

April, 2010

Weber-Morgan Healthy 2010 Newsletter

Supporting the Health and Wellness of our Community



The people who say they don't have time to take care of themselves will soon discover they're spending all their time being sick.

-Patricia Alexander, Book of Comforts

Get Creative

- Use the stairs instead of the escalator or elevator
- Go for a walk while dinner cooks
- Plan active family activities- play soccer in the park rather than going to a movie
- When unloading groceries, carry in one bag at a time
- Power-shop: walk as fast as you can through the grocery store
- Multi-task: set an example for your students and get active walking the Gold Medal Mile or doing 5-Minute Energizers

Finding Time For Health

Have you ever caught yourself saying, "I don't have time to eat healthy," or, "I don't have time to exercise?" Hectic lives have become the norm these days. We're all rushing from one commitment to the other, juggling multiple schedules, and still trying to fit in time for family and ourselves.

Unfortunately, when time is short, healthy behaviors often go right out the window. After all, you don't

often see the impact right away. Whether we see a difference in our health or not, one day, the consequences of an unhealthy lifestyle will catch up to us. If we don't take the time to protect our health today, we may not have it tomorrow.

This month's newsletter is designed to help you make the most of what little time you may have to live a healthier lifestyle. It's not as hard as it seems! Even little changes have a huge impact.

Fitting in Fitness

Exercise is one of the first things to be neglected when we get busy (or even when we're not!). So how do you exercise on a busy schedule, and actually enjoy it?

First of all, you're probably wondering how much exercise you need. The current recommendation is at least 60 minutes of physical activity on most, if not all, days of the week. 30 minutes of moderate intensity physical activity, (beyond normal activities) on most days of the week will reduce your risk for chronic diseases, and 60 minutes of moderate to vigorous intensity activity will help prevent gradual weight gain.

Start by making a commitment. Without a commitment, it's just a nice thought. But how do you do that when you're busy? Schedule it. Make an "exercise appointment" and consider it mandatory. Don't have a whole hour? Break it up into smaller chunks (four 15 minute sessions, for instance). This will help make it less intimidating and work better with your schedule. Either way, the health benefits are the same.

Second, set a few goals. Goals will

give you something to work toward. It's also a wonderfully encouraging feeling when you accomplish what you set out to do. But don't get ahead of yourself! Set small, achievable goals and work your way up. No sense in discouraging yourself from the starting gate!

Now, how do you make it enjoyable? For starters, make sure it's something you like doing. If you hate running, but do it because you tell yourself it's good for you, you'll never stick with it. You may also find it more enjoyable, and yourself more motivated, if you find a workout buddy. And don't think that it has to be structured to be effective. Feel free to get creative. Some great ideas of non-structured activities are listed to the left!

Finally, a good dose of perspective will keep you going. Ditch that all-or-nothing mentality. If you're not able to do everything you planned on doing, that's okay. Do what you can, and let it go. Don't beat yourself up for missing a workout, and definitely don't let it stop you in the future. If you fall off the wagon, pick yourself up and keep on going!

Need a Recipe Box Makeover?

Need recipes that are quick, easy and healthy? Check out these links:

- American Institute For Cancer Research's Recipe Corner:
www.aicr.org
- Lickety Split Recipes by Zonya Focco, RD
http://www.zonya.com/healthy_recipes.html
- American Heart Association's Delicious Decisions:
www.deliciousdecisions.org
- Fruits and Veggies More Matters
www.fruitsandveggiesmorematters.org



Making time for family meals is well worth the effort!

A Little Planning Goes a Long Way

Healthy meals *can* be made in a short amount of time with a little bit of organization.

The first step is to plan your menu. Having a menu planned out helps you:

- Have more control
- Eliminate “what’s for dinner”
- Have healthy foods on hand
- Make fewer trips to the grocery store
- Eat less high-calorie takeout meals
- Ensure you’re getting the right amounts from each food group
- Save time and money, too!

Take a little time to sit down with your cookbooks and plan out a week’s worth of healthy meals that you can make with the time you have. Try to focus on whole grains, fruits, veggies, lean meats, fish, beans and low fat dairy. Visit www.mypyramid.gov to learn how many servings of each food group to plan for. Be sure to plan when you’ll be eating leftovers or eating out (check out “Eating Healthy When Eating Out,” on pg. 4).

Second, make a grocery list using the menu you’ve created- and stick to it. Not only will this save you time at the grocery store, it’ll help you avoid buying junk food and save you money,

too! Look for recipe-ready items in the produce or freezer sections (chopped onions and bell peppers, broccoli florets, carrot slices, etc). They’re more expensive than if you prepare them yourself, but they’re a time saver.

