

## Insider Look

### Obesity

- Obesity is an epidemic that impacts children just as much as it does adults. It is defined as carrying extra weight or having too much body fat.
- Obesity is caused by multiple factors, including genetics, metabolism, eating too many calories in a day and low levels of physical activity.
- Obesity puts people at risk for high blood pressure, diabetes and high cholesterol.
- Obesity can be both prevented and treated. Make sure to eat foods high in nutrients and low in calories, like fruits and vegetables. Aim for 1 hour of physical activity per day.
- Consuming more calories than used during a day causes weight gain. For an older child or adult, 500 extra calories per day makes a difference leading to 1 extra pound of weight per week.
- Examples of ways to eliminate 500 calories a day include: walking or bike riding for 90 minutes, swimming for 60 minutes, eliminating 2 candy bars and eliminating one 40 ounce soda.
- Papayas taste good and are often a fun new fruit for many children. Offering fruit can promote maintaining healthy weight, provide essential nutrients that improve digestion and antioxidants that impact overall health.

**Our diets** can be either a **risk factor** for diseases or a **way to prevent** them.

## Tips

### Selecting :

- Choose papayas that are firm with some yellow streaks

### Storing:

- Keep papayas on the counter for 2-3 days until they are completely yellow to orange.

### Benefits:

- Excellent source of vitamins A and C
- Good source of potassium
- Good source of folate
- High in fiber

### Preparing:

- Papayas are ready to eat when they are mostly yellow with some orange.

- Start by cutting the papaya in half lengthways.

- Use a spoon to scoop out the black seeds. Throw away the seeds.

- On each half, use a small knife to cut the fruit away from the skin.

- Discard the skin and cut the fruit as desired.



# Papaya



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## Papaya Salsa

Yield: 4 servings  
 Serving size: ¼ cup  
 Recipe from food.com

### Ingredients:

- 1 large papaya
- ¼ red bell pepper
- ¼ green bell pepper
- 1 jalapeno pepper
- 2 tbsp chopped cilantro
- 2 tsp lime juice or orange juice

### Instructions:

1. **Peel:** Peel skin off papaya with vegetable peeler or knife.
2. **Chop:** Chop papaya, red bell pepper and green bell pepper into small pieces.
3. **Mince:** Slice jalapeno pepper in half, remove seeds, mince into very small pieces.
4. **Mix:** Add all ingredients to a large bowl and mix gently.
5. **Eat:** Serve over your favorite grilled chicken or fish.

### Nutrition Facts

Serving Size (96g)		Servings Per Container	
Amount Per Serving			
<b>Calories 40</b>	Calories from Fat 0		
	% Daily Value*		
<b>Total Fat 0g</b>			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 10mg</b>			<b>0%</b>
<b>Total Carbohydrate 11g</b>			<b>4%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 5g			
<b>Protein 0g</b>			
Vitamin A 10%		Vitamin C 120%	
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:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**Choose papayas that are firm with some yellow streaks.**

## Perfect Papaya Parfaits

### Ingredients:

- ¾ cup non-fat, flavored yogurt
- ½ cup papaya, cubed

### Make it fun!

Mix it up by adding your own favorite toppings. Some great options are strawberries, bananas, blueberries, raspberries, kiwi, peaches, pineapple, sliced or chopped nuts like almonds or walnuts.

### Instructions:

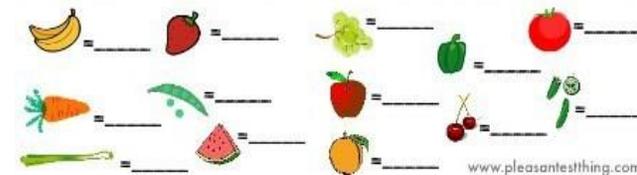
1. Add half of the yogurt to a cup or small bowl.
2. Add half of the papaya pieces on top of the yogurt.
3. Add the rest of the yogurt to the cup.
4. Top with the rest of the papaya.
5. Add any other toppings you want!



## Instructions

Find all the fruits and veggies!

## Fruit and Vegetable I Spy



Banana = 4, Strawberry = 8, Grapes = 3, Green pepper = 9, Carrot = 11, Peas = 6, Apple = 5, Cherries = 5, Cucumber = 1, Shallots = 2, Watermelon = 6, Peach = 6

