



Peyton Manning Children's Hospital at St.Vincent

FAMILY NUTRITION NEWSLETTER

• FEBRUARY 2012 EDITION •

The featured produce of the month are **ORANGES** and **SUGAR SNAP PEAS!**



THE CHILDREN'S HEART CENTER AT ST.VINCENT

The Children's Heart Center is a regional center of excellence in the care of children with heart disease. We are proud to be a part of St.Vincent Hospital and the Indiana Heart Institute, consistently recognized by US News & World Report as a leader in cardiology and cardiac surgery. Of the 6,400 hospitals surveyed nationwide, St. Vincent's cardiovascular program had one of the three lowest mortality rates in the nation. This measure demonstrates our commitment to provide superior care utilizing the most current diagnostic and treatment modalities in a family-focused environment. Because of our collaboration with St.Vincent Hospital and the Indiana Heart Institute, we are able to offer the most comprehensive cardiac care in the state. From the most premature infants to the oldest adults, the Children's Heart Center is able to make a lifetime commitment to caring for your child.

OUR HIGHEST PRIORITY

A focus on superior care distinguishes the Children's Heart Center from other teaching and academic centers in the Midwest. A child's treatment is not automatically delegated to a trainee. At our institution, only fully trained board-certified physicians are entrusted in the care of your child. Children benefit directly from the expertise of pediatric cardiologists, pediatric intensivists and hospitalists, pediatric anesthesiologists and a faculty of highly trained pediatric specialists and sub-specialists.

OVERSEAS MINISTRY

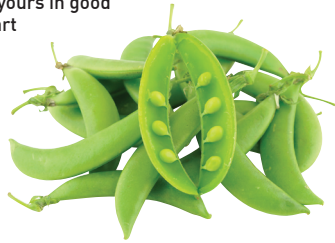
Consistent with St.Vincent's mission, The Children's Heart Center also provides care to children from several underserved areas throughout the world. With the help of Samaritans Purse, The Rotary Club and The Timmy Foundation, we have provided heart surgery to children from Bosnia, Kosovo, and Haiti at no charge to their families. This is the only hope of treatment for these children. Without surgery, they have little chance of reaching adulthood.

GETTING PHYSICAL... NATIONAL HEART HEALTH MONTH

February is National Heart Health Month so we thought this would be a good time to remind you about some basic heart facts and various ways you can help keep yours beating smoothly. Children usually do not have symptoms of heart or blood vessel problems but by starting heart-healthy habits when they are young, they can reduce the chance they'll ever need to worry about cardiovascular disease.

Most kids are born with a healthy heart and it's important to keep yours in good shape. Here are some things that you can do to help keep your heart happy:

- Remember that your heart is a muscle. If you want it to be strong, you need to exercise it. Try to be active every day for at least 30 minutes for adults and 60 minutes for children.
- Eat a variety of healthy foods and avoid foods high in fats. Try to eat at least five servings of fruits and vegetables each day.
- Avoid sugary soft drinks and fruit drinks.
- Don't smoke. It can damage the heart and blood vessels.



ST. VINCENT COMMUNITY EVENTS

Go Red Day

On 2/3/12 the St.Vincent Heart Center of Indiana is the exclusive sponsor of the Indianapolis Go Red for Women Campaign. Visit www.heart.org for more information on women and heart disease

The Children's Museum PlayFit

Event begins at 10 am on 2/4/12 at The Children's Museum, 3000 Meridian St., Indianapolis, IN
Join us for an indoor fitness extravaganza! Celebrate healthy choices and active play with special performances and activities. Visit the Peyton Manning Children's Hospital at St.Vincent booths and enter to win a one year Children's Museum membership.

Did you know that the grapefruit got its name from the way it grows in clusters (like grapes) on the tree? • The fruit from which grapefruit evolved probably originated in Indonesia and Malaysia. • Did you know there are other varieties of snap peas including Sugar Rae, Sugar Bon and Sugar Ann? • Thomas Jefferson planted more than 30 varieties of peas in his garden.

HELPING YOUR CHILD EAT HEALTHY

- Kids seem to like oranges the way nature intended...peeled and plain.
- For a breakfast treat, make fresh squeezed orange juice.
- Toss orange segments into your next salad along with some toasted almonds. Yum!
- Sugar snap peas are a tasty treat served raw along with low fat salad dressing.
- Steam sugar snap peas along with carrots for a healthy side dish.

PRODUCE TIPS

When buying oranges, look for fruit with a shiny skin without wrinkles, soft spots or mold. Store oranges in a cool place outside the refrigerator and try to eat them within a few days. If you need to keep them longer, refrigerate in a plastic bag or in the crisper section of the refrigerator. Snap peas should have nice, dark green color. They should also have a firm crispness. Sugar snap peas should be about 2 1/2 to 3 inches in length. They should also have a plump, snug pod encasing the peas inside.

RECIPE CORNER

Fresh Orange Salsa

- Ingredients:
- 1/2 cup fresh orange segments, diced
 - 1 cup Roma tomatoes, diced
 - 1 Tbsp. red onions, small diced
 - 1 tsp. jalapeño, minced
 - 2 Tbsp. cilantro leaves, minced
 - 1/8 tsp. salt

Mix all ingredients together and enjoy!
This salsa pairs well with grilled fish or chicken.

Recipe from www.sunkist.com.



Nutrition Facts

Serving Size 1 fruit 2-5/8" dia 131g (131) T	
Amount Per Serving	
Calories 62	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	13%
Sugars 12g	
Protein 1g	
Vitamin A	6% • Vitamin C 116%
Calcium	5% • Iron 1%

← ORANGE SUGAR SNAP PEAS →

HOW MUCH DO I NEED?

Recommended Daily Amounts Of Fruits & Vegetables*	
Kids, Ages 5-12	2½ - 5 cups per day
Kids, Ages 13-18	3½ - 6½ cups per day
Adults, 19+	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov to learn more.

Nutrition Facts

Serving Size 1 cup, chopped 98g (98 g)	
Amount Per Serving	
Calories 41	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 4g	
Protein 3g	
Vitamin A	21% • Vitamin C 98%
Calcium	4% • Iron 11%