Dear CATCH Kid and Family:

We hope you’re enjoying the CATCH® Kids Club (CKC) and that it has been beneficial. For the next 3 weeks of lessons, the CKC will focus on the importance of limiting fat in the diet.

If the children choose to eat foods lower in fat at a young age and understand the advantages of doing so, they will be less likely to develop heart disease later in life. The percentage of children and adolescents who are overweight has more than doubled since the early 1970s. Currently, about 16% of children and adolescents are obese.

As always, in the CKC, we’ll learn about low-fat foods in a fun way. The children will play games, sing songs, do art activities, and prepare some low-fat snacks.

Parents of all CKC kids should talk with them about what they’re learning and encourage them to eat lower-fat foods.

You’ll find tips and a recipe on the back of this letter.

Healthy Tips for Heart Healthy Living

Use more fresh fruits or fruits canned in their own juice. Use more fresh, frozen, or canned vegetables and beans (legumes). Choose cereals, breads, and other foods made with whole grains. Use more fish and poultry. Use smaller portions and leaner cuts of red meats. Use more low-fat dairy products, including skim or 1% milk, low-fat yogurt, and low-fat cheeses.
SUPERSTAR SMOOTHIE

Ingredients:
- 2 pints low-fat vanilla yogurt
- 2 ripe bananas
- 1 cup orange juice
- 1 cup blueberries, strawberries, or pineapple

8 six-ounce servings

Directions:
1. Peel and slice the bananas.
2. Add the bananas, orange juice, and berries or pineapple to the yogurt.
3. In a blender or food processor, blend or mix the yogurt, orange juice, bananas, and other fruit together until smooth.
4. Pour into cups and enjoy!

HOW TO SQUEEZE FOOD FAT OUT OF YOUR MEALS

- Use half the amount of fat or oil you usually use, that is, half the margarine, half the salad dressing, half the mayonnaise, or half the cooking oil.
- Choose fish, white turkey or chicken, or lean cuts of beef or pork.
- Braise, broil, steam, poach, or grill (these cooking methods require no added fat), or use nonstick vegetable spray.
- Remove skin from poultry before eating it. Use a tomato sauce or other low-fat sauce to keep poultry moist while baking it, or dip it in milk and roll it in seasoned breadcrumbs and bake for a crunchy finish.
- Instead of sugary desserts, choose fresh fruits. Instead of fried snacks, try raw vegetables, fresh fruits, and baked snacks!