Make physical activity a part of your family’s daily routine.

Vary Your Protein!

"Vary your protein" was part of the newest dietary recommendations, but what does this mean?

Many of us get enough protein in our diet but we may not be getting a good variety. We usually think of meat when we think of protein but there are two ways to get protein in our diet. Protein can come from animal sources or plant sources. Plant sources of protein can have other healthy benefits like fiber, vitamins and minerals, and healthy fats. During the week, try to mix it up and see if you can include more plant-based proteins to your meals.

Examples of protein from plants:

Nuts (this includes peanut butter and almond butter), seeds (such as sunflower seeds, quinoa, or pumpkin seeds), soy products like soy milk and tofu, legumes, beans, and lentils.

Examples of protein from animals:

Meat, poultry, seafood, and eggs. (Many deli meats and hotdogs are high in fat and sodium—make them occasional treats only and choose low-fat meats when possible.) Protein is also found in dairy products in different amounts. Cottage cheese and Greek yogurt are great healthy sources.

Beans and lentils are loaded with plant protein, fiber, carbohydrates and are naturally low in fat. Beans are also a good source of iron.

Add more beans to your diet by:

- putting chickpeas into salads,
- tossing kidney beans into rice
- mashing pinto beans into a quesadilla.

The amount of protein you need in your diet will depend on your age and physical activity levels. Many parents worry that their child is not getting enough. WIC staff can help you find the recommended amount for your child’s age.

Source: ChooseMyPlate.gov
Why Garden?

Gardening is a fun way to get outside and be active. It also helps teach children where their food comes from, and how to build a healthy plate at mealtime!

If you don’t have space or time for an outdoor garden, try a windowsill herb garden. Basil, dill, cilantro, sage, and thyme are tasty herbs that grow easily on a sunny windowsill.

Here are some quick tips to get started:

- Find a pot with holes in the bottom for water to train out. Place a plate underneath to catch extra water.
- Plant seeds in potting or seed starting soil. Check the seed packet for directions on how to bury the seeds in the soil.
- Keep soil moist, but not soggy. Water when the soil feels dry to the touch and water until it comes out the bottom of the pot.
- Place pots in a sunny window where they can get 5-6 hours of sunlight each day.

Source: Teamnutrition.usda.gov

8 Habits for Healthy Families

1. Be physically active at least 1 hour a day.
2. Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.
3. Eat a healthy breakfast every day.
4. Eat vegetables and fruits at all meals and snacks.
5. Make time for healthy family meals at home.
6. Be wise about portion size.
7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.
8. Have regular bedtimes.

Eat right Foundation

If you live in the Plattsburgh Housing Authority you could be eligible for a free garden plot! There are also plots available at Melissa Penfield Park. Visit www.plattsburghcommunitygarden.org for more information!

This institution is an equal opportunity provider.