

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

Follow Mason City Schools
Child Nutrition Department on
Twitter @NutritionMCS!



Office of Child Nutrition

Tamara Earl, SNS, Child Nutrition Supervisor
Janelle Brunswick, RD LD, Assistant Child Nutrition

February is National Heart Health Month

In regards to heart health, your diet and activity level are your best defense against developing cardiovascular disease (CVD).

The American Heart Association recommends that children eat enough calories throughout the day to support growth and development and maintain a healthy weight. Foods consumed should be low in saturated fat, trans fat, cholesterol, salt, and added sugars. Total fat intake should be 25-35% of a child's daily caloric intake. Choose whole grain options over refined grains options. Incorporate a variety of fruits and vegetables into meals. Choose fat-free or low-fat dairy foods to reduce fat intake. These healthy options are available during school breakfast and school lunch at Mason City Schools.

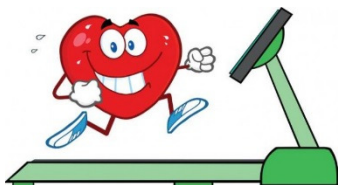
When you are shopping in the grocery store, look for the Heart Check sign (on right) to ensure a food item is Heart Healthy.



Heart Healthy TIP:

Add physical activity to your day! It is recommended to get 30 minutes, 5 times per week.

Your heart is one big muscle and needs to be exercised. Physical activity keeps your heart strong and increases your blood flow throughout your body.

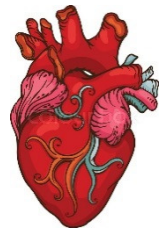


Why is it important to watch the amount of fat you eat?

A diet high in fat can lead to a buildup of plaque in your bloodstream.

Plaque can cause a blockage and cause your heart to work harder to pump blood throughout your body.

A diet that is consistently high in fat can lead to cardiovascular diseases and conditions such as hypertension and stroke.



What is the difference between a "good" fat and a "bad" fat?

"Good" fats are the unsaturated fats, which when eaten in moderation can lower cholesterol levels and reduced the risk for CVD. These are fats that are liquid at room temperature. "Bad" fats are those that are solid at room temperature and can lead to higher levels of cholesterol and increased risk for CVD.



Healthy Fat Word Scramble

Unscramble the names of some food sources that are considered to be heart healthy fats.

1. LMOASN _____
2. CDOAAV _____
3. NTAWLUS _____
4. LIVEO LIO _____

1. SALMON 2. AVOCADO 3. WALNUTS 4. OLIVE OIL