

Energy Balance

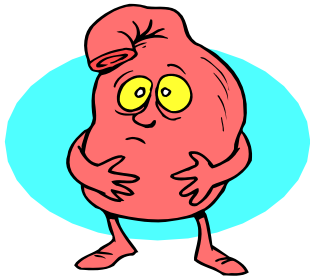
Today your child learned about the importance of finding the right balance of eating and physical activity. Physical activity could include playing at the playground, riding a bike, playing tag with friends, playing a sport, anything that gets your heart pumping!

Energy Balance

First we discussed that kids bodies need energy to grow, which is why it is important to have energy balance. In order to grow a healthy body, we need to eat the right amount of GO Foods, and we need to be active every day.

Too Much Food Compared to Activity Levels

Then, the students told us about a time when they were really full. Eating too much can lead to an upset stomach or feeling sleepy. If we continue to eat more food than we need day after day we may gain too much weight. One way you can help your child is to limit the amount of time they are allowed to spend on the computer and watching television. **Encourage them to play outside instead.**



Too Little Food Compared to Physical Activity

Finally we discussed how if you eat too little food you can get headaches, feel tired or weak, have a hard time concentrating, or feel crabby. Reinforce with your child the importance of **starting the day with a balanced GO Food breakfast.**

Here's a breakfast recipe your child can try at home. It also makes a great snack.

Yogurt Parfait

- Cooked whole grain oats
- Fresh berries, grapes or other cut-up fruit
- Vanilla or plain yogurt
- Raisins, GO Cereal*, pepitas (optional)

Directions: Layer the vanilla yogurt, berries and whole grains in a glass. Sprinkle raisins, cereal, and pepitas on top.



*GO Cereals have three grams or more of fiber and nine grams or less of sugar.