



Heart and Stroke Corner – January 2015 Edition

Tip of the Month

As the height of winter is upon us we have to worry about our children's physical activity and spending too much time in front of a screen. "There is a demonstrable association between screen time and lack of physical activity and obesity. And if children are engaged in the screen, they are not engaged in society or the family," says pediatrician Dr. Glen Ward, member of the CPS Public Advisory committee. So how can we manage screen habits in a healthy way that works for everyone? A few tips from screen-savvy families: Keep bedrooms screen free- keep a basket in the hall, by 8pm, all gadgets go in there Make a plan together- get input from all family members how technology is used, time allotment, agreement that chores and homework need to be done first Turn it off- sounds simple but how often is the tv on during dinner or texting during a real conversation? By powering down, not only are you reducing screen time, you're setting an example with your own behavior. Consider the alternatives- If the screen is your kids' go-to downtime activity, give them other options. Consider playing a game of table hockey after dinner every night, or stocking the cupboard with crafts and crossword puzzles. "It starts with you," says Ward. "Turning on the TV is easier than sitting down and playing Scrabble. But are you really OK with the screen replacing one-on-one time with your child?"



Recipe of the Month

Four Season Pizza

Kids will have a great time using a variety of vegetables to decorate this pizza. The toppings are endless. Chop up a few favourite vegetables and a few new ones and let the kids get creative and involved!
(Directions in **GREEN** are kid friendly)

Nutritional Information (1 slice): Calories: 170, Protein: 10 g, Fat: 6g, Saturated Fat: 3g, Dietary cholesterol: 11 mg, Carbohydrate: 21g, Dietary fibre: 2 g, Sodium: 502 mg, Potassium: 85 mg

Ingredients

- 1 pre-made, 12 inch (30 cm) whole-wheat pizza crust
- ½ cup (125 mL) pizza sauce
- 2 cups (200 g) shredded part skim mozzarella cheese
- Pineapple
- Red Pepper
- Green Pepper
- Broccoli
- Cheddar Cheese
- Cherry tomatoes
- Mushrooms

Directions

1. Preheat oven to 400° F (200° C).
2. Chop the vegetables into various shapes and sizes.
3. **Spread the pizza sauce on the crust. Sprinkle with the cheese.**
4. **To make a four season pizza divide the pizza in four using red pepper strips. Let the kids make a simple symbol of each season out of the chopped vegetables. For example; **Spring:** red pepper and cherry tomato flower with a green pepper stem, **Summer:** pineapple and ham sun, **Fall:** cheddar cheese leaf cut with a cookie cutter or a broccoli tree, **Winter:** mushroom snowman.**
5. When your little artists are finished assembling the pizza, bake for 6 to 10 minutes.
6. Broil on high for 3 minutes to brown the top

Question of the Month

Q: "My daughter is always looking to snack in the afternoons, how can I make sure we're smart snacking?"

A: Children have smaller tummies than adults so they need regular snacks between meals to keep their energy up. But how do you choose nutritious options and establish healthy snack habits? Here are five rules: Pair foods for power- A well-rounded snack should include foods from at least two of the four groups in **Canada's Food Guide**. Know what's a snack and what's a treat- Snacks are mini-meals that keep her going between breakfast, lunch and dinner. Treats are less healthy foods such as chips, ice cream and cake, which she enjoys occasionally. We have treats at birthday parties, amusement parks or after dinner on special occasions, but not daily. Take it sitting down. Which foods your children snack on is important, but so is where they snack. Similar to the idea of sit-down dinners, snacks should be eaten at a table, rather than on the run. This will make your snack more like a mid-day break. It will also help eliminate constant snacking throughout the afternoon. Plan a snack time, and fill little tummies with a variety of nutrient-rich foods.