



# Balance Your Day with Food and Play

## Eat Smart to Play Hard!

Ask your Nutrition Educator to introduce you to one of our services below:



### Tasty Topics:



Have you ever noticed the figure running up the stairs on the side of MyPyramid? That figure reminds us all to take small steps toward a healthier lifestyle through diet and physical activity, and it symbolizes the importance of regular physical activity. For many of us it's difficult to find time in our busy days to be physically active, but it's important for staying healthy and fit. Try to make exercise part of your daily weekly routine by planning it into your schedule. Start slowly by setting goals for yourself and gradually increase your amount of physical activity each week. The hardest part to exercising regularly is just getting started, so go ahead and take that first step!

## Nutrition in the News

November is American Diabetes Month, and diabetes is a growing health problem in this country. According to a new report from the CDC, one in ten American adults currently has diabetes, and it is projected that by the year 2050, as many as one in three Americans could have diabetes if our current diet and lifestyle habits don't change. Diet, weight, activity level, age, gender, race, and family history can all contribute to Type 2 diabetes risk. You can lower your risk of developing Type 2 diabetes by maintaining a healthy diet and weight and being physical activity. The onset of Type 2 diabetes in children is also increasing, so it's important for children to eat healthy, stay active, and maintain a healthy weight to prevent developing this disease.

For more information about the report or how you can lower your risk for diabetes, visit:

<http://www.usatoday.com/yourlife/health/medical/diabetes/> and [www.diabetes.org](http://www.diabetes.org)

### Monthly Mentions

**Nutrition Tip:** Find a buddy to go for a walk or take a class with - it's easier to exercise when you're with a friend!

**Fruit & Vegetable:** For cranberry and sweet potato recipes, visit our website:  
<http://www.drexel.edu/nutritioneducation/>

**Now in Season:** Cranberries, persimmons, pomegranates, rutabagas, sweet potatoes, swiss chard, winter squash

**November Health Observations:** American Diabetes Month, Pomegranate Month, American Education Week, Health Information & Technology Week, Great American Smokeout

## Nutrition Education in Action

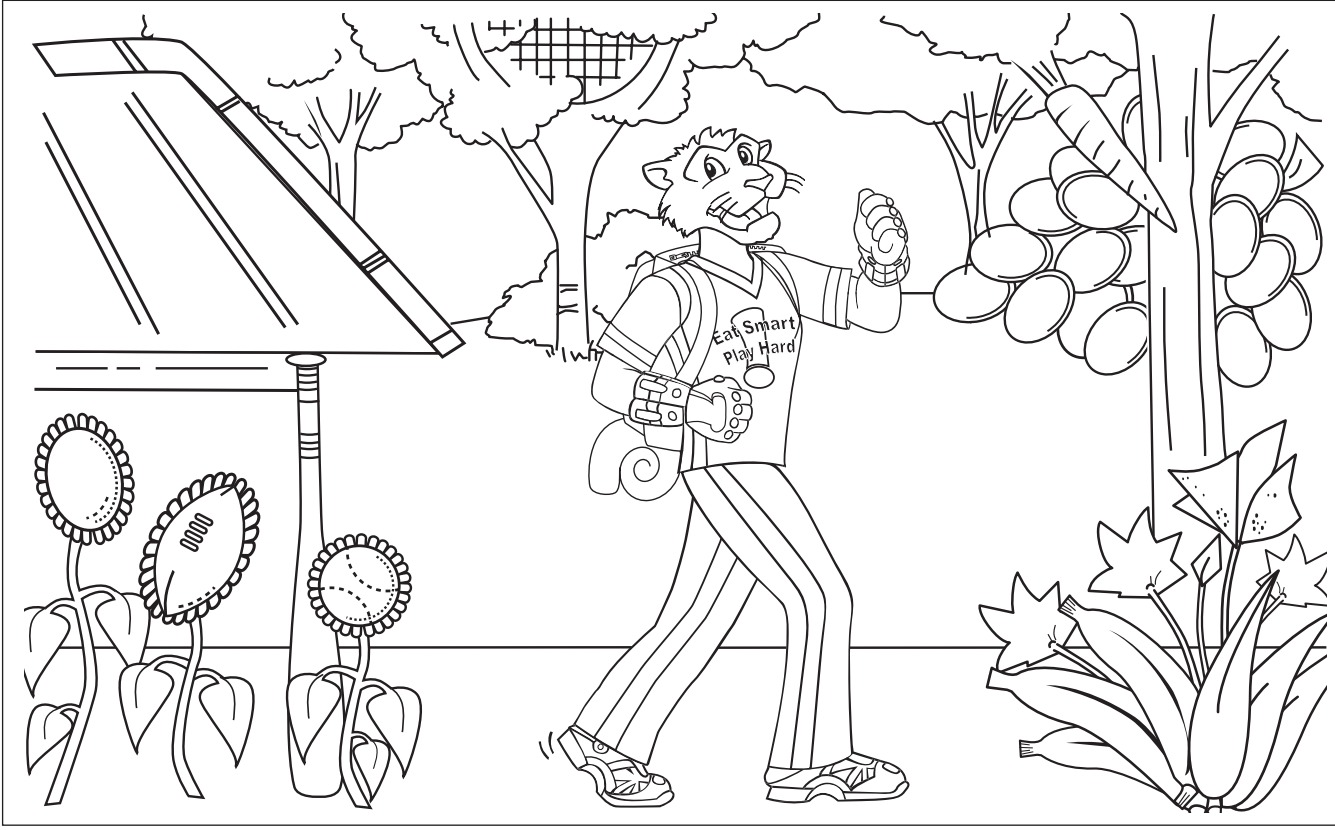
Nutrition Educator Jessica Galvin prepares fruit smoothies after teaching a lesson about Healthy Beverages at Lincoln High Schools' Summer Bridge Camp.



Questions or Comments?  
Email: [nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)  
EAT.RIGHT.NOW.  
Nutrition Education Program  
Drexel University

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Power Panther™ says... Eat Smart. Play Hard.™  
www.fns.usda.gov/eatsmartplayhard



**POWER POINTS**

Split an order of fries or a dessert with a friend.



I'm going to the park to play with my friends. Can you help me find my 10 snacks and play things?

**FUNNIES**

Why did the tomato turn red?



I try to be physically active at least 60 minutes on most days. You should try. It's easy - walk the dog, play catch, or ride your bike.



**USDA** Food and Nutrition Service  
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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.

Hidden Puzzle Items: bananas, baseball and bat, carrot, football, grapes, hockey stick, tennis racket, toast, tortilla chips

Funnies Answer: It saw the salad dressing.