



The Sacred Heart Health Beat

Fall for Physical Activity

The beauty of the leaves changing colour, sunshine during the day and cool nights brings us continued unique opportunities to be active as a family. Enjoy the beauty of the outdoors with family and friends by taking advantage of the numerous fall activities. Enjoy the fall season and keep active by:

- Supporting a worthwhile cause – participate as a family in an active fundraising event – walk, run, cycle or in-line skate for charity while improving your own health.
- Enjoying a scenic bike ride, walk or hike in or around your community.
- Visit a pick-your-own farm for apples or pumpkins
- raking leaves and then jumping in the piles (remove all sticks to avoid injuries).
- Plan an active theme for your Thanksgiving celebration. Take a walk before and after dinner, have a family game of croquet, bocce or softball, or play pumpkin bowling (by using small pumpkins as bowling balls).



Healthy Halloween Treats

Health Tip of the Month

It is recommended to have your child's vision and hearing tested in the early years. Identifying a problem early can make all the difference in your child's education. If you have not already done so, you may wish to consider having these done.



Try giving healthy alternatives to candy this Halloween to help fight against obesity and keep the dental bills in check. Kids welcome non-candy treats and gifts. Try the following alternatives. They will be excellent surprises for the trick-or-treaters who knock on your door this Halloween.

- Erasers, pencils and notepads
- Stickers or temporary tattoos
- Plastic rings of spiders, pumpkins, bats
- Sugar-free gum
- Cheese and cracker packs
- Applesauce cups
- Fruit-to-Go
- Small packs of pretzels



Keep a Healthy Diet to Avoid Illness

Healthy food choices can boost your immune system, and that can prevent you from coming down with colds and flu. The key is not waiting until you get sick to make these changes. Here are some tips to keep a healthy diet through the fall and winter months.



- Eat more fruits and vegetables. Everyone needs 5 to 8 servings of fruits and vegetables every day to get adequate vitamins, minerals, fiber and antioxidants -- all things we need for a healthy immune system. Our local fall harvest provides inexpensive choices of apples, pears, squash and potatoes. Eating frozen fruits and vegetables is another economical and convenient way to improve your diet and prevent colds and flu.

- Balanced your diet with lean meats, fish, poultry, low-fat dairy, legumes, whole grains, nuts and seeds to provide your body with all of the nutrients you need. Protein sources such as lean meats, dairy, eggs and legumes are especially important because they supply the amino acids that your body needs to build the components of your immune system. Lean meats also contain iron and zinc; deficiencies of these minerals can depress your immune system.
- Avoid unhealthy foods. Stay away from excess sugar and unhealthy fats, such as saturated fat and trans fats. Be prepared by keeping healthy snacks handy so you won't be so tempted to eat less healthy options. Try dried fruit or trail mix.



Healthy Pumpkin Muffins

- 2 3/4 cups all-purpose flour
- 1 cup granulated sugar
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ginger
- 1/2 teaspoon salt
- 1 cup canned pumpkin
- 3/4 cup fat-free sour cream
- 1/3 cup fat-free milk
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 large egg
- 1 large egg white
- Cooking spray
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons brown sugar

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (flour through salt) in a medium bowl, stirring with a whisk. Make a well in center of mixture.

Combine pumpkin and next 6 ingredients (pumpkin through egg white); add to flour mixture, stirring just until moist. Spoon the batter into 18 muffin cups coated with cooking spray.

Combine 1 tablespoon granulated sugar and brown sugar; sprinkle over muffins.



Bake at 375° for 25 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; cool on a wire rack.

Adapted from: *Cooking Light*, 2002