



January 2011

Welcome to the fifth edition and our second year of **Healthy Carroll Families (HCF)**. It continues to be provided in January, May, and September 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 a simple recipe to help us to eat healthier.

The January 2011 theme focuses on breakfast. Our handouts are **Breakfast Benefits**, which discusses the importance of eating breakfast to good health. This month, instead of a recipe, **Breakfast Basics** includes tips and ideas about healthy breakfast food choices, and **Getting Active Indoors** stresses the need to stay active even when it is cold outside. To learn more about the types and amounts of physical activity that offer substantial health benefits, visit the *Physical Activity Guidelines for Americans* at www.Health.Gov/PAGuidelines.

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. We are delighted to announce that we have received a grant from Kaiser Permanente of the Mid-Atlantic States to expand *L.E.A.N. Carroll* in 2011. As part of this project our partner, Carroll County Public Schools, will use a farm-to-school strategy to increase the percentage of locally-grown fresh fruits and vegetables served to students.

Another part of the project will help us raise high school students' awareness of the nutritional content of items in vending machines, with the goal of increasing purchases of higher-quality foods. These are just two of the exciting new *L.E.A.N. Carroll* initiatives The Partnership will be able to provide in 2011 with Kaiser Permanente's support.

Good luck and stay tuned for more information.

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Getting *Active* Indoors

Shorter days and colder temperatures often keep children inside, which can lead to less activity. Whatever the season, children (and adults) need activity to be at their healthiest. The Physical Activity Guidelines for Americans recommend that children ages 6-17 do 60 minutes or more of physical activity every day. Adults should strive for 2 ½ hours each week of moderate physical activity. Don't let being stuck indoors automatically mean inactivity. Avoid "cabin fever" and try some of the following suggestions to stay active indoors:

- Have an indoor treasure or scavenger hunt. Leave a trail of clues all over the house for the kids to find the treasure.
- Put on some music and dance or play musical chairs.
- Play "parachute" with an old bed sheet and bounce soft balls, rolled socks, or balloons on top of the sheet.
- Go bowling with rolled up socks and empty plastic bottles, empty cereal boxes or cardboard juice cans as bowling pins.
- Make scoops out of empty plastic gallon milk jugs with the bottom cut out. Put duct tape on the cut edges. Use to toss and catch small balls.
- Play volleyball with balloons.
- March, hop, do jumping jacks, or run in place to music.
- Shoot Hoops: Put out a laundry basket, bucket or empty trash can and let the kids try to toss items in, such as a ball, rolled up socks, or small stuffed animals.
- Have relay races with plastic spoons and cotton balls.
- Make a mini obstacle course in your house. Kids can climb under a table, hop over a pillow and climb over a chair.
- There are exercise DVD's especially for children. Also, there are many interactive video games that promote physical activity. Check out what is available at your local library.
- Look into private gyms or recreation councils for programs to keep you and your family moving.

Use your imagination and keep moving!

Breakfast Benefits

A majority of Americans think breakfast is the most important meal of the day, but less than half actually eat the morning meal. (According to the IFIC Foundation 2009 Food and Health Survey) Some skip breakfast because they would rather sleep than eat, aren't hungry, or think it is a way to stay thin. Taking a few minutes to focus on breakfast can really make a difference in your day. With the right nutritional kick-start you'll feel better and think better all day long.

Why Breakfast?

- Bodies need to be refueled after going without food for 8 to 10 hours during sleep.
- It helps keep weight in check. People who eat breakfast have lower rates of obesity. Breakfast helps start the body's metabolism, the process by which the body turns the fuel in food to energy. When the metabolism gets moving the body starts to burn calories.
- People who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities—two great ways to help maintain a healthy weight.
- It can make children feel more energetic, focused and perform better in school.
- Research shows that children who eat breakfast get more fiber, calcium, iron, B vitamins and Vitamin D, have fewer absences from school, and tend to have lower blood cholesterol levels.
- Eating habits of adults who successfully maintain weight loss include eating breakfast almost every day.

Breakfast Food Choices

Any breakfast is better than none, but choosing a well-balanced breakfast that includes carbohydrates, protein, and fiber is a smart way for both adults and children to start their day.

- *Carbohydrate foods* are a good source of energy for the body. Examples are whole grain cereals or breads, fruits, and 100% fruit juices.
- *Protein foods* help your body have energy until lunchtime. Examples are eggs, cheese, yogurt, cottage cheese or peanut butter. Milk has both protein and carbohydrate.
- *Fiber* helps provided a feeling of fullness and discourages overeating. It also helps promote healthy digestion. Find it in whole grains and fruits.

Fuel up with a healthy breakfast!

Breakfast Basics

Healthy Breakfast Tips:

- ▶ Keep it simple; traditional breakfasts like eggs, pancakes, and French toast can be weekend treats.
- ▶ Aim to include three food groups, choose from fruits/fruit juices, grains, dairy, and protein foods.
- ▶ Get everyone up 10 minutes earlier.
- ▶ Consider breakfast at school. Most Carroll County Public Schools offer a low cost, balanced breakfast each morning. School Breakfast Week is March 7 – 11, and some elementary schools invite parents to come in for breakfast during that time. Contact your school for more information.
- ▶ Look at the Nutrition Facts on the cereal box. Four grams of sugar is equal to one teaspoon of sugar; so a cereal with 12 grams of sugar per serving has 3 teaspoons of sugar. Many children eat more than one serving, which is usually $\frac{1}{2}$ - $\frac{3}{4}$ cup.
- ▶ To lower the overall sugar content, mix sweeter cereals with lower sugar cereals in an airtight container.
- ▶ A cereal is considered a good source of fiber if it has 3 or more grams of fiber/serving.
- ▶ Toaster pastries and breakfast bars provide calories, but are sometimes high in sugar and fat. Compare labels to find bars lower in sugar and fat and higher in protein and fiber.
- ▶ Beware of energy drinks that are often full of sugar and caffeine. Even if they have added vitamins, they are high in calories and can cause jitteriness, upset stomach and headaches.
- ▶ Don't forget how important your good example is. Let your children see you making time to enjoy breakfast every day.

Try these ideas:

- Cereal topped with fresh or dried fruit, like bananas, raisins, or dried cranberries
- Make plain instant oatmeal, add your own spices, fruits, or fruit preserves and top with chopped walnuts or sliced almonds
- Layer yogurt with fruit and crunchy cereal for a parfait
- Peanut butter on toast, English muffin, or a whole-grain toaster waffle
- Stuff a whole-wheat pita with sliced, hard-boiled egg
- Blend together milk or yogurt and fruit for a breakfast smoothie
- Peanut butter and jelly or grilled cheese sandwiches.
- Hard-boiled egg or string cheese and toast
- "Banana dog" Peanut butter, a banana and raisins in a hot dog roll
- Cottage cheese mixed with crushed pineapple, applesauce or fruit cocktail and a mini bagel
- Mix together ready-to-eat cereal, dried fruits and peanuts for a morning trail mix

Start the day right with breakfast!