

# Spotlight on Nutrition

## Fun, Family Fitness and Nutrition Tips

## Mason City Schools

### January is National Oatmeal Month!

Oatmeal is a great whole grain choice for a healthy breakfast.

#### Try these ideas to make your oatmeal healthier:

Add fresh and/or dried fruit, nuts and seeds and spices such as cinnamon.



### Office of Child Nutrition

Tamara Earl, SNS, Child Nutrition Supervisor

Janelle Brunswick, RD LD, Assistant Child Nutrition Supervisor



Looking for a Healthy New Year's Resolution?

### JANUARY IS FIBER FOCUS MONTH

*Make increasing your fiber intake a focus this year!*

Fiber is best known for helping to keep food moving efficiently through your body. This is only one of the many ways fiber contributes to good health.

#### Additional Benefits of Fiber

**Heart disease:** Fiber may aid in the prevention of heart disease by helping lower your cholesterol.

**Diabetes:** Fiber helps control blood sugar levels for people with diabetes.

**Digestive Problems:** Adequate amounts of fiber from foods can help prevent constipation and hemorrhoids.

**Weight Gain:** A high-fiber eating plan is lower in calories and tends to make you feel full faster.

#### Two Types of Fiber

**Soluble Fiber** – slows digestion so you feel fuller for longer and can be found in oatmeal, nuts, beans, apples, and blueberries.

**Insoluble fiber** - aids in motility and prevents constipation and can be found in seeds and skins of fruit (eat your peels) as well as whole-wheat bread and brown rice.

#### Increasing Your Fiber Intake

1. **Increase Slowly:** Determine how much fiber you are currently consuming and then gradually increase your intake up to your tolerable level.

2. **Add Fluids:** Aim to drink 8, 8 oz glass of water daily.



*Burr...It's Cold Outside!*

*Fun activities to do inside!*

- Challenge your children to see how many jumping jacks or crunches they can do. Try to get them to beat their record.
- Squats are great for the lower body and you don't need anything to do them, just yourself!
- Kids love to dance and act goofy; turn on some music during play time and boogie down.
- Play a game of Simon Says with active commands, such as running in place, doing jumping jacks, hopping on one foot, etc.



### Looking for a Job that works around your student's schedule?

Mason City Schools Child Nutrition Department is looking for dependable and reliable people to join their team.

If interested please apply online at [www.masonohioschools.com](http://www.masonohioschools.com). Click on the Employment to view openings. Select the red "Apply" button. Then fill out and submit an application for a Child Nutrition Worker.

For questions about becoming a Child Nutrition Worker, contact Tamara Earl at [earlt@masonohioschools.com](mailto:earlt@masonohioschools.com)

### Color in these Fiber Filled Vegetables!

