



THE FEATURED  
FRUIT OF  
THE MONTH IS...  
**Pears!**



## FAMILY NUTRITION NEWSLETTER - FEBRUARY 2010 EDITION

### 24/7 Nurse Advice Line (338.KIDS)

Where do you turn when you have a question about your kids' health... and you need answers right now? Peyton Manning Children's Hospital at St. Vincent has your answers. We're just a phone call away, 24 hours a day at (317) 338-KIDS (5437).

Our experienced nurses are available 24/7 to take your questions about high fever, allergic reactions, burns, rashes, accidents and more. And for kids who need emergent care, our Hilbert Pediatric Emergency Department is the only dedicated kids' emergency room on Indianapolis' Northside.

We're specialists in treating emergencies for kids – and we're here 24 hours a day, seven days a week, every day of the year.

The answers you need now are at (317) 338-KIDS.

### PRODUCE TIPS

- Choose pears that look colorful and fresh with no bruises or external damage.
- Test for ripeness by pressing gently near the stem. If it 'gives' some and feels a bit soft, it's ready to eat.
  - Store ripe pears in the coldest part of the refrigerator.
  - After cutting pears, help them keep their color by tossing them in a mixture of 1 tablespoon of 100% apple juice and one cup of water.



Pears are one of the few fruits that do not ripen on the tree. Instead, they improve in flavor and texture after picking!

### 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 ways you can help keep yours beating smoothly. Kids usually don't have any symptoms of heart and blood vessel problems, but by starting heart-healthy habits when they are young, kids can reduce the chance they will ever need to worry about cardiovascular disease.

It's really simple to take care of your heart. Here are the most common things you can do to keep your heart healthy:

- **Exercise regularly** - Health experts recommend at least 30 minutes of physical activity for adults and 60 minutes of physical activity for children every day to reduce the risk of heart disease.
- **Avoid tobacco** - Smoking is not smart and it only adds to your chance of developing heart disease.
- **Follow a nutritious diet** - According to health officials, approximately 25% of children between the ages of 6 and 19 are overweight, which may place an alarming number of children and adolescents at an increased risk for heart disease.
- **Monitor high blood cholesterol and high blood pressure** - The well-known Bogalusa Heart Study found that children between the ages of 5-17 who were overweight were 2.4 times more likely to have elevated total blood cholesterol levels than children of normal weight.

### HELPING YOUR CHILD EAT HEALTHY

- Cut a pear in half and remove the core. In the center, fill with peanut butter or low fat yogurt. You can also sprinkle granola or cinnamon on top.
- For breakfast or a side dish with dinner, cut a pear in half and take out the core. Add low-fat cottage cheese in the middle and serve on a piece of lettuce.
- Add slices of pears to your grilled cheese sandwich. You can use any type of cheese - gouda, cheddar and brie are yummy options.
- Take your child(ren) to the grocery store and let them see the variety of types that are available. Have a taste tasting at home and ask them to pick their favorite type of pear.

### FEBRUARY HEALTH AND WELLNESS EVENTS

National Heart Health Month  
National Cancer Prevention Month

### CHILDREN'S HEART CENTER AT ST. VINCENT

We are proud to be recognized by US News & World Report as a leader in cardiology and cardiac surgery. Of the 6,400 hospitals surveyed nationwide the St. Vincent cardiovascular program had one of the three lowest mortality rates in the nation. Because of the collaboration of 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 pediatric intensive care physicians' only duty is to care for children in the pediatric intensive care unit. They provide support 24 hours a day, 7 days a week and are available to respond quickly to your child's needs.

- Our Pediatric Intensive Care Unit offers a suite of private rooms, state-of-the-art monitoring equipment, and an all-RN nursing staff dedicated to the care of pediatric cardiology and cardiovascular surgery patients.

- All pediatric staff are certified in Pediatric Advanced Life Support (PALS)

- Pediatric intensive care nurses have an average of 12 years of experience in pediatrics (some of the most experienced pediatric ICU nurses in Indiana)

Consistent with the St. Vincent mission, The Children's Heart Center also provides care to children from several underserved areas throughout the world. With the help of Samaritan's 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.

Whatever your heart needs are, be assured that you are in good hands with the Children's Heart Center at St. Vincent.

### HEALTHY LUNG FACTS...

Asthma is the most common chronic condition among children.

Dust mites, mold, cockroaches, pet dander and secondhand smoke trigger asthma attacks.

Nutrition Facts		
Serving Size 1 medium 178g (178 g)		
Amount Per Serving		
Calories 103	Calories from Fat 2	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 2mg	0%	
Total Carbohydrate 28g	9%	
Dietary Fiber 6g	22%	
Sugars 17g		
Protein 1g		
Vitamin A	1%	Vitamin C 12%
Calcium	2%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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### HOW MUCH DO I NEED?

#### Recommended Daily Amounts Of Fruits & Vegetables\*

Kids, Ages 5-12	Kids, Ages 13-18	Adults, 19+
2 1/2 - 5 cups per day	3 1/2 - 6 1/2 cups per day	3 1/2 - 6 1/2 cups per day

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

Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

### RECIPE CORNER

#### Pear Quesadillas

Serves 4 as a snack or 2 for lunch

#### INGREDIENTS:

- 2 ounces extra-sharp cheddar or Gruyere cheese, coarsely grated
- 2 (7-inch) flour tortillas
- 1/2 pear (any type), cored and sliced into 1/8-inch-thick wedges
- 1/2 tablespoon unsalted butter

Have your child sprinkle three-fourths of the cheese over one tortilla. Arrange the pear slices over the cheese and sprinkle the rest of the cheese over the pears.

Top with the second tortilla.

Melt butter in a skillet until bubbling, and then add the quesadilla to the skillet. Cook over medium heat until the cheese begins to melt, about 3 minutes. Flip and cook about 3 minutes more. Transfer to a cutting board and let stand 2 minutes before cutting into wedges.

This recipe is good for you because of the protein in the cheese and the fiber in the pear. Protein is essential for growth, and fiber helps prevent constipation.

Enjoy!