Also look for healthy and quick side dish options. Fresh or frozen veggies can be purchased in microwave steamer bags. Make sure there’s no high calorie sauces- just the veggies, please. Or, you can create your own by buying the steamer bags, adding veggies of choice and some herbs. These can easily be assembled ahead of time and popped in the microwave when you’re ready.

If you have a little extra time, prepare the ingredients you’ll need for weeknight meals and put them in sealable containers. Then all you have to do on a weeknight is toss it all together! While you’re at it, prepare healthy, single serving snacks and put them away at eye level. You can also put together sandwich bags full of healthy lunch items for quick grab and go lunches.

By planning ahead, you can prepare healthy meals that require little or no more time than ordering takeout and be eating better in no time!

The Return of the Family Meal

Finding time to sit down with the whole family for dinner can be difficult. Is it even worth it to try to gather everyone together? Experts agree that the answer is definitely yes!

Kids learn by modeling behavior. When you cook and serve meals at home, you teach your children the importance of good nutrition. They’re also more likely to develop healthy eating habits if they see Mom and Dad doing it. Most importantly, by making the time for family dinner, you’re really saying, “you’re important to me.”

Eating together allows families to connect with one another. Sitting at the same table on a regular basis helps to keep the lines of communication open, which gives parents the opportunity to direct their kids towards healthier behaviors.

Children who eat dinner as a family on a regular basis tend to:

- Be at a lower risk for substance abuse and eating disorders
- Consume more fruits and vegetables and less snack foods
- Do better in school

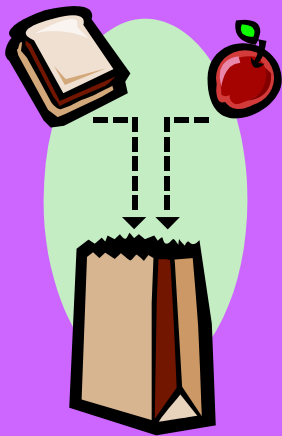
Ready to get started? First, make sure everyone knows about it. Dinnertime is a time to reconnect with one another, so make sure to turn off the TV and start a conversation! Be sure to make it a pleasant experience, too. Dinner is not the time for discipline or arguing- it’s a time to enjoy one another’s company.

While it may be awkward at first, remember the benefits. Your family will thank you for it in the end.

For more information, visit www.casafamilyday.org

Great Lunches:

- Whole grain pita bread with hummus, veggies and low-fat cheese. Don't forget the fruit!
- Whole grain crackers with tuna salad (made with fat free mayo), yogurt, and carrot sticks.
- Fill sandwich bags with veggies. Fill small cups with hummus or low-fat ranch dressing. Keep side by side in the fridge.



Grab & Go Breakfast

- Spread whole-wheat toaster waffles with 2 tbsp peanut butter. Top with fruit slices. Bring along a cup of yogurt.
- Homemade frozen breakfast burritos (see recipe section).
- Leftover veggie pizza.
- Granola bar, banana and yogurt.

Brown Bag Lunches

Bringing your own lunch is a great way to eat healthier. A homemade lunch can save you tons of calories, money and, believe it or not, time. Instead of wasting your lunch hour driving to get your lunch, you could be enjoying your 30 minutes of alone time. Interested? Follow these tips for healthy, quick lunches!

- Pack your lunch the night before so you won't have to do it while rushing out the door.
- Pack single-serving portions of easy to grab items to make it easier and faster to toss a lunch together.
- Hate soggy sandwiches? Pack the ingredients separately. Keep veggies separate from bread, put condiments in small containers, etc. Assemble it all at lunch.
- Try to include a fruit, a veggie, a whole grain item and a calcium rich item in each lunch.

Hey Peanut Butter Lovers!

If peanut butter is a favorite in your household, consider making the switch to natural varieties.

Regular peanut butters are often made with hydrogenated oils (i.e. trans fats) to prevent separation. Not to mention they're also loaded with added sugar, sodium and preservatives.

Natural peanut butters, on the other hand, are usually made with two ingredients: peanuts and salt. No added sugar or hydrogenated oils. And they're

Take Time For Breakfast

It turns out that breakfast really is the most important meal of the day. People who eat breakfast each day tend to have healthier diets overall, not to mention better concentration, problem solving ability, memory and mood. A good breakfast can also help with weight control as skipping breakfast often leads to overeating later in the day. And, according to the American Heart Association, eating breakfast may also help to prevent diabetes and heart disease!

