

January 2024

# Healthy News

Brought to you by the South Heartland District Health Department  
Healthy People in Healthy Communities

## Exercise and Nutrition

Good nutrition and plenty of exercise are the building blocks for strong growth, healthy development and lifelong well-being for children.

### Eating Healthy

Eat healthy, wholesome foods like fruits, vegetables, whole grains, lean proteins, and low-fat dairy. Limit consumption of empty calories in the form of sugary, processed, and fast foods.

- Use Go, Slow, Whoa as a guide.
  - Go foods – low in fat, sugar and calories and nutrient-dense, e.g., fruits and vegetables. Great to eat anytime.
  - Slow foods – higher in fat, added sugar and calories, e.g., white bread, pancakes, fruit canned in syrup. Should be eaten less often.
  - Whoa foods – very high in fat, added sugar and calories while low in nutrients, e.g., candy, soda, French fries. Eat once in a while in small portions.

### Get Active!

- Make time to play or be active with your kids – set aside 60 minutes every day to play catch; go for a walk, jog, bike ride or swim; or play tag.
- Make sure your kids get enough activity to balance the calories that they take in.
- When giving them gifts, give them ones that encourage activity – sporting equipment, active games or enroll them in community sports teams.
- Walk as much as possible – walk with your kids to school, after dinner, on the weekends.
- Move around at home with your kids – yard work, gardening or work around the house.

### Good Foods to get from the store

- Fruits and vegetables – apples, bananas, oranges, peaches, strawberries, broccoli, carrots, cabbage, eggplant, spinach
- Whole grains – brown rice, oatmeal, whole wheat bread or pasta
- Lean proteins – chicken breast, turkey, fish, lean cuts of beef or pork, beans and lentils
- Low or non-fat dairy – low-fat or skim milk, yogurt and cheese
- Healthy fats – get your fats from fish, nuts, or olive, soybean, or canola oils
- Beverages – plenty of water, low or non-fat milk, fresh juice, tea. Limit soda, sweetened juices and sugary iced tea.

**January is National Radon Action Month – Test your home – Protect your health  
Kits are available for purchase from the SHDHD office, Clay, Nuckolls, and Webster  
County Extension Offices, and Superior Public Library**

SOURCE: [www.apa.org/topics/children/healthy-eating#:~:text=Children%20need%20a%20wide%20variety,and%20limit%20excess%20body%20fat.](http://www.apa.org/topics/children/healthy-eating#:~:text=Children%20need%20a%20wide%20variety,and%20limit%20excess%20body%20fat.)

SOUTH  
HEARTLAND  
DISTRICT



HEALTH  
DEPARTMENT

402-462-6211

606 N Minnesota Ave., Hastings  
[southheartlandhealth.ne.gov](http://southheartlandhealth.ne.gov)