

# Get in the Game For Good Health!



Dear Parent:

The number of overweight and obese children in the United States is alarming. Today more than nine million children age 6-19 in the U.S. are overweight. According to the Surgeon General, type 2 diabetes, a disease closely linked to overweight, has increased dramatically in children. Being overweight also puts children at risk for serious health conditions such as high blood pressure, high cholesterol levels, and social problems such as low self-esteem and depression.

Today, too many children (and adults) are eating more and exercising less – a formula that results in excess body fat. Your child is currently participating in an education program titled **Get in the Game For Good Health!** that focuses on this problem. Sponsored by the California Olive Industry – an industry committed to healthy eating – the program is designed to encourage children to eat healthy and exercise more.

Support your child in his/her efforts to change habits that need improvement and to maintain positive ones. Some suggestions for healthy eating and exercising are:

- Eat meals together as a family as often as possible.
- Carefully cut down on the amount of fat and calories in the family diet.
- Encourage the drinking of water rather than beverages with added sugars.
- Stock the refrigerator with fresh fruits and vegetables for snacking.
- Plan family activities that provide everyone with exercise and fun.
- Encourage your child to swim, bike, skate, play ball or do other fun physical activities.
- Reduce the amount of time family members spend watching TV or playing video games. Try to limit the time to two hours a day for all family members.

To help you and your child see how many calories he or she burns during various physical activities – from making beds to playing soccer – check out our child-oriented calculator

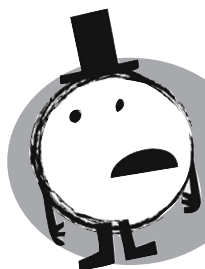
at [www.CalOlive.org/calculator](http://www.CalOlive.org/calculator). We've also included a healthy, kid-friendly recipe for you to try. To find more recipes and more information about the growing problem of overweight among children, check out the California Olive Industry web site.

## Toaster Turkey Triangles

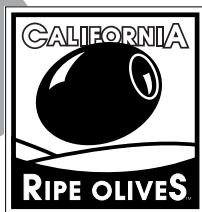
- 3 oz. sliced turkey, chopped
- 1/3 cup grated Monterey jack cheese
- 2 tablespoons chopped California Ripe Olives
- 1 tablespoon salsa
- 2 (9 inch) burrito sized tortillas



In a small bowl, combine turkey, cheese, California Ripe Olives and salsa. Prepare each tortilla by spreading turkey mixture on one half. Fold remaining uncoated side of tortilla over to create a half-moon shape. Repeat with remaining tortilla and mixture. Place each "half moon" on a separate sheet of foil and place (one at a time) into toaster oven. Broil for 3 - 5 minutes, then flip and brown remaining side. Repeat with second tortilla. Cut each tortilla into 4 wedges. Makes 4-6 kid-sized snacks.



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