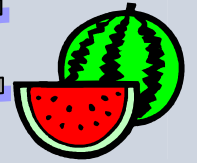


# Health Scout



SEPTEMBER 2007

FROM THE SUPERINTENDENT'S OFFICE

## Popcorn: A Tasty & Whole Grain Treat

*By ADA's Public Relations Team*

In addition to its taste and crunchy appeal, popcorn is a whole-grain snack that can boost the fiber content of your diet. The healthiest popcorn is made with an air popper, which requires no oil for heating.

However, air-popped doesn't always mean low in fat. Check the Nutrition Facts label for the total fat, saturated fat and trans fat content of prepackaged air-popped popcorn. Although the package may say air-popped, oil may have been added after popping for flavor. For microwave popcorn, too, check the label to see if oil was added and if so, what kind.

As for buckets of popcorn sold in movie theaters, chances are it's loaded with fat, so satisfy your appetite with a small-sized order.

## Just a Few Cigarettes Can Hook a Child

*By PRIDE Inc., Parent Resources and Information on Drug Education.*

A University of Massachusetts Medical School study has found that 10% of those youths who are hooked on cigarettes became addicted within two days of first inhaling; 25% became addicted within a month.

The study, published in the July 2007 issue of Archives of Pediatric and Adolescent Medicine, also found that adolescents who smoked just a few cigarettes a month suffered withdrawal symptoms when deprived of nicotine.

The lead researcher, Joseph R. DiFranza, M.D., reported, "The important lesson here is that youth have all the same symptoms of nicotine addiction as adults do, even though they may be smoking only a few cigarettes per month." -

## 8 Fall Tips for Healthy Living

*by Jeanie Lerche Davis, WebMD Medical News*

*Reviewed by Brunilda Nazario, MD*

A nip is in the air, as summer eases into the fall season. Football season starts, and so does school. The holidays are right around the corner. So is the flu season. To help keep you healthy over the next few months, we've got these tips:

### Take a Tailgate Time-out

It's an all-American past-time -- the tailgate party! Tailgating today has progressed far beyond burgers and chips. You'll find everything from cheese dip to spicy chicken wings.

Don't despair: Your tailgate spread doesn't have to sideline your weight loss plan. Grilled kabobs are great fare on the field. Just skewer veggies, fruits, and lean meat, and soak in your favorite marinade. Seafood, salsas, wraps, and stews are good eating, too. A Crock-Pot of chili -- loaded with high-fiber, high-protein beans -- is a classic tailgate dish (don't forget the Beano).

### Sleep Tips to Help Kids' Weight

Does your child get enough sleep? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being overweight. Sleep shortfalls may increase hunger hormones -- so kids eat more. Also, kids are less likely to get exercise (and burn off calories) when they're tired.

To help kids and teens get a good night's sleep:

- Remove TVs, computers, and gadgets from kids' bedrooms.
- Avoid large meals before bedtime.
- Develop a regular bedtime routine.
- Set firm bedtimes and wake times.
- Make sure the bedroom is quiet, dark, relaxing -- and not too hot or cold.
- Help kids quiet down a few hours before bedtime.
- Heavy studying, text messaging, or video games should end in early evening.

How much sleep do schoolkids need? It depends on the child. But here are some general guidelines from the National Sleep Foundation:

- Ages 3-5: 11-13 hours
- Ages 5-12: 10-11 hours
- Ages 11-17: 9.50 – 9.25 hours