

Nutrition Education Facts for Parents

Merced County Office of Education Nutrition Network

APPLES

September 2007



Helping Your Child Eat Healthy

- Dip apple slices in calcium-rich low fat yogurt or protein-filled peanut butter.
- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick and serve for dessert.
- Use applesauce to make reduced-fat baked goods. Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil or shortening called for in the recipe.
- Ask your child to help pick out apples at the grocery store.
- Discuss with your child what your favorite fruits or vegetables are, why you like them and your favorite ways to eat them.

Nutrition Facts

Serving Size 1 medium apple
(154g)

Amount per Serving

Calories 80 Calories from Fat 2

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **15%**

Sugars 16g

Protein 0g

Vitamin A 2% Calcium 1%

Vitamin C 12% Iron 1%

Source: www.nutritiondata.com

Produce Tips

- Select apples that do not have bruises and are firm to touch.
- Keep apples refrigerated to slow ripening and maintain flavor. When properly stored, apples can last over three months.
- To minimize browning, prepare fresh apple dishes just before serving, or pour 100% apple juice over fresh apples slices.

Apples contain:

- A good source of fiber and Vitamin C. Fiber helps maintain steady blood sugar levels and may help to prevent cancer.
- A source of potassium, which helps maintain a healthy heart.
- Photochemicals, antioxidants, iron, calcium and Vitamin C.

Healthy Help

- Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- Encourage your child to eat the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.
- Review the school menu with your child and circle the meals that have apples in them.

Let's Get Moving

Fun and easy ideas to incorporate physical activity throughout your daily routine:

- Take a family walk around your neighborhood.
- Take your children grocery shopping and have them help you pick out healthy produce food items to buy and eat as a family. Also have them help you prepare the food items.
- Go to a nearby park or your own front or backyard and play games with your children.
- Family Health & Fitness Day USA is September 30th. Try participating in some low-impact exercise or physical activities with your children help promote health and fitness.



Kev Kawm Txog Khoom Noj Rau Cov Ua Niam Ua Txiv

Merced County Office of Education Nutrition Network

TXIV APPLES Lub Cuaj Hli 2007



Ohia Me Nyuam Noj Tej Txiv Ntooo Zoo

- Muab txiv apple chais ua tej nplais ntsu yogurt uas muaj (calcium) noj pab cov pob txha los sis ntsu cov txiv laum huab xeeb zom mos mos (peanut butter) uas muaj protein noj pab rau lub cev.
- Muab cov kua txiv apple 100% ntim rau hauv lub tais rau ice los sis hauv khob ntawv tso ib tug me nyuam pa rau es muab cia hauv freezer kom nkoog mam thau noj ua khoom qab zib txom ncauj.
- Siv cov applesauce los tim xyaw tej khob noom uas muab ncu los ci noj, yog koj siv ntau los tim nws yuav txo tau tej roj uas qhia kom muab tim ntaw tsawg dua lawm.
- Thaum mus tom khw muag khoom noj, qhia koj tus me nyuam pab koj xaiv cov txiv apples ntxim qab los noj.
- Nrog koj tus me nyuam tham seb nws nyiam noj hom txiv hmab txiv ntoo thiab hom zaub twg, yog ua cas nws ho nyiam tej hom ntawd thiab nyiam muab ua li cas noj.



Nws Pab Tau Lub Cev

Kom Hauj Zas

- Cov me nyuam uas noj tsev kawm ntawv tej zaub mov yeej nyiam noj tej txiv hmab txiv ntoo thiab zaub raws li hais dua cov uas tsis noj tsev kawm ntawv tej zaub mov.
- Txhob koj tus menyuam kom noj tsev kawm ntawv puas tshais thiab puas su. Nug koj tus me nyuam tus xib fwb los sis hu xov tooj mus rau tom lub office saib xyuas tsev kawm ntawv sib tham kom paub ntau tshaj no ntxiv.
- Xyuas tsev kawm ntawv daim ntawv qhia khoom noj nrog koj tus me nyuam thiab kos vaj voog rau puas mov uas muaj txiv apples nrog.

Kev Qhia Xaiv thiab Tu Cia

- Xaiv cov txiv apples uas tsis tau ntsoog thiab nias tseem khov kho.
- Khaws txiv apples cia rau hauv tsee txias thiab kav ntev thiab nws yuav qab li qub. Yog ua twb zoo muab tu cia kom zoo cov txiv apples yuav kav ntev tshaj li peb lub hlis.
- Yuav kom txiv apple tsis dub, chais kiag txawm noj, los sis muab cov kua txiv apple 100% los ywg thaum chais tau.

Yam cov txiv apples muaj:

- Yog cov npluag(fiber)thiab muaj Vitamin C zoo heev. Cov npluag(fiber) pab tswj ntshav qab zib kom haum yus lub cev thiab yuav pab tiv thaiv kab mob khees xaws(cancer).
- Muaj cov kuab potassium, uas pab kom lub plawv muaj zog ua hauj lwm.
- Tseem muaj cov kuab Photochemicals, antioxidants, iron, calcium thiab Vitamin C.

Tsev Neeg Koom Tes Ua Ke

Yuav kom tsis muaj mob Koj tsev neeg yuav tau nrhiav tej kev yooj yim ua si kom lom zem txhua txhua hnuv:

- Coj koj cov me tub me nyuam mus ncig taug kev .
- Coj koj cov me nyuam nrog koj mus ncig yuav khoom noj thiab cia lawv xaiv tej khoom noj uas zoo rau yus tsev neeg noj thiab hais kom lawv pab koj lis ua noj ua haus.
- Nrog me nyuam mus tim tej chaw ua si (park) nyob ze tsev los sis coj lawv tawm ncig ntawm tej qab vag tsib taug ua ke thiab nrog koj cov me nyuam dhia ua si.
- Tsev neeg kev nyob zoo & Kev pab lub cev kom zoo haum(Family Health & Fitness Day) nyob USA yog lub 9 Hli hnuv tim 30. Mus koom nrog lawv hom khaj ua tej yam sib sib xwb(low-impact exercises) los sis nrog koj cov me nyuam siv zog dhia, nws yuav pab tau lub cev hauj zas thiab zoo yag txias.

