



Fruits and Vegetables Matter

Studies show that people who eat lots of fruits and vegetables may have a lower risk for some cancers than people who eat few of these foods. Fruits and vegetables are low in calories and fat, and high in vitamins, minerals and fiber.



Adult servings of fruits and vegetables include:

- 1 medium piece of fruit
- 3/4 cup 100 percent fruit juice
- 1/4 cup dried fruit
- 1/2 cup canned fruit
- 1/2 cup raw or cooked vegetables
- 1 cup raw leafy vegetables, such as lettuce or spinach

Serving sizes for children are 1/4 cup for one-year-olds, 1/3 cup for two- to three-year-olds, and 1/2 cup for four-year-olds and over. Children one to six years of age should limit juice (100 percent juice) to no more than four to six ounces a day.

The American Heart Association daily suggested amounts of fruits and vegetables for children:

- 1 year of age = 1 cup fruits and 3/4 cup vegetables daily.
- 2 to 3 years of age = 1 cup fruits and 1 cup vegetables daily.
- 4 to 8 years of age = 1-1/2 cups

fruits for females and males; 1 cup vegetables for females, 1-1/2 cups vegetables for males.

Eating five or more servings of fruits and vegetables daily is an easy way to improve health. To eat more fruits and vegetables:

- Top cereal with fruit, such as banana or peach slices.
- Add fruit to yogurt, pancakes or waffles.
- Serve snacks such as dried apples, applesauce, carrot sticks, bananas, raisins, cherry tomatoes or grapes instead of chips and pop.
- Keep fruit in a bowl on the kitchen table.
- Store serving sizes of fruits and vegetables in the refrigerator where they are easy to reach.
- Serve fruit for dessert.
- Add microwaved or steamed vegetables to a quick dinner.

Most adults don't eat enough fruits and vegetables each day. Children learn by watching adults. It's hard for children to choose grapes over chips, if they aren't available in their home.

A government website: www.fruitsandveggiesmatter.gov has tips, recipes and information on how to include more fruits and vegetables in your diet.

Sunshine Carrots



What You Need:

- 1/2 pound carrots
- 1 tablespoon margarine, melted
- 2 tablespoons orange juice
- 1 tablespoon brown sugar

How To Fix:

1. Peel carrots. Slice into strips 1/4-inch thick and 3-inches long. Place carrots in small baking dish.
2. Mix orange juice, sugar and melted margarine. Pour over carrots.
3. Cover loosely with foil. Bake 20 minutes at 375° F. Remove foil. Stir. Bake 15 minutes more, until tender. Serves 4. (67 calories and 3 grams fat per serving).

Newborns

Newborns tend to sleep curled up as they were inside the womb. This curled up position may continue for weeks. Loud, sharp noises often cause newborns to have a startle reflex.

Both arms and legs extend and then regain the flexed position right away.



During the first weeks, newborns may only wake for brief feeding periods.

At first, a baby's head appears to be too large for his body. On top of the head, at a point where the rounded corners of the skull bones fail to meet, is a gap known as the soft spot. The soft spot slowly gets smaller and closes by the time a child is around 18 months old.

Many babies are born with lots of dark hair. Most of the newborn hair will fall out by the end of the first year when new hair begins to grow. In the first days of life some newborns have enlarged breasts. This is caused by hormones in the mother that are made to stimulate her breasts.

Soon after birth the umbilical cord is cut very short and clamped. At first the cord is clear and jelly-like, but it will dry and fall off in a few weeks. When the cord separates there will be a small amount of bleeding. Keep this area dry and clean.

Fingernails and toenails are fully formed at birth. Trim them carefully to prevent scratching the face.

Food and Tooth Decay

Sticky candy (such as jelly beans and caramels) have long been blamed for causing tooth decay. But starchy foods (such as cookies, crackers and potato chips) also cause tooth decay. Some starchy foods may even stick to a tooth's surface longer than sticky candy. Because candy dissolves faster.



To prevent tooth decay, children and adults need to brush and floss after eating sticky and starchy foods. Brush teeth using small circular motions and up and down strokes. Use only a small dab of fluoride toothpaste. Remind children not to swallow fluoride toothpaste. It is not candy.

West Nile Virus

West Nile virus is carried by the mosquito and has resulted in severe illnesses and deaths. The peak season for the virus is spring to late August. West Nile virus causes an illness which can include encephalitis—a swelling of the brain.

Common symptoms of West Nile virus are: fever, headache, body ache, skin rash and swollen lymph glands. Most people recover fully from the virus. The risk of developing West Nile virus after being bitten by an infected mosquito is less than 1 percent. There is no treatment for the virus and no vaccine. To reduce the spread of West Nile virus, use insect repellent when outdoors. Avoid standing water around your home where mosquitoes can breed.

Thumb Sucking

Sucking is one of the most basic means babies have to comfort



themselves. Sucking soothes babies when they aren't hungry. Many babies suck their thumbs before they are born. Other babies suck on their fists until they find their thumbs or fingers. It's okay to help babies find their fist or thumb by guiding a hand to their mouth.

Some babies need to suck more than others, even the breast or bottle doesn't satisfy them. The need to suck is most intense between two and four months of age. Between six and 12 months, babies usually add another comfort item to thumb sucking. Common comfort items may be a soft toy, diaper or blanket. When a child's special item is with him, he feels better when a parent is out of sight.

Most children quit thumb sucking between the ages of two and four. By age five, thumb sucking can cause dental problems. If your child is over the age of five and still sucking a thumb, ask your dentist for tips on stopping. Most children suck their thumbs when they are tired, upset or want comfort. When children are rested and still sucking their thumbs, most often they would rather be comforted by a parent.