



Stan & Fran's Health Hints



October 2010

It is back to school time !

...And mornings can be a rush but it is still important for kids to start their day with a nutritious breakfast. Cereal is one of the easiest breakfasts and kids seem to love it. Served with milk, it's a great way to get calcium and vitamin D. Unfortunately, the **least** nutritious cereals on the market often have the **most** nutrition claims, and are heavily marketed to kids. Even the "healthy looking" cereals can be high in added sugar and salt, so it is important to look closely and choose wisely.



- ✓ Choose cereals that list whole grains as the first ingredient.
- ✓ Focus on fiber.

Look for cereals with 3 grams of fiber or more per serving.

- ✓ Skip cereals that list sugar in the first three ingredients.
- ✓ Less salt is better! Compare cereals and choose ones with the least amount of sodium.
- ✓ To make cereal more nutritious, try adding fresh or frozen blueberries, sliced strawberries, bananas or almonds.
- ✓ Provide choice. Once you have identified several cereals that are more nutritious, let your child choose the one they would like to try. Kids are more likely to eat it if they pick it out themselves.



Pinworms

Pinworm infection can happen to anyone. It is an intestinal infection caused by parasitic worms that are about 1cm long. It is not related to being unclean. Pinworms don't usually cause serious health problems and they do not carry disease.

Signs and symptoms:

- ◆ Itching around the rectum (bum) often at night.

How do you get pinworms?

- ◆ By swallowing the worm's eggs. The eggs may be present on the hands of someone who has pinworms or on surfaces they may have touched such as bedding, clothing, toys and desks. Eggs can live on surfaces for about two weeks.

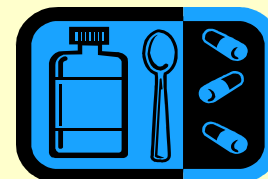


Prevention

Wash your hands often, especially before eating!

Treatment

- ◆ Medicines (liquids, chewable tablets or pills) are available at the drugstore with or without a prescription.
- ◆ Even if only one child in the family has pinworms, it is important for all children to be treated at the same time.
- ◆ Wash bedding, towels and clothes with hot water..
- ◆ Children may return to school after taking the first dose of medicine, having a bath, trimming and scrubbing their nails.



For more information, go to www.healthlinkbc.ca or call 811.