If your excuse for not eating breakfast is a lack of time in the morning, plan

- Freeze leftovers from weeknight meals into homemade "TV dinners."
- Make your own frozen burritos, just the way you like it! Freeze burritos on a cookie sheet. Once frozen, transfer to a freezer bag. Makes great after school snacks, too.
- Be sure to drink a tall glass of water with your lunch- not soda! Remember, your students see that can on your desk, so set a good example.
- No more cold cuts! Cold cuts are loaded with sodium and preservatives and have been shown to increase cancer risk! Try real sliced turkey or chicken, instead. Making chicken for dinner? Why not make an extra breast or two and chop it up for lunches?

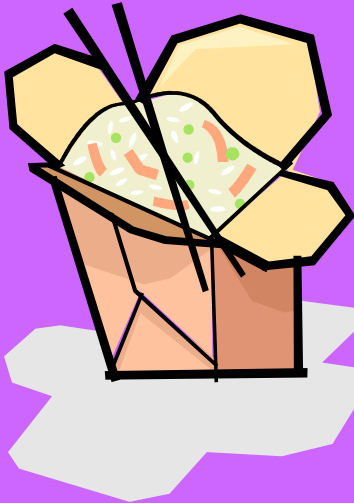
not just for health nuts! Many common brand names make all natural varieties.

Concerned about separation? Many brands have developed "no stir" versions, but they usually have added (and often hydrogenated) oils to prevent separation. Some varieties of natural peanut butters need to be stored in the fridge, so make sure to read the label.

It's an easy switch for the health of you and your family!

the night before. Either get up 10 minutes earlier to eat or take it with you. If you aren't hungry first thing in the morning, try having something small (a glass of juice or a few crackers) and bringing a mid morning snack. Just make sure to eat *something!* Breakfast is the fuel that gets your body (and brain) up and going!

Be sure your breakfast includes a variety of foods to give you the nutrient combo you need to delay hunger until lunchtime. Some great combos are listed to the left.



Dining out tips:

- Order half sizes or take half your meal home.
- Order sauces and dressings on the side.
- Hold the mayo!
- Ask for extra veggies.
- Trade in the fries for healthier sides, like steamed veggies or a salad.
- Chose water, diet soda or unsweetened tea over sodas.
- Order items grilled, poached, broiled, baked, roasted, or stir-fried and avoid anything fried.

Trimming Your Takeout

Eating out doesn't mean you have to settle for burgers and fries. There's no reason eating out can't fit into a healthy lifestyle! The key is making smarter choices.

Don't be afraid to ask for substitutions or modifications! Most places are happy to accommodate. Making a few modifications can improve the nutritional content of your meal, so speak up!

And don't assume that just because something sounds healthy that it is.

Turkey burgers and salads are notorious cheats and can often be just as bad, if not worse, than a regular burger! It pays to know what you're eating. Don't be afraid to ask for nutritional information. Many places will have it posted somewhere, though it may not be in the most obvious place. You can also find nutrition info on the Internet, usually under the restaurant's "menu" section.

With a little effort and moderation, you can still enjoy your dining experience!

Good Choices On-The-Run

Good Choice	Nutritional info	Make it even better! (note: this may change the nutritional content)
Subway: Turkey Breast 6-inch sub (no cheese, fat-free condiments, white bread), baked Lays potato chips and bottled water.	410 calories 6.5 g. fat 2 g. saturated fat 20 mg. cholesterol 1170 mg. sodium 6 g. fiber	- Order on wheat bread - Load up on veggies - Stick to fat-free condiments and skip the cheese. - Bring an apple from home to round out the meal.
McDonalds: regular hamburger (no cheese), Ceasar salad (instead of fries, no dressing), water or diet soda	350 Calories 13 g. fat 7 g. saturated fat 1 g. trans fat 40 mg. cholesterol 700 mg. sodium 4 g. fiber	- Skip the dressing or stick to low-fat options. - Ask for extra veggies on the burger. - Avoid ordering other menu items- believe it or not, the burger is better than the premium salads!
Pizza Hut: Veggie Lover's Pizza (1 slice)	220 calories 6 g. fat 3 g. saturated fat 15 mg. cholesterol 490 mg sodium 2 g fiber	- Ask for extra veggies and ½ the amount of cheese - Stick to one piece and have a side salad or piece of fruit
Chick-Fil-A: Char-grilled Chicken Sandwich (comes on wheat bread!), large fruit cup (made fresh in each store!). Source: Stop & Go- Fast Food Nutrition Guide by Stephen Aldana	370 calories 3.5 g fat 1 g. saturated fat 65 mg. cholesterol 940 mg. sodium 6 g. fiber	- Uses trans-fat free peanut oil for frying- making their French-fries a lesser evil. Stick to the small order, and not on a regular basis! - Ask for extra veggies on your sandwich.

Very, Very Bad Choices...

