



January 2012

Welcome to the Eighth Edition and our third 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](http://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 a simple recipe to help you eat healthier.

This edition's handouts include **Think Before You Eat**, which provides ideas to eat healthfully without overeating. The recipe, **Simple and Tasty Lentil Soup**, is a quick nutritious soup that is filling and high in fiber. **4 Ways to Reach your New Year's Fitness Goals** provides practical ideas to get and stay active.

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 was published in 2009 titled **Healthy Carroll**. It includes information about weight and activity targets by gender and age and highlights great places around our community for people who want to focus on healthy eating and a more active lifestyle.

We are excited to announce that the newest edition of **Healthy Carroll** will be published early in 2012. Please be on the lookout for this most up-to-date publication. It will be provided online in digital format. You may also obtain printed copies by calling 410-871-6373. Check [www.HealthyCarroll.org](http://www.HealthyCarroll.org) often to get your copy of the new **Healthy Carroll** as soon as it is available.

Good luck and stay tuned for more information.

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# 4 ways to reach your New Year's Fitness Goals!



Getting in-shape is a common New Years resolution. Being active can lower your risk for developing serious diseases, reduce your need for medications, give you confidence, and increase your performance at work.

Here are four areas you can focus on to get in great shape this year and stick to your New Years resolution!

## 1. Get active doing aerobic activities with others.

Aerobic activity is any activity that gets your heart pumping. Adults should aim for 30 minutes of physical activity everyday, more if weight loss is a goal. Children need 60 minutes of physical activity every day of the week. With family and friends try activities like: walking, dancing, swimming, biking, or running, as well as team sports like basketball or volleyball.

## 2. Pump those muscles with weight.

It's never too late to build muscles! Getting together 2-3 times a week with friends to lift weights will give you the push to make a commitment to pump some iron. Some simple exercises include using small hand weights, resistance bands, leg lifts, and even carrying milk jugs, lifting boxes, and moving furniture!

## 3. Stretch your flexibility in new directions.

Flexibility is one of the most essential, but often neglected, fitness basics. Flexibility is the key to injury prevention, as well as to feeling and looking young and energetic. You can get and stay flexible with simple stretches and twists, like on the floor while watching TV. Yoga, Tai Chi, and Pilates classes are also excellent ways to get in a routine and practice daily flexibility.

## 4. Make play part of every exercise routine.

If you hate to exercise or going to the gym, choose those activities that you really enjoy doing with family and friends. When you are having fun you won't realize you are working out! Explore your neighborhood parks and trails with your kids and pets, play sports in the yard, dance, or play an active video game. Visit the Carroll County Recreation and Parks website, [www.ccrecpark.org](http://www.ccrecpark.org) to find a class or new fitness activity to try in 2012.

Look for opportunities to be more active as a family and everyone will benefit! The Healthy Carroll Resource Guide has more ideas about how and where families can be more active. View it at [www.HealthyCarroll.org](http://www.HealthyCarroll.org) or call 410-871-6373 to receive a copy.

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Strengthening community.*

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[www.HealthyCarroll.org](http://www.HealthyCarroll.org)



# Think before you eat!

Healthful eating doesn't have to be perfect. Everyone gets off track or overeats occasionally. Just refocus and listen carefully to your inner signals of hunger and satisfaction. Stop eating when you feel satisfied- not too full, not too hungry. The key is to make good choices and eat reasonable amounts.

The following ideas can help:

#### **Pay attention to *why* you are eating:**

Eating may be driven more by habit than hunger, e.g. a favorite TV show will be better with something to eat. People tend to eat more when they eat with others in social situations. Seeing or smelling food can create a desire to eat even when not hungry.

#### **Make healthier foods more visible:**

Put fruits and vegetables, graham crackers, reduced fat yogurt, etc. in the front of the refrigerator or cabinets where they will be easily seen. Replace the cookie jar with a fruit bowl.

#### **Learn to eat smaller amounts of a favorite treat:**

Depriving yourself of a favorite food is likely to make you want it more. Change the serving size, e.g. miniature chocolates vs. a candy bar. The best part of dessert is the first two bites. The second serving doesn't taste any better than the first.

#### **Larger packages promote eating more:**

Repack smaller portions into snack baggies or opaque containers.

#### **Never eat directly from a package:**

Always put food into a dish so you can see exactly how much you are eating.

#### **Keep tempting foods out of sight and out of mind:**

Wrap in foil or use opaque containers to make them less visible and more forgettable. Store in less convenient locations, such as the top of a cupboard or in the basement. Leave it at the grocery store!

#### **Do not leave serving bowls and platters on the dinner table:**

Having food in front of you makes you eat more. Use smaller plates and serving spoons to promote reasonable serving sizes.

#### **Check the nutrition fact labels:**

Reduced fat and sugar foods are not always significantly lower in calories. Some think of these foods as "healthier" and tend to eat more than a regular serving size.

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# Simple & Tasty Lentil Soup

## Ingredients:

- 1/2 tablespoon olive oil
- 1 large onion, chopped
- 3 garlic cloves, chopped
- 2 carrots, chopped (1 cup)
- 1/2 cup chopped fresh or canned tomato
- 1 celery rib, chopped
- 1 1/4 teaspoons ground cumin
- 1/2 teaspoon salt
- 1 cup dried lentils
- 4 cups water
- 1 1/2 cups chicken broth
- 2 tablespoons chopped fresh parsley

## Instructions:

- 1) Heat oil in a 4- to 5-quart heavy saucepan over moderately high heat until hot but not smoking, then sauté onion, stirring, until golden, about 5 minutes.
  - 2) Add garlic, carrots, tomato, celery, cumin, and salt and sauté, stirring, 2 minutes.
  - 3) Add lentils, water, and broth and simmer, uncovered, stirring occasionally, until lentils are tender, about 20 minutes.
  - 4) Stir in parsley, then season with salt and pepper.
- Yield: 8 servings (1 cup each)

- For a vegetarian variation, substitute vegetable broth for the chicken broth.
- Substitute (or add) other root vegetables (like parsnips, turnips, or sweet potatoes) for the carrots.

**Nutrition Analysis:** Serving Size: 1 cup  
Calories: 118, Dietary Fiber: 8 grams, Total Fat: 2 grams,  
Trans Fat: 0.0 g, Protein: 8 grams, Iron: 2.3 mg, Sodium: 186 mg.

Source: Eat Right Montana November 2010  
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