



### Featured Recipes

Celebrate "[The Year of the Soybean](#)" at the Indiana State Fair and at home with these featured recipes:

- [Asian Chicken Edamame Pizza](#)
- [Apple Cinnamon Soy Pancakes](#)
- [Toasted Soybeans](#)

[Learn more](#) about the benefits of soy, soybeans and soy milk.

### Bennie the Bean



Before you head out to the Indiana State Fair, August 5-21, visit Bennie the Bean (he's a soybean) on [Facebook](#) and on [Twitter](#). Bennie will keep you up-to-date on all things SOYBEANS! [Click here](#) to find all the places you can find soybeans during the fair.

### Super Foods - Hype or the Real Deal?

Indianapolis Star reporter, Barb Berggoetz, explores whether or not "power" or "super" foods are being overused and their overall health benefits. [Read what she](#)

### FitCity Focus: Whole Foods Kids Foundation



FitCity is excited to share information about Whole Foods Kids Foundation - especially its School Garden Grant program, which kicks off this fall. The program will support schools wanting to establish or grow their school gardening programs. Whole Foods Market has been an advocate for school lunch reform and has supported healthy eating education for children for many years.

To learn more about the Foundation and how to apply for a school or community garden grant, visit [wholekidsfoundation.org](#).

### Dancing Contest Can Earn Girls a Spot in a Music Video

[Best Bones Forever](#) and teen pop stars, [Savvy](#), are hosting a [Let's Dance contest](#), a spin-off from First Lady Michelle Obama's Let's Move!

The goal is to encourage girls across the country to move more so they build strong bones. The contest is about having fun and building strong bones - and dancing is a great way to do both. Girls between the ages of 9 and 18 can download one of five SAVVY songs, choreograph a dance routine and submit their video. Dance videos must be received by August 10. The winning team will win a trip to LA to appear in the SAVVY music video. [Click here](#) for more information and complete contest rules.



### Happy About the Fruit in Happy Meals

Beginning in September, rather than offering children the choice between apples and fries, McDonald's will automatically include both. The new French fry holders in Happy Meals will

[discovered](#) and why we shouldn't fixate on the term 'super foods' and why we shouldn't overdo it.

### FitCity Nutrition Tips

- Stay away from any product that has sugar or a form of sugar listed as one of the first three ingredients. Try it for a week.
- Cut high-calorie foods, like desserts, candy, and hamburgers, into smaller portions and eat only the portion that can fit into the palm of your hand.

[Click here](#) for the rest of the FitCity Top 5 Tips.

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contain 1.1 ounces of potatoes, a decrease from 2.4. While apple slices will be the featured healthy side dish, a meal may also include carrots, raisins, pineapple slices or mandarin oranges, depending on the time of year and the region in which they're being served. The company also will promote nutrition in its national kids' advertising and Happy Meal packaging. [Read more](#) about this healthy change.

### FitCity Calendar

Below are just a few of the many events taking place around the city to get you moving more.

- **Saturday, August 6 & Sunday, August 7:** [Mayor's Latino Soccer Cup](#), 9 a.m., Northwestway Park.
- **Saturday, August 13:** [First Lady Cheri Daniels' Heartland Walk for Health](#), 9 a.m., Indiana State Fair.
- **Saturday, August 20:** [Gary's Ride](#), 8 a.m., Plainfield. Charity bike ride for all ages and abilities.
- **Monday, August 22:** [Discover & Dine](#) (more than a health fair), 5-7 p.m., JCC, Schloss Gym.

**For more events and FitCity resources visit [www.fitcityindy.org](http://www.fitcityindy.org) or call 2-1-1.**

*FitCity is a community-wide childhood obesity fighting campaign of [Learning Well, Inc.](#), with support from [The Health Foundation of Greater Indianapolis](#), the [City of Indianapolis](#), [United Way of Central Indiana](#), [Marion County Health Department](#) and [Connect2Help 2-1-1](#).*

**Make a healthy move and share the FitCity News!**

Forward  
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