

EAT SMART PLAY HARD

ESPH Video News

Healthier Kansas Menus

The Dietary Guidelines for Americans are advice for making food choices that promote good health, a healthy weight, and help prevent disease. Regulations for school meals are set based on the most current Dietary Guidelines to ensure that all children in school have access to a healthy meal every day. By improving what kids eat and encouraging them to be active, their risk for developing chronic diseases such as diabetes, heart disease, some cancers, and obesity can be reduced significantly.



However, children will not benefit from healthy meals if the foods served are not ones that they will eat. The Healthier Kansas Menus were designed to help schools meet the challenge of serving nutritious meals that meet the requirements and will also appeal to students. Schools using the Healthier Kansas Menus are provided four weeks of menus that meet all of the school meal requirements and have been tested and approved by students and foodservice staff in Kansas schools!

Healthy Menus That Students Will Love!

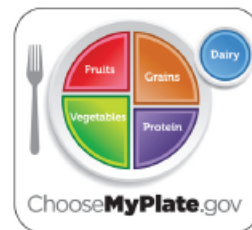
The Healthier Kansas Menus provide a variety of familiar and nutritious foods that students will love along with just enough new and unusual menu items to keep it interesting. Students are introduced to good-tasting, healthy foods. All menus and recipes were tested in both large and small schools and were adapted based on comments from students to ensure that what is being served will also be eaten.

By exposing kids to a variety of healthy foods at a young age, they are developing healthy eating habits for life. To view the Healthier Kansas Menu cycle, go to www.kn-eat.org, School Nutrition Programs, Resources.

**10
tips**

**Nutrition
Education Series**

**make half your
grains whole**



10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1 make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.



2 whole grains can be healthy snacks



Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter.

Also, try 100% whole-wheat or rye crackers.

3 save some time

Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.



6 bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7 be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8 check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.



9 know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

10 be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain **any** whole grain.



Active Schools

Schools are a key setting for kids to get their 60 minutes of play with moderate to vigorous activity, given the significant portion of time they spend there. Schools can undertake a combination of strategies and approaches to help children be more physically active, including:

- Creating infrastructure and policies within schools that increase access to and encourage physical activity for all students;
- Maintaining strong physical education (PE) programs that engage students in moderate to vigorous physical activity for at least 50% of PE class time;
- Providing a variety of activities and specific skills so that students can be physically active not just during PE class but throughout the day and year; and
- Providing qualified school professionals who are trained in teaching methods to engage students in PE, including for students who face greater barriers to activity.

Students can get most of their physical activity through a quality PE program that is complemented by activities before, during, and afterschool, as well as in recess, other physical activity breaks, intramural and physical activity clubs, interscholastic sports, and walks and bike rides to school.

Actions Schools Can Take to Encourage Physical Activity

Through the Let's Move! initiative several steps can be taken to encourage more physical activity in schools including:

- **Expanding and Modernizing the President's Physical Fitness Challenge.** This year, President Obama broadened the scope of the President's Council on Fitness, Sports and Nutrition to include a focus on healthy eating and active lifestyles. The Council's mission is to engage, educate and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. The council is led by co-chairs Drew Brees, quarterback for the New Orleans Saints, and Dominique Dawes, three-time Olympian and former U.S. National Champion in women's gymnastics.
- **The Council also promotes the Presidential Active Lifestyle Award (PALA) programs** which encourage all Americans to incorporate physical activity into their daily lives: 30 minutes per day for adults, and 60 minutes per day for youth.
- **Safe and Healthy Schools Fund.** The U.S. Department of Education is working with Congress to create a Safe and Healthy Schools fund as part of the reauthorization of the Elementary and Secondary School Education Act. This fund will support schools with comprehensive strategies to improve their school environment, including efforts to get children physically active in and outside of school, and improve the quality and availability of physical education.



Article Source: Let's Move! (www.letsmove.gov)

Child Nutrition & Wellness
Kansas State Department of Education
120 SE 10th Avenue
Topeka, KS 66612
Phone: 785-296-2276
Fax: 785-296-0232
www.ksde.org
www.kn-eat.org

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The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas Department of Education: KSDE General Counsel, 120 SE 10th Avenue, Topeka, KS 66612, (785)296-3204.

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For more news and resources, visit www.eatsmartplayhard.org.

This month's highlights include:

- Videos featuring USD 480 Liberal, USD 498 Valley Heights, and USD 259 Wichita
 - Eat Smart—Healthier Kansas Menus
 - Play Hard—Girls Weight Program
- Taking It Home Video—Scrumptious Coffee Cake
- Resources for parents and fun for kids
- And lots more news about healthy living at school and at home

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Child Nutrition & Wellness, KSDE