- McDonald's Chicken Selects Premium Breast Strips (5 pcs) w/ creamy ranch dressing- 830 calories and 55 g. fat (4.5 g. trans fat!). Add large fries and a regular soda and you're looking at 1,710 calories, in one meal!
- Worst sandwich? That would be Quizno's Classic Italian, weighing in at 1370 calories, 86 g. fat, and 4490 mg sodium (more than two day's worth!). A large homemade sandwich would probably be around 500 calories.
- Lonestar's 20 oz T-bone steak costs you 1,540 calories and 124 g. fat! Add the sides, a baked potato and lettuce wedge, and you're looking at 2,700 calories!
- Ever considered what's in one of Chili's Awesome Blossoms? Try 2,710 calories, 203 g fat, and 6,360 mg sodium! And no- this doesn't count as a veggie!
- The king of all bad restaurant choices? With 2,900 calories and 182 g. fat, Outback Steakhouse's Aussie Cheese Fries with Ranch Dressing take the cake.



We're on the Web!

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Share With Us!

Both of this month's recipes are quick, easy, healthy and, best of all, suit *your* taste! With a little experimentation, you can find what combo of ingredients works for you and your family.

If you find a particularly tasty combo, E-mail it to rgates@co.weber.ut.us

Fruit and Veggie of the Month

Have you ever cooked with **leeks**? Europeans have long appreciated the mild flavor and versatility of this onion relative, but Americans have yet to fully jump on the bandwagon. Leeks are used similar to onions, usually to add flavor to soups and stews, but are higher in vitamins and minerals. They also have a more mild flavor than onions, which some people prefer. Leeks are widely available in supermarkets and resemble overgrown green onions with fanning, overlapped leaves. They are typically sold in bunches of 2-3. Typically, only the white part of the plant is used in cooking. A word to the wise: the inner layers of a leek can become filled with dirt as the plant grows. Before using, swish sliced or chopped leeks in a bowl of cold water and let sit for a few

minutes. The leeks will float to the top and the dirt will sink to the bottom.

Strawberries are native to the Americas, but the version we know today is actually a hybrid of two wild plants from North and South America. Strawberries are the most popular berries and contain more vitamin C than other members of the berry family. In addition, ½ cup supplies more fiber than a slice of whole wheat bread. Fresh strawberries are typically at their peak from April to June, but can be found year-round in the freezer section. For a quick, portable snack, slice off the green tops and place the delicate fruits in a hard-walled container to prevent them from becoming mush. Try frozen berries in a smoothie for a quick, vitamin rich breakfast.

Recipe Corner: Quick and Customizable

Do-It-Yourself Frozen Burritos

Making your own frozen burritos is a snap. Plus, you can make them to suit your taste and dietary needs! They're a quick and easy lunch to grab when time is short.

Ingredients:

- Whole-wheat tortillas
- Refried beans (try a vegetarian or low-fat variety to avoid added lard)

Add any of the following:

Tomatoes
Salsa
Low-fat or fat-free cheese
Sautéed bell peppers and/or onions
Chipotle peppers, canned in adobo sauce
Canned green chiles
Cilantro
Brown rice
Lean cooked meats – chicken, lean steak strips, etc (add sparingly)
Or anything else that strikes your fancy!

Wrap 4-5 tortillas in a damp paper towel and microwave for 15-20 seconds until slightly warm and pliable. Spread with a few spoonfuls of beans. Add toppings as desired. Roll up and place fold-down on a cookie sheet. Continue with remaining ingredients. Place entire cookie sheet in the freezer overnight. When burritos are completely frozen, transfer to a freezer bag. Reheat in the microwave for about 2 minutes.

For a breakfast version, try adding scrambled egg whites or an egg substitute (such as EggBeaters).

Breakfast Berry Smoothie

Use your own tastes to guide you- find what combination of berries, bananas, juices and yogurt works for you and keep a pre-mixed bag of fruit and juice cubes in the freezer for quick breakfasts on the go!

Ingredients:

- Frozen mixed fruits.
- Frozen banana slices (save your overripe bananas- they'll make your smoothie creamy without adding fat).
- Frozen 100% juice cubes (fill an ice cube tray with juice of choice).
- Low- Fat or Fat-Free yogurt (vanilla or fruit flavored).

Experiment to find a flavor combo you like (ex: peach, raspberry, banana with orange juice cubes and vanilla yogurt). Once you've found a tasty combo, combine frozen fruits and juice cubes in a freezer bag. Store in freezer until ready to use. To make 1 serving: add 1 cup of frozen fruit mixture and 1 cup yogurt to blender- puree until smooth. Add milk or juice to thin if necessary. Pour into an insulated to go mug and off you go! Counts as 1 serving of fruit and 1 serving of dairy.