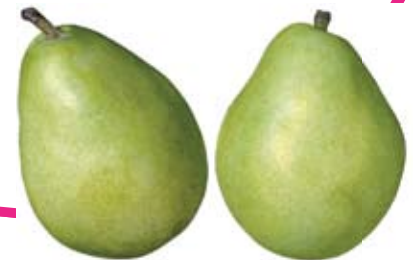
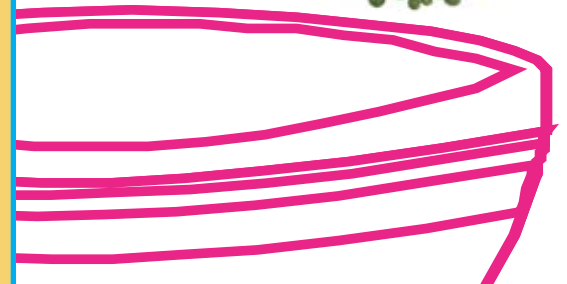


## Make Smart Choices for Good Health



### The Big 8 for Health

- 1. Eat fruit.** You need 2 cups a day.
- 2. Eat vegetables.** You need 2 1/2 cups a day.
- 3. Drink milk.** 2 cups a day if you are 2-8 and 3 cups if you are older than 8.
- 4. Eat whole grains.** Try them. You'll like them. Oatmeal, brown rice and whole-wheat bread are whole-grain foods.
- 5. Get your protein.** That's meat, poultry, fish, beans and nuts.
- 6. Be a detective.** When a food is mixed, make sure it doesn't contain a lot of added sugar, sodium and fat. One way to do that is to read labels.
- 7. Be safe with food.** Wash your hands, the fruits and vegetables. Separate meat and eggs from fruits and vegetables when preparing. Keep foods cold or keep them hot. Make sure meats and eggs are cooked until they are done before you eat them.
- 8. Get some exercise.** There are lots of ways for kids to get more exercise. Check this sheet for information about jumping rope.



# Some Nutty Food Facts



## Did you know?

- Nuts are actually fruits.
- A peanut is not a nut. It's a legume (which is just another name for a bean).
- Peanuts are one of the ingredients of dynamite.

## Peanut Butter Roll-up

Flatten a piece of soft whole-wheat bread and spread it with peanut butter. Spread some dried fruit on a plate and press the side of the bread that has the peanut butter into the dried fruit. Start at one side and roll the bread up. Eat it with a cold glass of milk. Raw carrots taste good with peanut butter, too. Eat an apple, and this will be a well-balanced lunch.

## Nuts are good for you:

Nuts taste great. Louisiana pecans are delicious eaten plain for a snack, sprinkled on top of yogurt or added to your cereal. Some other good nuts are almonds and walnuts.

This material was funded by USDA's Food Stamp program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit [www.lsuagcenter.com](http://www.lsuagcenter.com).

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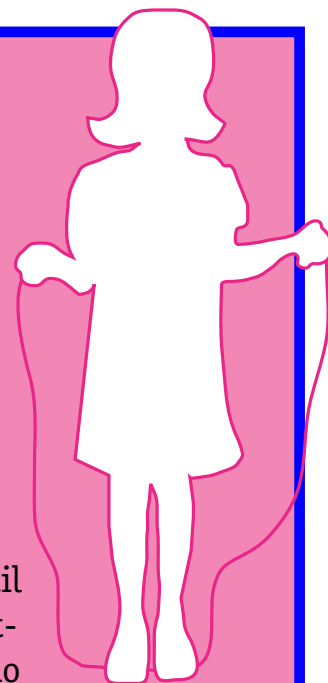
### Louisiana Cooperative Extension Service

Paul D. Coreil, Vice Chancellor and Director

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# Jump Rope for Good Exercise



Try this next time you jump rope with a group. Use a long rope. :

**H - E - L - P** (one jump for each letter). The rope spins faster and faster until the jumper misses on a letter. Then he or she must do whatever is required at that letter.

**H** – Highwaters (Rope doesn't touch the ground.)

**E** – Eyes closed or easy over (Rope goes over slower than usual.)

**L** – Leapfrog (Jump like a frog; crouch down, then jump high.)

**P** – Peppers (Rope twirls quickly.)

Players continue to spell HELP as they jump. They jump until they miss, then the next jumper will start from the beginning.

Here's another good one. Remember, these fruits are delicious and naturally fat free.

*"Apples, peaches, pears and plums,  
Tell me when your birthday comes."*

Skip "peppers" (or really fast skipping) and say the months of the year (January, February, March, etc.) trying not to get out until you reached the month of your birthday.

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