

Gold Country Media

JOBS

REAL ESTATE

CLASSIFIEDS

Select a Newspaper

placerherald.com



SUBSCRIBE TO
THE PLACER HERALD

Monday, October 2, 2006

Customer Service | Place a Class Ad

Subscriber Services

Health and Sports Clubs

Activities for the whole family. Get in shape. Stay in Shape.
www.paradigmclubs.com

Lunch

In a Hurry? Enjoy Applebee's® Food Wherever You're Going. Order Today!
www.Applebees.com

Ads by Goooooogle

Advertise on this site

STORY SEARCH

Search past 14 days

Search for older articles

NEWS

- Top Local Stories
- Community
- Community
- Business
- Education
- Local Sports

FEATURES

- Entertainment
- Food & Wine
- Adventure
- Your Health
- Religion/Church
- Home and Garden
- Motoring
- Photo Gallery

WEATHER



69F
more...

OPINION

- Editorials
- Letters to the Editor
- Send us Letters

MILESTONES

- Births
- Obituaries
- Engagements
- Weddings
- Anniversaries
- Submit Announcement

COLUMNISTS

- Chamber View
by Robin Trimble
- Faith & Family
by Joanne Valiando
- Police Column
by Mike Nottoli
- Chatterbox
by Margie Younger
- City View
- Guest Columns

GOOD DEALS

- Classifieds

Home > Columnists > Guest columnist

Healthy lunches; healthy kids in war on obesity

By: Jean Munoz, Guest Columnist
Wednesday, September 27, 2006 4:28 PM PDT

Healthy lunches; healthy kids in war on obesity

In the 1940s, as we began to position for World War II, many of the young recruits coming from the rural communities of America were malnourished, bone-thin and hollow-cheeked to the point of failing their physicals. To address this, President Truman created the National School Lunch Program.

Today, in contrast, we are positioning for a war on childhood obesity. More than 9 million American children are either obese or overweight, putting themselves at risk of serious chronic disease as they grow older.

We all know change is difficult. It becomes increasingly more difficult as we age. By teaching children to incorporate healthy routines into their lifestyle while they are still developing their habits, you are laying the foundation for a healthy adult.

According to the American Obesity Association, behaviors involving physical activity and nutrition are the cornerstone of preventing obesity in children and adolescents. Families and schools are the two most critical links in providing the foundation for those behaviors.

President Truman was on to something when he targeted lunch in his campaign against malnourishment - it's the most important meal of the day. As a parent, with the kids back in school, you have an opportunity to begin laying the foundation for proper nutrition within your family. Proper nourishment, especially lunch, is cornerstone to your child's health whether or not they are overweight.

To get started, consider the following suggestions:

(Remember that real change happens slowly, so focus on one thing at a time.)

Eat lunch. A substantial lunch will keep your child energized, alert and they will be less likely to snack on junk food later in the day. Since you can't always be there to make sure your child is eating lunch, encouraging them to



Jean Munoz,
Guest Columnist

ADVERTISER GALLERY

Fly Smarter ... Fly Charter

... now exceeding all your expectations!

Learn to Fly with the Best!
Atkin Air also provides

- Gift Certificates
- Complete Pilot Shoppe
- Aircraft Management

AA ATKIN AIR
"Your Personal Airline"

Lincoln AirCenter | Lincoln | Weather Field | Sacramento
916.645.6242 or 800.924.2471
www.atkinair.com

THE UNION'S FOURTH ANNUAL
FALL HOME SHOW
Lifestyle • Design • Decor • Garden

OCTOBER 7TH & 8TH
SAT. 10 - 6 & SUN. 10 - 5
AT THE GRASS VALLEY
NEVADA COUNTY FAIRGROUNDS

FOR MORE INFORMATION
ABOUT THE SHOW
OR TO BE A VENDOR CALL
530-477-4241
OR VISIT OUR WEBSITE
WWW.THEUNION.COM/HOMESHOW

Top Jobs
TEMPORARY
MAINTENANCE LABORER
Placer County Water Agency

USEFUL INFORMATION

Customer Service
 Editorial Staff
 Rack Locations

"do the best that they can" to finish is likely all you can do.

Brown-Bag-It. By packing your child's lunch you will have a better knowledge of what they are eating, and a home prepared meal will give your child the connection to home while they are at school. There are countless possibilities for creative, healthy, convenient foods that taste yummy.

As we enter cooler temperatures, warm and moist foods will be comforting and nourishing. You can easily put soup, rice or macaroni and cheese into a thermos. You make a "Pita Bread Pizza" using tomato sauce, mozzarella cheese and veggies of your child's choice. Substitute chips, cookies and candy with bananas, dates, figs, raisins, oranges and nuts.

Involve your child. Make meals and shopping for wholesome food, planning meals and packing lunches a family activity. This provides you an opportunity to begin educating yourself and your family about food, and the correlation between nutrition and health. And, if your child has been involved in the process they will be more likely to eat their lunch.

Be Realistic ... With yourself, and your child. It is what you do most of the time that matters, not what you do some of the time. And, if your child's weight is getting in the way of other parts of their life then you should seek professional advice immediately.

Habits surrounding food are the key to health. If you can give your child this, everything else is icing on the cake - or tomato sauce on the pita pizza.

- Jean Munoz is member of the National Ayurvedic Medical Association (NAMA), a National Academy of Sports Medicine certified personal trainer and USA Cycling Certified Coach. She holds a B.A. in economics from California State University, Sacramento, and is always continuing her education in the experience of life. Munoz is owner of Sattva Yoga & Pilates in Rocklin.

- *For more information on this topic, or other health, wellness and fitness related topics, contact Jean at jean@jeanmunoz.com.*

 [printable version](#)

[Rack Locations](#)

 [e-mail this story](#)

[Placer County Water Agency](#)

MASTER TEACHER
 Placer County Office of
 Education

Positions Available
 Pak-N-Save - Auburn

Positions Available
 Safeway - Auburn

Computer Systems Technician
 II
 Nevada County Superior Court

[Click Here For More Top Jobs
 Have a Top Job? Click here
 for more information](#)

Contents of this site are all **Copyright © 2006** Gold Country Media. All rights reserved.
[Privacy Policy](#) | [Contact](#) | [Advertise with us](#) | [About Us](#) | [Feedback](#)