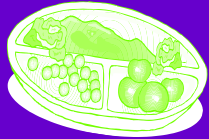


The Healthy Connections

MONTHLY MORSEL



nutrition

- Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories. A small box of raisins (¼ cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.



June is Get Ready for Summer Month!

Summer is a great time to explore and be healthy!

- Walk or ride bikes to local farmers markets. Bring your own bags.
- San Francisco has so many great farmers markets to choose from. Find one here: <http://cuesa.org/>.
- Take a dip — visit a local pool and go for a swim. Find pools at <http://sfrecpark.org/>.
- Be sun-safe. Wear sunscreen and a hat when outdoors.
- Stay hydrated on warm days by drinking lots of water.



physical activity

- Summer is here and it's time to get your **PLAY!** on. Aim to get at least 60 minutes of activity every day. You can add up the different things you do during the day. Try to be active for at least 10 minutes at a time.



mental health

- Eating together as a family is about being together and supporting one another. Try to eat at least one meal as a family every day.
- Celebrate special days without sugary treats: instead have a puppet show, treasure hunt, or fruit/veggie party.



disease prevention

- Take more walks! Go for a 15-minute stroll around the neighborhood after dinner. You'll automatically feel refreshed and less stressed.
- Watch less TV! Play a game, read, call a loved one, or work on an art project.



What are you waiting for? Do something!

Free Museums!

The Asian Art Museum, the Cartoon Art Museum, the Conservatory of Flowers, the de Young Museum, the Legion of Honor, Museum of Craft & Folk Art, SF MoMA, and Yerba Buena Center for the Arts all offer free admission the first Tuesday of every month. On the first Wednesday of every month, the Exploratorium and the SF Zoo are free.

Events at Public Libraries

San Francisco's public libraries are a great place to find books, videos, and magazines. In the summer they also offer story times, classes, crafts, puppet shows, and movies. Go to <http://sfpl.org/news/events.htm> for more info.

Why are strawberries so great?

- Eight large strawberries equal about one cup of fruit.
- One cup of strawberries is an excellent source of vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection.
- One cup of strawberries is also a source of fiber, which helps you feel full, keep normal blood sugar levels, and avoid constipation.



Healthy Connections Activities & Monthly Recipe

NEW THURSDAY GROUP! “**Healthy Living,**” 10-11am. New health topic each week! Get the info YOU need!

Parent Advisory Board Meeting,
Thursday, June 9th at Portola Family
Connections, 5:30-7pm

Portola &
Excelsior
Family
Connections
415-715-6746

Strawberry-Banana Smoothie

Ingredients

- About ½ cup 1% low-fat milk
- About ½-¾ cup low-fat plain yogurt
- 1 banana (in pieces)
- About ½ cup fresh or frozen strawberries
- ½ of an orange
- A couple of ice cubes (optional)



Directions

Set up a blender. Add liquid ingredients first. Blend it all together! You may want to adjust the proportions according to your taste preferences.

Serves 1.

Nutrition information per serving: Calories 38, Carbohydrate 8 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 19 mg

Adapted from *Network for a Healthy California*

BE SUGAR SAVVY THIS SUMMER! Drink low-fat milk or better yet, WATER.

Did you know? Soda is the #1 source of added sugar in the American diet. The average 4 to 5 year old child consumes 65 pounds of added sugar a year. 2 out of 3 Americans are overweight or obese. Challenge yourself to make a difference in your health!

Sweeteners that add calories to a beverage go by many different names and are not always obvious. Some common sweeteners are listed below.



- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose



Bay Area Nutrition & Physical Activity Collaborative