



Odyssey's Wellness Committee is pleased to share with you information on health and wellness topics geared toward families and children. We hope you find these tips and tidbits useful.

*Odyssey's Wise Nutrition and Healthy Lifestyles Program is dedicated to promoting, protecting and enhancing the health and learning potential of our students, families and staff.*

## Smart Supermarket Shopping

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[http://kidshealth.org/college/food\\_fitness/nutrition/grocery\\_shopping.html](http://kidshealth.org/college/food_fitness/nutrition/grocery_shopping.html)

### Label Lingo

A big part of smart shopping is selecting healthy foods.

Food labels, also called **Nutrition Facts** labels, are printed on all packaged foods and are posted near produce, meats, poultry, and fish. These labels let you compare different foods to see how they differ in fat, calories, protein, and other ingredients. For example, you can compare the serving sizes of two cereals you like, see how much fat is in frozen pizza, or find out how many carbohydrates are in a bag of cookies. You also can check to see if a food contains important vitamins and minerals.

Smart shoppers are especially careful about the health claims on food packaging. The U.S. Food and Drug Administration decides whether manufacturers can call their foods "healthy" or "low fat." However, it's up to shoppers to put these claims in perspective for their own nutritional needs and eating habits. For example, "reduced fat" cookies might not actually be low in fat. They're just required to have less fat than the regular version of a particular cookie — and that original version may be much higher in fat than other cookies.

Here are just a few of the terms you might see while you shop:

- **Healthy** — the food is low in fat (especially saturated fat or trans fat, which have been linked to heart disease) and has limited amounts of cholesterol and sodium.
- **Free (for example, sugar free)** — the food contains only tiny amounts of fat, saturated fat, sodium, sugar, cholesterol, or calories per serving.
- **Good source** — one serving provides 10% to 19% of your total daily needs for a specific nutrient.
- **Low sodium** — one serving has 140 milligrams of sodium or less.
- **Low cholesterol** — one serving has 20 milligrams of cholesterol or less and 2 grams or less of saturated fat.
- **Low fat** — one serving contains 3 grams of fat or less.
- **Reduced (for example, reduced fat)** — one serving has 25% less fat, saturated fat, sodium, sugar, cholesterol, or calories per serving than the regular version of the food.
- **Light (or lite)** — one serving has 50% less fat or one third fewer calories than the regular version of the food.

### Easy to Make, Healthy, Kid Friendly Breakfast Ideas excerpted from WebMD

[http://www.webmd.com/parenting/features/healthy-breakfast-ideas?ecd=wnl\\_prg\\_022711](http://www.webmd.com/parenting/features/healthy-breakfast-ideas?ecd=wnl_prg_022711)

Time is tight when you wake up. Planning, flexibility, and simplicity are key to getting kids (and their parents) to eat the A.M. meal. Breakfast has been called the most important meal of the day, and with good reason. The body and brain require a steady stream of energy and nutrients. Going without food for 10 to 14 hours or more forces your child's body to tap its reserves.

- Banana smoothie: Blend 1 cup low-fat milk with a medium banana and teaspoon vanilla extract in blender or food processor. Serve with half a whole-wheat English muffin.

- Turkey or roast beef roll-up with cheese on a whole-wheat wrap
- Whole-wheat graham crackers, hard-cooked egg, banana
- Trail mix: whole-grain cereal, shelled pistachios or sunflower seeds, dried cranberries, and low-fat milk
- Plain low-fat yogurt topped with chopped walnuts, California raisins, and molasses or honey
- Half of a sandwich, milk, and fruit
- Frozen whole-grain waffle sandwich with sunflower seed butter, peanut butter, or almond butter, California raisins, and low-fat yogurt
- Hard-cooked egg (make 6 or so on the weekend), fruit, and ½ whole wheat English muffin
- Breakfast berry parfait: Layer low-fat cottage cheese with whole grain cereal and fresh or frozen berries