



May 2010

Welcome to the third edition of **Healthy Carroll Families (HCF)**, 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 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 contains nutrition and physical activity information, and a simple recipe to help us to eat healthier.

The May 2010 theme is **Healthy Summertime Fun**. Our handouts focus on **The Farmers Market: A Wonderful Way to Enjoy Fresh, Local Food**; warm weather fitness ideas in **Five Great Ways to Spring into Summer**; and our recipe is **Super Salad Combos**, featuring the abundance of produce available during the summer months.

Emphasizing **L**ifestyle, **E**ducation, **A**ctivity and **N**utrition (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, called **Healthy Carroll**, was published in 2009. 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 the complete **Healthy Carroll** resource guide for free from the "Resources" section of our web site, or call 410-871-6373 to obtain a copy.

Best wishes and stay tuned for more information.

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Five Great Ways to Spring into Summer!

Summer provides a great opportunity to get outside after a long winter and get moving! There are a variety of fun activities families can do together during the summer months.

Here are five simple suggestions to stay fit with your family:

1. Move family game night outdoors.

Family game night is a great way to bond with your family, but why not take it outdoors? Moving the location or changing the games can provide different fitness activities for your family. Sometimes the best way to bond with your children is to find your inner child! Try playing tag, hide-and-seek, hopscotch, kickball, or any game outdoors. This will give your family exercise, fresh air, a change of scenery, and lasting memories together.

2. Go for a stroll or take a hike!

Take your family for a hike on one of Carroll County's nature trails or simply walk around the block. If your neighborhood is not designed for strolls, visit one of the beautiful parks in Carroll County. Walking and hiking are great ways to burn calories and talk about your day.

3. Check out what your community is offering.

What is your local community offering? Check out the Carroll County Department of Recreation & Parks, your local Recreation Council activities, YMCA, or colleges for summer camps, classes, and other summer fun. Many opportunities are offered to add physical activity to your family's summer.

4. Water water everywhere!

Although we do not live by the beach, we do have plenty of water around us. Check out community pools, ponds, rivers, and streams to enjoy a nice afternoon by the water. Not only can you take a healthy picnic lunch, but you can enjoy swimming, paddle or rowboats at several locations.

5. Take fitness on vacation.

Take a break from sitting in the car and fit some active fun into a long trip. Pack a small bag of "rest stop toys" like a Frisbee™ a soccer ball, a baseball or jump ropes. A 15-minute break will help everybody be in a better mood. Consider a camping vacation or walking tours to see the sights.

To learn more about activity opportunities, check out the Healthy Carroll resource directory found at www.HealthyCarroll.org

For more information on parks and facilities visit: ccgovernment.carr.org/recreation

L.E.A.N. Carroll

A family approach to healthy weight



The Farmers Market:

A Wonderful Way to Enjoy Fresh, Local Food

For peak flavors and good value, farmers markets are an excellent place to pick up your favorites or to try something new for you and your family.

Why Shop at a Farmers Market?

- They are a wonderful way to connect the local food producer to the local food consumer and provide the benefit of knowing where your food comes from and how it was produced.
- Buying locally supports many local family farms, maintains the open space that we all enjoy and preserves Carroll's rural character.
- Freshly harvested produce tastes better.
- Fruits and vegetables are an important part of a healthy diet. They are low in calories, fat and sodium, and high in fiber, vitamins and minerals. Eating more of them can help maintain a healthy weight or control weight gain. They help you to feel full with fewer calories. Consider that:

- 3 cups of watermelon is equal in calories to a 1 ounce chocolate chip cookie
- 1 cup of cucumber slices with 1 tablespoon reduced-fat dressing has less than half the calories of 1 ounce of chips (9 -13 chips).

Here are some ideas to use more fruits and vegetables in some of your favorite dishes:

Use spinach, onions, mushrooms or peppers for one of the eggs or half of the cheese in your omelet.

When making chicken or tuna salad, add in an equal amount of chopped fruit and/or vegetables, such as celery, grated carrots, chopped cucumber, apple, grapes or pineapple.

Use lettuce, tomatoes, cucumbers, and peppers on your sandwich or wrap instead of extra meat and cheese.

Add chopped vegetables, such as mushrooms, celery, onions, peppers, eggplant or zucchini to your spaghetti sauce or casseroles instead of extra meat or pasta.

Take advantage of what the season has to offer, and enjoy the great taste of fruits and vegetables.

For a complete list of farm stands in Carroll County, visit www.carrollag.org and click on "Farmers' Markets"

For ideas on how to encourage kids to eat more fruits and vegetables visit www.HealthyCarroll.org and use the Healthy Carroll resource guide.

L.E.A.N. Carroll

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www.HealthyCarroll.org

Adapted with permission from Eat Right Montana



Super Salad Combos

Grocery store bins and farmers' market stands are bursting with fresh fruits and vegetables at this time of year. It's the perfect time to be creative, mix it up, and re-invent the summer salad!

Mix and match the ingredients below to make a crunchy, healthful combination all your own. Try these as a side salad or as an entrée with whole grain bread or crackers.

Directions:

Wash and chop (or tear) leafy greens.

Add chopped fruit or vegetables; cooked grains; beans, nuts, or seeds; or pieces of lean meat, fish, poultry, or tofu.

Toss with your favorite low-fat vinaigrette or dressing and serve on individual plates.

Top with crumbled or grated cheese.

Sprinkle with a teaspoon or two of freshly chopped summer herbs - parsley, basil, mint, thyme, or cilantro.

Salad with Sass (for 4)

- 6 cups leafy greens (Red leaf, romaine, Swiss chard, endive and/or arugula)
- 1 pear, cut/cubed or sliced very thin
- 4 strawberries, sliced
- 1 celery stalk, chopped
- 1 tablespoon sunflower seeds
- 1 tablespoon raisins or dried cherries
- ½ ripe avocado, peeled and cut
- Crumbled blue cheese
- Chopped fresh parsley

Super Salad Combos

Here are a few salad ideas - just to get your taste buds excited about all the deliciously healthful possibilities!

All American: Chopped tomatoes, cucumbers, and carrots, with grated cheddar cheese and low-fat ranch dressing.

Go Greek: Black olives, sun dried tomatoes, chopped tomatoes and cucumbers, feta cheese, with oil and vinegar.

Taco Time: Cooked corn, black beans, crushed tortilla chips, jalapeños, low-fat ranch dressing, and salsa.

Un-Beet-able! Fresh beets (cooked, peeled, and cut), feta or blue cheese, and walnuts with low-fat vinaigrette.

California Dreamin': Sliced chicken breast, mandarin orange segments, chopped avocado, sliced almonds, raisins, and low-fat French or Italian dressing.

Fruitfully Fun: Strawberries, grapes, walnuts, and a poppy seed dressing.

Good to the Root: Red potatoes (boiled, cooled, and cut), celery, carrots, dill, and coleslaw dressing.

Christmas in July: Red and green peppers, broccoli florets, and radishes with low-fat ranch dressing.

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