



# February Wellness Facts

Linnette Goard, Extension Educator  
 Family and Consumer Sciences  
 Ohio State University Extension  
 Lorain County 440-326-5851  
<http://lorain.osu.edu>



## Be Good to Your Heart

It is important for children to learn healthy eating habits for their future health. Parents need to take the lead and set an example of eating a low-fat diet. Too much fat can cause people to become overweight and increase their risk of heart disease, stroke and some cancers.

Look at the fat content in popular fast foods and try to choose lower-fat alternatives.

Choose This	Not This
Hamburger 9 grams fat	Cheeseburger 13 grams fat
Turkey sub 19 grams fat	Roast beef sub 32 grams fat
Grilled chicken 10 grams fat	Fried chicken 35 grams fat

## Mini Cinnamon Stackups

- 4 4-piece frozen mini waffles
- 1 tablespoon sugar
- ¼ teaspoon ground cinnamon
- 2 kiwi fruit
- 1 star fruit (optional)
- 2 cups fat-free or low-fat vanilla yogurt
- ½ cup fresh blueberries
- 1 cup fresh raspberries or strawberries

### Directions:

Toast waffles and separate each into four pieces. Arrange three pieces in a cloverleaf on each of four plates.

In another bowl, combine sugar and cinnamon. Cut each piece of kiwi crosswise into six pieces. Cut star fruit into eight pieces.

To assemble, sprinkle half the cinnamon sugar over waffles. Spoon ½ cup yogurt onto each serving. Arrange three slices kiwi, two slices star fruit, 2 tablespoons blueberries, and ¼ cup

raspberries on each. Angle remaining waffles on side of fruit and sprinkle with remaining cinnamon sugar.

Nutrition Analysis: 195 calories, 1.5 g. Fat, 136 mg. Sodium, 40 g Carbohydrates, 8 g. Protein.

Source: [www.americanheart.org](http://www.americanheart.org)

## Beat the Winter Weather Blues with Physical Activity

Have a neighborhood scavenger hunt. The kids won't notice the cold nearly as much if they have a purpose while they are outside. Give them a list of houses they are allowed to visit to find items. Make sure you call the neighbors ahead of time to get approval. They can gather items or they can take pictures of items (if each group has a camera available to them).

Ohio State University Extension embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.