



Health and Fitness News

From the T/E Elementary Physical Education Department



EAT MORE WHOLE GRAINS!

When parents think about whole grains, they usually just think about whole wheat bread.

And their kids likely think yuck.

It is important to eat whole grains, though. In fact, according to the food pyramid, at least half of the grains your kids eat should be whole grains.

Eating whole grains has many health benefits, including reducing the risk of heart disease, constipation, and obesity.

To get your kids to eat more whole grains, it can first help to learn which foods count as whole grains:

- brown rice
- oatmeal
- popcorn
- many whole grain breakfast cereals
- whole wheat bread
- whole wheat pasta
- whole wheat tortillas

These and some other foods that have 'whole wheat,' '100% whole wheat,' or 'whole oats,' etc. as the first ingredient are whole grain foods.

White bread, white rice, corn tortillas, flour tortillas, and pasta are made with refined grains, which have much of the fiber, vitamins and nutrients removed. Although some of the vitamins are then added back in, the fiber isn't, and these enriched grains still aren't as healthy as whole grains.

To get your kids used to eating whole grains, start early, introduce a few at a time, and keep trying.

Quote

Children are one third of the population and all of our future.

-Select panel for the promotion of child health

FALL ALLERGIES

Although many people often think that seasonal allergies are only bad in the spring, autumn can be just as bad, or worse, when ragweed and mold counts are high. Other common triggers for fall allergies include cedar elm and other weeds and flowers.

Symptoms of fall allergies are just like those caused by other types of seasonal allergies, and can include:

- A runny nose
- congestion
- itchy and watery eyes
- itchy or scratchy throat because of postnasal drip
- a cough, which is often worse at night and in the morning

One of the biggest problems with fall allergies is that typical allergy symptoms, such as a runny nose and cough, are often confused with having a cold or sinus infection.

Unlike an infection, people with allergies usually do not have fever or muscle aches. Also, the runny nose from a cold can start out clear, but it then often turns yellow and green. And allergy symptoms usually linger through the whole season, while cold symptoms generally go away in a week or two.

It can also help to avoid mold and ragweed pollen by monitoring your local pollen counts and staying indoors as much as possible on days when pollen counts are high. Also, avoid going outdoors in the early morning, when pollens are being released into the air. Finally, keep windows at home and in the car shut to decrease your child's exposure to things that might trigger his or her allergies.

RESOURCES

www.keepkidshealthy.com

www.kidshealth.org

www.about.com