



May 2011

Welcome to the sixth edition and our second year of **Healthy Carroll Families (HCF)**. It will continue to be provided in January, September, and May each year. HCF is an electronic media campaign, designed to help you take the next step in your family-based approach to achieving and maintaining a healthy weight.

HCF packets may be downloaded from our web site, www.HealthyCarroll.org, by individuals, agencies, schools, the news media – any interested party – at no charge. **We encourage you to make copies and distribute** this information to your clients, customers, students, PTA, family, friends...everybody! Each packet includes nutrition and physical activity information AND simple recipes.

The May 2011 theme focuses on information useful for the upcoming summer. Our handouts are **Healthy Drinks for Kids**, which discusses the importance of making healthy choices to stay hydrated. **Thirst Quenchers** includes ideas and recipes for summer drink choices, and **Benefits of Biking** provides information about the health benefits of biking as a family, and biking trails in Carroll County.

Emphasizing **Lifestyle, Education, Activity and Nutrition (L.E.A.N.)**, we first issued the L.E.A.N. Carroll call to action in April 2008. A resource guide for people who want to focus on healthy eating and a more active lifestyle was published in 2009 titled **HEALTHY CARROLL**. With information about weight and activity targets by gender and age, great places around our community to get active, farmers markets and much more, you'll find this useful too. Download **HEALTHY CARROLL** for free from our web site or call 410-871-6373 to obtain a copy.

Good luck and stay tuned for more information.

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Benefits of Biking

Biking is a fun and healthy exercise that the entire family can enjoy. Here are four of the health benefits biking can provide people of all ages:

1. Biking is an excellent way to workout your lower body. Biking tones the muscles in your legs, back and hips while trimming your waistline. Biking also has a positive effect on increasing your bone density and strength.
2. Biking is good for your heart. Regular physical activity, such as bicycling, can prevent or manage high blood pressure and high cholesterol. Exercise boosts “good” cholesterol while reducing “bad” cholesterol.
3. Instead of burning gasoline, you can burn calories. As summer approaches and temperatures rise, so do gas prices. Save money by biking instead of driving to the local pool or park. Biking at a leisurely pace for just 20 minutes, 3 days out of the week is enough exercise to promote and maintain health in adults. For children, 60 minutes of exercise a day is recommended.
4. Finally, not only does bicycling help burn calories and build muscle, it’s also a great way to bond with your family. Your family will cherish the time you spend laughing, riding and being in each other’s company.

The Carroll County Department of Recreation and Parks features a guide to county trails online at <http://ccgovernment.carr.org/ccg/mapserver4/gis/webpage/trails.html> .

The Carroll County Department of Tourism offers several bike tours to cyclists of every skill level. Information about these bike tours can be found at

<http://www.carrollcountytourism.org/thingstodo/biketours.aspx>, or by calling 1-800-272-1933.

Don’t forget important bike safety tips before you head out.

- Always wear a helmet – Maryland law requires all children under the age of 16 to wear an approved safety helmet when riding a bike or scooter.
- Obey the rules of the road
- Be visible – use lights and reflectors at night
- Maintain your bike – check your tires, chain and brakes before every trip

Visit www.choosesafetyforlife.com for more safety information.



There is a lot of attention focused on getting kids to eat healthy these days, but what about getting them to drink healthy? What a child drinks can greatly affect the amount of calories taken in, and liquid calories don't tend to satisfy hunger as well as calories from foods.

During the hot summer months it is important to drink more to stay hydrated, especially if you are active. Water helps your body to work properly and replace fluids lost through perspiration.

Some drinks are better than others. Here are a few pointers to help you select the best for you and your family:

- Water is best! It is convenient, economical and refreshing when served cold. Not only is it calorie free, but also drinking it teaches kids to accept a low-flavor, no-sugar beverage as a thirst quencher.
 - Choose drinks that offer more than just calories; like low or non-fat milk, or 100% juice. Although juice has vitamins, too much can provide extra sugar and calories. The American Academy of Pediatrics recommends that juice be limited to 4-6 ounces/day in 1-6 year olds, and 8 – 12 ounces/day for 7 –18 year olds.
 - Choose drinks with the least amount of “other ingredients” like caffeine and sugar. Caffeine, a stimulant, can cause, jitteriness, upset stomach, headaches, difficulty sleeping and concentrating and increases the amount of fluid lost by the body. Sugar adds calories, and promotes tooth decay. An average 12-ounce cola has around 39 grams of sugar or about 10 teaspoons. (Each 4 grams is equal to one teaspoon of sugar) Heavily sweetened beverages like soda, lemonade, and sweet tea, seem to stimulate thirst vs. satisfy it.
 - Don't be fooled by healthy sounding beverages. Vitamin waters and some “fruit drinks” are fortified with vitamins, but may still have added sugar, check the labels. Children should get their vitamins from healthy meals and snacks.
- Sports drinks may be helpful if a child participates in endurance sports that last longer than an hour. They contain sugar, which can provide an immediate source of energy, and electrolytes like sodium and potassium, to keep the body's fluid levels in balance.
 - Energy drinks often have high amounts of sugar and caffeine, and offer no real health or performance benefits. These drinks are not regulated by the Food and Drug Administration, and may also contain other caffeine-like substances and herbal supplements. They are not recommended for children.

Thirst Quenchers

Here are some ideas and recipes for healthy summer drinks:

- Keep a pitcher of water in the refrigerator for easy access
- Slice lemons, limes, oranges, etc into the water pitcher for added flavor
- Don't like the taste of your water? Try a pitcher with a water filter
- Look for unsweetened fruit flavored waters
- Have the kids pick out and buy reusable water bottles or cups
- Dilute juice and make ice cubes to add to water or club soda*
- Add a splash of fruit juice to water or sparkling water or club soda*.

* Use a straw with drinks containing club soda to protect teeth

Use your imagination with the following recipes, you can choose different fruits and juices to change the flavors!

Frothy Orange Cooler

- 1 6 ounce can frozen orange juice concentrate
- 1 cup skim milk
- 1 cup water
- 1 teaspoon vanilla
- 10 ice cubes

Place all ingredients in a blender or food processor. Blend until frothy.

Serves 4

Source: Minnesota WIC Program

Fruit Juice Spritzer

- 2 cups 100% fruit juice
- 1 Tablespoon lemon juice
- 2 cups sparkling water or club soda

Combine fruit juice and lemon juice in a pitcher. Slowly pour sparkling water or club soda down the inside of the pitcher. Stir gently. Serve over ice. Serves 4

Source: Minnesota WIC Program

Fruit Juice Slush

- 1 12 ounce can 100% fruit juice concentrate
- 1½ cups water
- 2 cups ice

Place juice concentrate, water and half of ice in a blender. Blend while gradually adding remaining ice. If slush is too thick add more water.

Serves 6

Source: recipefinder.nal.usda.gov

Creamy Fruity Smoothie

- ½ cup diced fruit
- ¾ cup plain, fat-free yogurt
- ½ cup skim milk
- 2 Tablespoons fruit juice
- 3 ice cubes

Place all ingredients in blender and blend until smooth.

Serves 1

Source: The Children's Hospital of Philadelphia