nutrients that we need to keep us well and strong. When we eat the high-sugar foods, we leave no room for the more healthy foods and drinks, and that's a problem.

Stay away from soda and other sugary

drinks. The best drinks for children are milk and water. Foods to avoid are: **candy, chocolate bars, cookies, doughnuts, and other baked goods.** Limit foods that are high in

sugar, like honey, pancake syrup, jelly and jams, ice cream toppings, and chocolate syrup. Sugars are a form of carbohydrate, and starches are another form. Choose good sources of carbohydrates for you and your child. Good sources include: brown rice, whole grain cereals and breads, low-fat dairy products, and fruits and vegetables.



Limit foods that are high in sugar!



Building Blocks to Good Health

- ☺ Sugar can cause tooth decay, especially soda, lollipops, and other foods that stick to the teeth, like taffy or licorice. Choose foods and drinks that are low in sugar.
- ☺ Instead of choosing fruits canned in heavy syrup, choose those that are canned in their own juices, or packed in light syrup.
- ☺ Eat cereals that are made with little sugar.
- ☺ Choose fiber-rich fruits, vegetables, and whole grains often.
- ☺ Check the **Nutrition Facts Label** on foods. The first place to start is the serving size and the number of servings in the package.



Parent Question Box



Q. My preschooler loves sweets and now has cavities in his teeth. Should I be concerned, since they are only his baby teeth, and will fall out anyway?

A. Yes, you should be concerned. Tooth decay is an infection, and without treatment it can spread.

Parents should begin bringing their children to the dentist at age 1. They should also help their young children brush properly. Children need teeth to chew. Baby teeth hold the space for the permanent teeth, and early loss can slow the development of speech. Children with decayed teeth often feel embarrassed, and their socialization suffers.

Taking care of your teeth is a healthy behavior. Let's reinforce healthy lifestyles for our preschoolers, and get them started on proper eating and good dental health right from the start! Get regular check ups from the dentist, and brush your teeth at least twice a day.



Parenting Place

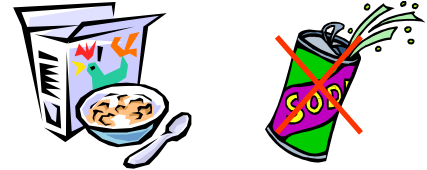
The Candy Hiding in Kids' Foods

We know that candy is a high-sugar and low-nutrient food. Most parents and teachers don't serve them to children, but there are other forms of "candy" that we are often serving our children. What are they? There are sweetened sugary cereals, that we can call "breakfast candy" because of the added

sugar. Many of us know about "liquid candy" or soda, and why to avoid it. For snacks children often eat fruit gummies, roll-ups, or fruit leather. These are not real fruit. They are "fruit candy" because of all of the added sugar. Fiber-rich fruits, vegetables, and whole grain cereals are the better choice.

Holiday Balance

Cutting down on sugar doesn't have to take the sweetness from the traditional fall holidays. You can celebrate without giving up all the treats, just bring them into balance.



Happy Thanksgiving!

Remember to cook your turkey fully! Check your turkey's internal temp with a food thermometer at the innermost part of the thigh. Cook to 180° to 185°.

Refrigerate or freeze leftovers within 2 hours of cooking.

http://www.fsis.usda.gov/Fact_Sheets/turkey_from_farm_to_table/index.asp for more information on handling and cooking turkey.



Family Physical Activity Corner

- ☆ This is a colorful season! Head outdoors for a walk in the woods or the park and enjoy the nature of the season.
- ☆ Before the weather turns cold, ride bikes as a family.
- ☆ Visit a pumpkin patch and pick out your favorite Jack-o-Lantern.
- ☆ Play the name game. Go outdoors and have each player collect three leaves. Come back home and try to find out the tree they came from.
- ☆ Rake autumn leaves into a huge pile and take turns jumping in!
- ☆ Visit <http://njaes.rutgers.edu/fchs/> for more Family and Community Health Sciences news from Rutgers Cooper-



Creation Station PUMPKIN DIP & GRAHAM CRACKERS

(from the Dannon Institute)

Directions: Remember to wash your hands.

Mix the following ingredients:

- 3 tablespoons canned pumpkin
- 1 cup low-fat vanilla yogurt
- 1 tablespoon orange juice concentrate
- ½ tsp of cinnamon
- 1 tbsp maple syrup (optional)

Dip in with graham crackers.

Wellness Buddies was created by

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