

Tasty Times

Youth Pro Fitness & Nutrition

yoKIDS!

Keeping YoPro Kids in the Know
About Fun, Healthy Living

IN THE NEWS

A recent study found that every 7 grams of fiber that were added to a daily eating plan lowered the risk for heart disease by 9%!

The extra fiber (7grams) would be equal to 2-4 servings of fruits or veggies or 1 serving of whole grains or beans.

Source: BMJ published online December 2013



Newsletter Highlights

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Let's LEARN! — Filling up with Fiber!

KIDS—FIBER is your friend! Some of the best and most delicious foods have loads of fiber! So what is fiber exactly? The term fiber refers to carbohydrates that cannot be digested. Fiber is found in the plants we eat for food — fruits, vegetables, grains, & legumes. There are 2 types of fiber:

- ◆ **Soluble fiber** partially dissolves in water and has been shown to lower cholesterol, which keeps you healthy!
- ◆ **Insoluble fiber** doesn't dissolve in water and helps to move food through our digestive tract, protecting us from uncomfortable constipation!

Fiber is incredibly nutritious and both kinds of fiber should be included in a healthy diet. So, what else can fiber do for our bodies? Fiber can prevent diabetes and heart disease. Foods with fiber also make us feel full, which can help us stay at a healthy weight!

BEST Fiber Sources:

- ◆ Apples
- ◆ Oranges
- ◆ Sweet Potatoes
- ◆ Legumes
- ◆ Berries
- ◆ Whole Grains
- ◆ Almonds
- ◆ Edamame



How much Fiber do I need?

Most kids are not getting enough fiber! According to the 2010 Dietary Guidelines, most kids aged 9-13 should get between 25-30 grams of fiber each day. Here is what 25-30 grams of fiber could look like on a daily basis: 1 cup oatmeal (4g), 1 whole apple with skin (4g), 1 cup whole wheat spaghetti (6g), 1 cup broccoli (5g), and 1 cup lentil soup (9g).

Article adapted from: www.kidshealth.org

Let's PLAY— Fiber Challenge!

For each of the food groups below, circle one item that contains the **MOST** fiber in each category.



FRUITS

1. APPLE JUICE
2. WHOLE APPLE
3. APPLESAUCE



VEGETABLES

1. TOMATO SOUP
2. TATER TOTS
3. BROCCOLI



MEAT/BEANS

1. LENTILS
2. STEAK
3. SHRIMP



GRAINS

1. WHITE RICE
2. OATMEAL
3. WHEAT THINS

Circle the item in each category that contains the most fiber to earn 5 YoPro Points!

Food of the Month:

Lentils



Lentils are legumes that grow in pods that contain either one or two lentil seeds. Lentils are one of the first foods to have ever been cultivated.

Lentils are also a nutritional powerhouse! They are a very good source of fiber and provide good to excellent amounts of 7 important minerals, B-vitamins, & protein - all with almost no fat!

Lentils are easy to prepare. Before washing spread them out on a light colored plate to check for small stones or debris. Then place the lentils in a strainer, and rinse them under cool running water. When boiling, use three cups of liquid for each cup of lentils. Cover and allow lentils to simmer about 30 minutes.


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**KIDS AND PROS.
UNLOCK THE POTENTIAL.**

yopARENTS!

The section designed to help the entire family stay fit and healthy!

Meatless Mondays!

More and more people are going vegetarian — at least for one day a week! This small change in your families diet can improve your health AND the environment. Going meatless one day a week started with the Healthy People 2010 recommendation to lower meat consumption by 15 percent, specifically to cut down on saturated fat. This works out to be about one day a week, so try to plan ahead and make Monday, or any other weekday, meatless!

Losing meat one day a week is not only about subtracting from your diet, but adding to it. A meatless focus can offer many health benefits including:

WHOLE GRAINS such as quinoa, brown rice and 100% whole grain pasta help prevent heart disease, certain cancers and diabetes.

LEGUMES including beans and lentils maintains an adequate protein intake and are also a great source of fiber, folic acid, iron and potassium.

LEAFY GREENS like kale, collards, bok choy and broccoli are good plant sources of bone building calcium.



Source: Kids Eat Right Available at: <http://www.eatright.org/kids/article.aspx?id=6442479142#sthash.mcfzqXID.dpuf>. Accessed March 22, 2014.

Sweet Potato, Apple & Red Lentil Soup

This lentil soup recipe is YoPro Dietitian Brianna Smith's go-to meatless meal and a winner with her 2 young kids!

Ingredients - Adapted From: Allrecipes.com

- 2 Tbsp. coconut oil or butter
- 2 large sweet potatoes, peeled and chopped
- 3 large carrots, peeled and chopped
- 1 apple, peeled, cored and chopped
- 1 onion, chopped
- 1/2 cup red lentils
- 1/2 teaspoon minced fresh ginger
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 4 cups vegetable broth

Instructions: Makes 6 Servings

1. Melt the oil in large pot & stir in the chopped sweet potatoes, carrots, apple, & onion. Cook the veggie mixture about 10 minutes.
2. Stir the lentils, spices & broth into the pot with the veggie mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, & simmer until the lentils & veggies are soft, about 30-45 minutes. To obtain a smooth consistency, add soup in batches to blender. Garnish with green onion & Greek yogurt.



About YoPro:

Youth Pro Fitness and Nutrition is a innovative, mobile organization, owned and supported by professional athletes, that specializes in improving the health and fitness of kids ages 7-13. We accomplish our mission through fun, structured fitness programs, and a kid friendly nutritional curriculum. We partner with local School Community Education departments to utilize their gyms and field space. Our main objective is to introduce kids to a healthy lifestyle by providing them with practical tools and tips they can adopt before they hit high school.