

Fairfax County School Health Promotion March & April Newsletter Articles



Power Up A Healthy Plate

Newsletter and/or KIT

Eating healthy foods not only helps children build strong muscles and boosts their immunity, but proper nutrition also gives them energy they need to do the things they love to do. Fruits, vegetables, whole grains and proteins are all part of a balanced diet that helps them learn and play. Fill half their plate with fruits and vegetables, and incorporate plenty of whole grains and lean protein, and you can be sure that their body is getting just what it needs to be the best they can be.

Mindfulness Corner

Students

With a multitude of distractions available, we often fail to truly focus on the act of eating. Busy schedules and a host of media choices, prompt us to eat quickly and mindlessly, with little thought as to what we put in our mouths. Research shows that distracted eating can lead to eating more food – not only in the actual moment, but throughout the day, as our brains fail to recall just how much we ate. Try to slow down and really focus on your meal. Pay attention to the aroma and the flavor of what you eat. Not only will it add enjoyment, but you'll end up feeling satisfied for a longer period of time.

Staff

It has become an increasingly common habit for us to be distracted while we eat. Things such as watching TV and browsing social media while eating can affect our body's natural system of communicating when our stomach is full. In other words, we tend to overlook signals that indicate to us that we have consumed enough food. We become less aware and may end up eating more than we need to. Not only are we unaware of when to stop eating, but our memory of the food eaten is also impacted, which can potentially lead to more calories than necessary throughout the day.

Seize an opportunity to be mindful while you are eating and enjoying your meal.

References:

- <https://medlineplus.gov/childnutrition.html>
- <https://www.health.harvard.edu/blog/distracted-eating-may-add-to-weight-gain-201303296037>
- <https://theconversation.com/five-reasons-why-we-overeat-89323>

Hashtag:

#ffxhealthykids

Rev.
2/28/2018



A Fairfax County, Va., publication.
March/April 2018. If you would like this
information in another format please call
703-246-2411, TTY 711.

This resource is provided by the Fairfax
County Health Department for use by the
Fairfax County Public Schools and other
community organizations.

