



# November Wellness Facts

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## Fruits and Vegetables Can Help Reduce Childhood Obesity

A new report from the Robert Wood Johnson Foundation shows that Ohio ranks #15 in rates of Childhood Obesity. That means 33.3% of our children are obese. How can we help change this statistic?

One way is to increase the number of fruits and vegetables served to our children each day. Fruits and vegetables are high in nutrients like fiber, potassium, vitamin A and vitamin C and low in fat, sugar, and calories.

Making fresh fruits and vegetables available daily is important. Also, when making foods for family get-togethers replace at least one of the high calorie dishes with a lower calorie alternative.

## Glazed Sweet Potatoes

1lb sweet potatoes, peeled & cut into ½ inch-thick slices  
Vegetable cooking spray  
1 Tbsp cornstarch  
1 Tbsp brown sugar  
¾ cup unsweetened orange juice  
2 Tbsp lemon juice

Spray 1 qt casserole dish with cooking spray and place potato slices in the bottom. Combine cornstarch and brown sugar in a small bowl and add orange and lemon juices, stirring well. Pour over potatoes and cover, bake at 425 degrees for 40 minutes or until potatoes are tender and glaze is thickened. Makes four, ½-cup servings.

140 calories, 0 g Fat, 3 g Dietary Fiber,  
13 g Sugar, 320% Vit A, 30% Vit C.

Visit Ohioline link:

<http://ohioline.osu.edu/hyg-fact/5000/5543.html> to find additional ways to modify a recipe.

## Fit Physical Activity into a Community Service project

Benefit others while benefiting you—volunteer as a family.

- Do litter patrol on a nearby road.
- Help a neighbor rake their yard.
- Team up with others to clean up a local park.



Source: Fruit & Veggies More Matters.  
<http://www.fruitsandveggiesmorematters.org/>

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