

# Remarkable kids

Brought to you by Novant Health Hemby Children's Hospital and its dedicated children's emergency department

## 10 tips to pack a perfectly nutritious lunch

### 1 Balance is key.

1/2 of meals should be fruits and veggies  
1/4 whole-grain starch  
1/4 protein



### 3 Skip sugary drinks.

#### No

- Soda
- Sweet fruit juices
- Sports drinks

#### Limit

- Children's juice (limit to 8 ounces per day of 100 percent fruit juice)

### 5 Read the labels.

Choose low-sodium, low-fat lunchmeats.

#### Nutrition Facts

| Serving size       | Serving per Container |
|--------------------|-----------------------|
| Amount per serving | Calories              |
| % Daily Value*     |                       |
| Total fat          | —g —%                 |
| Saturated fat      | —g —%                 |
| Cholesterol        | —g —%                 |
| Sodium             | —g —%                 |
| Total carbohydrate | —g —%                 |

### 7 Pass on processed.

Skip snacks that are processed or prepackaged.



### 9 Leftovers make great lunches.

Meals from home will be naturally **lower in fat and sodium** than restaurant options.



### 2 Go whole grain.

Use **100 percent** whole-wheat or whole-grain bread, cereals and pasta.

**TIP:** Try sandwich "thins."



### 4 Make room for milk.



Children need **2 to 3 cups** of low-fat milk daily.

**TIP:** If your child won't drink milk, try low-fat yogurt.

### 6 Pack lean protein.

Consider poultry, lean red meat, fish, beans and eggs.



### 8 Save the sweets.

Limit candy and baked goods to rare treats.



### 10 Eat the rainbow.

Choose colorful fruits and veggies for a variety of nutrients.

**TIP:** Encourage your child to choose a new fruit or vegetable weekly to include in meal prep.



Connect with a pediatrician today to ensure your child's nutrition and growth are on track. [NovantHealth.org/kids](http://NovantHealth.org/kids)

Hemby Children's Hospital

# Now is the time to start fighting the flu

## Arm your family with immunity and information

No one wants to suffer through the flu. No parent wants to see their child sick. And no family has time for illness. So, what can you do to prepare for flu season?

“Getting an annual flu vaccine is the best way to protect yourself and your family from the flu,” says The Centers for Disease Control and Prevention (CDC). They recommend that everyone age 6 months and older get a flu shot every year.

### The flu is not just a really bad cold

In addition to benefits like reducing flu illnesses, doctor visits and missed work and school, flu vaccinations can protect against serious flu-related health problems.

Each year, an average of 200,000 Americans are hospitalized with the flu. Getting the flu shot can prevent flu-related hospitalization.

People younger than 19 years of age are known to be at increased risk of serious complications from the flu, cautions the CDC. The flu kills between 3,000 and 49,000 people — close to the number of women killed annually by breast cancer.



### Herd immunity

The CDC also explains another important, collective benefit of getting a flu shot. “Getting vaccinated also protects people around you, including those who are more vulnerable to serious flu illness, like babies, young children, older people, and people with certain chronic health conditions.”

### Don't wait to vaccinate

Get vaccinated as soon as this season's flu shot becomes available to get a jump on germs. Don't wait until the flu is widespread — it takes the body two weeks to develop immune protection after vaccination and flu season can start as early as October.

**Schedule your child's flu vaccination. Connect with a pediatrician. [NovantHealth.org/kids](http://NovantHealth.org/kids)**

## Honoring Childhood Cancer Awareness Month

The National Cancer Institute reports that, “Pediatric cancer fatalities have declined by nearly 70 percent over the past forty years.” And research suggests that taking steps to protect the health of children and young adults may reduce their chances of getting cancer, according to the CDC's Division of Cancer Prevention and Control.

### Behaviors that may lower cancer risk:

- Getting enough folic acid during pregnancy
- Breastfeeding
- Eating healthy food

- Getting enough physical activity during childhood
- Completing the three-dose HPV vaccine series
- Ensuring safe, stable, nurturing relationships and environments for children and families
- Reducing harmful exposures to: alcohol and tobacco during pregnancy, smoking and secondhand smoke, sunbathing and tanning beds, underage drinking, traffic-related air pollution, cancer-causing chemicals, high amounts of radiation during certain medical tests like CT scans, and learning about family history of exposure to diethylstilbestrol (DES)



At Novant Health, care is all connected — from our physician clinics and pediatric urgent cares to Novant Health Hemby Children's Hospital and its children's emergency department. We have your little princess covered.

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