

For Nebraska Kids: September 13, 2008
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Being Healthy and Fit is Cool

You may have read the previous Healthy Kids article about kids and diabetes. It warned that even kids can get this disease that affects the glucose (gloo-kose) levels in your blood. Glucose is your body's main source of energy. Some people have to take daily shots when they get diabetes. Nobody wants to have to do that, right?

There are some things that you can do to help you stay healthy and possibly avoid getting one type of diabetes. Last time, we talked about the importance of getting daily exercise to stay healthy and get fit. You also must eat healthy to get fit.

Begin by learning about the **Kids Food Pyramid** (the website is listed below). It shows you how much of what kinds of foods are the healthiest for you. It clumps foods into groups so you can choose some from each group that best fits your lifestyle and needs. For example, one kid might like watermelon, where another prefers bananas. And one might rather eat a tortilla with peanut butter and raisins for breakfast, and another kid would prefer a pancake with peanut butter and applesauce.

Here are a few tips to remember when making healthy food choices:

Think Variety – You probably have favorite foods, we all do! But eating many different kinds of foods every day, especially fruits and vegetables, is the best way to get the nutrition your body needs. Kids need at least 5 servings of fruits and veggies a day, more is better.

Think Color – Eat foods of different colors. Think rainbow! Have fun choosing from red foods like watermelon, red peppers, and red beans; blue and purple foods like raisins, black olives, and eggplant; yellow and orange foods like peaches, sweet corn, and yellow split peas; white foods like bananas, cauliflower, and white beans; and green foods like green grapes, lettuce, and green split peas.

And don't forget the dairy! Choose low fat or non fat milk, yogurt, and cheese. It is best to choose water or milk to drink instead of sugary drinks like soda, but 100% fruit juice is a good choice sometimes.

So check out these cool websites designed just for kids! Take Action Now! Get Ready! Get Set! Get Fit!

[.mypyramid.](#)

[.kidshealth.](#)

[.dole5aday.](#)

[.kidnetic.](#)

[.123actionnow.](#)

[.pbs.](#)